

ELEVENTH EDITION

# *Food for Fifty*

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*To the many talented Kansas State University Housing and Dining Services dietitians  
and food service professionals that I have had the privilege to learn from.*



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# Preface

**F**or 65 years *Food For Fifty* has been used as a resource for students in quantity food production and for persons in foodservice management. The book is designed to provide food professionals with quantity recipes that they can prepare with confidence of quality outcomes. Since the book's origin, revisions have been made to keep abreast of the changing foodservice industry. In the eleventh edition, new recipes have been added that reflect current food preferences and modern eating styles. Nonmeat pasta, bean, and vegetable entree recipes have been added in this new edition. Besides keeping current with new recipes, a longtime goal of *Food For Fifty* is to provide basic standardized recipes that can be adapted to produce similar foods as shown in popular magazines, home-size cookbooks, and trade publications. New recipes in this edition support this goal. This edition also includes an expanded section for planning and serving special meals, new temperature guidelines and safe food-handling standards, and updated food production procedures. The food safety guidelines in *Food For Fifty* will be useful for developing Hazard Analysis Critical Control Point (HACCP) plans.

## ORGANIZATION OF THE BOOK

*Food For Fifty* is divided into three major sections. Part One, "Food Production Information," is intended as a guide to planning and preparing food in quantity. The section begins with a comprehensive table of amounts of food needed to serve 50 people, followed by tables of weights and measures, including metric conversion, and tables to help in changing weights of recipe ingredients to volume measurement. Directions for increasing recipe yields are helpful when adapting recipes given in this book to different yields and for increasing home-size recipes for quantity production. Preparation guides include tables for cooking temperatures, time and temperature standards, guidelines for handling food safely, food substitutions and equivalents, and pan and mixer bowl capacities.

Part Two, "Recipes," includes a wide variety of tested recipes given in yields of 50 portions and with many sug-

gestions for variations of the basic recipes. Recipes are organized according to menu categories. Each recipe chapter begins with a discussion of general principles and production techniques for preparing the recipes in that section. Nutritive values for recipes are identified.

Part Three, "Planning the Menu and Special Events," offers guidelines and procedures for planning meals, with special considerations for different types of foodservices. Planning and serving special foodservice events such as receptions, buffets, and banquets are discussed, and guidelines for planning are provided.

At the back of the book is a list of menu planning suggestions (Appendix A), information for using herbs and spices in cooking and regional flavorings (Appendix B), potentially hazardous foods (Appendix C), food evaluation criteria (Appendix D), food customs of different religions (Appendix E), and an expanded glossary of menu and cooking terms.

## DISTINCTIVE FEATURES OF THE BOOK

*Food For Fifty* has been recognized for many years as a dependable resource for students and food production managers. Part One is considered by many to be an indispensable reference for food production information. The various tables are helpful for menu planning, purchasing, and when making food production assignments.

Dietitians, foodservice managers, and faculty members have for many years depended on the standardized recipes in *Food For Fifty*. Recipes are written in an easy-to-read format, with standardized procedures that allow quality products to be prepared consistently. Suggested variations for many of the recipes increase the value of the recipe section. In this revised book, recipes now include new foods on the market and foods appropriate for helping clientele meet their dietary standards. This new edition serves to increase *Food For Fifty's* value as a resource for a broad variety of recipes. The nutrition information will be helpful in planning and preparing foods for clientele with different needs. Food production, service, and storage

procedures will be useful for developing Hazard Analysis Critical Control Point (HACCP) plans.

Menu planning information is given in concise terms in Part Three. The discussion of planning procedures and the menu suggestion list in Appendix A are helpful to students and to foodservice managers whose responsibilities include menu planning. Many foodservices are called upon today to provide food for special events such as holiday meals, buffets, and coffees, receptions, and teas. Part Three offers suggestions for menus, organization, and service of these functions.

Many new full-color pictures present the reader with attractive photo inserts of breads, meats, produce, and salads. The pictures are provided to generate ideas and offer creative food production and service suggestions.

## USING THE BOOK

*Food for Fifty* is written for many users. Students in quantity food production and foodservice management use the text as a resource for learning the standards, skills, and techniques inherent in quality food production. Instructors find beneficial the basic menu planning and food production features that equip them with the tools necessary for designing teaching modules and supervising laboratories. The reliability of the recipes, tables, and charts in the book allows instructors to make assignments with confidence of a quality outcome. Additionally, the text provides a resource for instructing students on how to plan and serve special foodservice functions. Foodservice administrators, managers, and supervisors are also users of the text. *Food for Fifty* is a comprehensive resource for quantity recipes and technical food production information. The book serves as a foundation for the food production system.

The uses for *Food for Fifty* as both an instructional text and food production resource are unlimited. We believe the following examples of how the text can be used address many of the book's strengths.

- Amounts of food to purchase may be easily determined. Accurate calculations are achieved by using the purchasing and yield information in Part One and the standardized recipes in Part Two.
- While the recipes yield approximately 50 servings, they can be adjusted easily for other yields by using the recipe extension procedures in Part One. A computer CD-ROM may be purchased for extending recipes in *Food For Fifty*.
- Menu planning is simplified by the lists of food item names, by menu categories, in both Appendix A and the Index. *Food for Fifty* also provides a comprehensive file of standardized recipes that can support the menu plan. General information on writing menus for various kinds of foodservices is included in the text.

- Recipes and ideas from trade and popular food magazines and cookbooks can be produced in quantity by adapting the basic standardized recipes in *Food for Fifty*.
- Variations are included for most recipes. Users are given suggestions for producing food products consistent with contemporary eating trends.
- Quality standards for food products may be established by using standardized recipes that produce a consistent quality product. Specific standards are available for some product categories.
- Food costs are easily established for recipes. Each recipe includes specific portion size information and instructions for ensuring accurate yields.
- Efficient labor procedures were considered for all recipes. Students and foodservice operators may use the recipes as a model for making products using the minimum amount of labor.
- Standardized recipes assure that accurate nutrition values can be assigned to serving portions. Users of the book can review the recipe's nutrient values and make adjustments, if required, for a specific population.
- *Food for Fifty* can be used for planning teas, receptions, and special functions. Part Three brings together general information and guidelines useful for organizing events. Parts One and Two support the planning function with food production information.
- Using *Food for Fifty* as a resource to direct accurate food production techniques is intended in the design of the recipes. Each recipe can be used for communicating the techniques necessary for producing a quality product. In addition, the material prefacing each recipe category provides general text information that supports the standardized techniques specified in the recipes.

## ACKNOWLEDGMENTS

Kansas State University's residence hall dining program "make-it-from-scratch" culture and high quality standards have for 65 years helped shape *Food For Fifty*. It is with sincere appreciation for the support and encouragement from John Pence, associate director of Housing and Dining Services, for continuing to value this endeavor. Special acknowledgment is given to John and his management staff for their support, advice, and creative ideas. Without their help, this eleventh edition of *Food For Fifty* would not have been possible. Appreciation is extended also to the many colleagues, family, and friends who have, through the course of association with the author, made this revision of *Food For Fifty* possible.

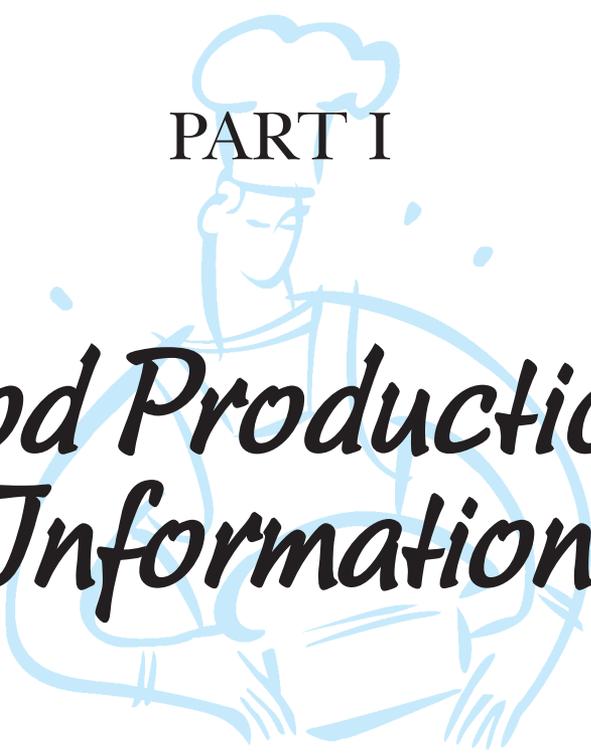
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**Mary Molt, Ph.D., R.D., L.D.**, is assistant director of Housing and Dining Services and assistant professor of Hotel, Restaurant and Institution Management, and Dietetics (HRIMD), Kansas State University. She holds a bachelor's degree from University of Nebraska—Kearney, a master's degree from Oklahoma State University, and a Ph.D. from Kansas State University. Dr. Molt has 27 years of professional experience at Kansas State University, with a joint appointment in academe and food service administration. Current responsibilities include team teaching Food Production Management, assisting with supervised practice experiences for senior students in Dietetics, and directing management activities for three residence hall dining centers serving more than 8000 meals per day. Dr. Molt is active in the American Di-

etetic Association, Kansas Dietetic Association, and the National Association of College and University Food Services (NACUFS). Twice she was recognized with the NACUFS Richard Lichtenfelt Award for outstanding service to the association. In 1995 Dr. Molt received the Theodore W. Minah Award, the highest honor given by NACUFS, for exceptional contribution to the food service industry. The Award For Excellence in the Practice of Management was given to Dr. Molt in 1997 by the American Dietetic Association. She serves on several University committees including Faculty Senate and Intercollegiate Athletic Council (Chair), advises students in Kappa Omicron Nu, and holds membership in several honor societies including Kappa Omicron Nu, Delta Kappa Gamma, Phi Upsilon Omicron, and Phi Kappa Phi.



PART I



*Food Production  
Information*

Chapter 1

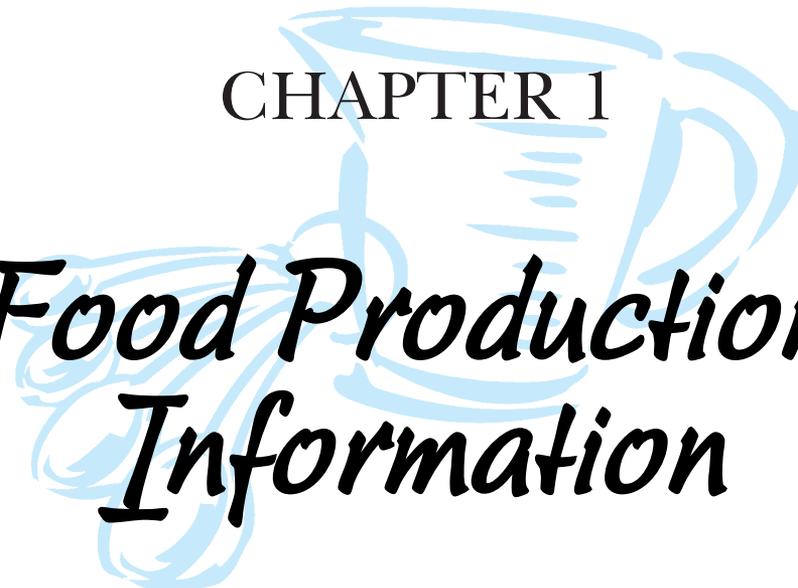
*Food Production Information*

3



## CHAPTER 1

# Food Production Information



Information in this section is presented as a guide for ordering food, for adjusting recipes, and for the planning, preparation, and serving of food. Quantities to prepare are based on 50 average-size portions, as are most of the recipes, but adjustments may need to be made to fit individual situations. Rarely is 50 the exact number to be served, and the portion size will vary according to the type of foodservice and the needs of the individuals in the group. Tables are included that will assist with these recipe adjustments.

Most ingredients in the recipes are given in weights, but if volume measurements (teaspoons, tablespoons, cups, quarts, or gallons) are to be used, tables in this section will assist in converting from weights to measures. Metric measures are not used in the recipes, but charts for converting to metric are included.

Basic information on cooking temperatures, food equivalents and substitutions, and equipment capacity is also given. A guide for use of herbs and spices and a glossary of cooking and menu terms are found at the end of the book.

### HOW TO USE TABLES AND GUIDES

**Table 1.1—Amounts of Food to Serve 50.** This table (pp. 10–20) suggests amounts of food to purchase and prepare for 50 persons, based on the portion size listed in the table. If larger or smaller serv-

ings are needed or if the number of portions required is other than 50, an adjustment in the amount to prepare or purchase must be made. Because preparation losses must be considered in determining the amount to purchase for 50 portions, the ready-to-serve raw yield or the yield of cooked product is given for some products, with the amount as purchased (AP) to buy. The yields, which are given in decimal parts of a pound, can be converted to ounces by using Table 1.27 (p. 54).

**Table 1.2—Approximate Yield in the Preparation of Fresh Fruits and Vegetables.** When ordering fresh fruits and vegetables, the loss in preparation must be considered when determining the amount to buy. The approximate yield after preparation of one pound of fruit or vegetable, listed in this table (p. 21), is given in decimal parts of a pound but can be converted to ounces by referring to Table 1.27.

**Table 1.3—Food Weights and Approximate Equivalents in Measure.** Information in this table (pp. 22–31) is useful when converting recipe ingredients from weight to measure or vice versa and is helpful in adjusting or enlarging recipes.

**Table 1.4—Basic Equivalents in Measures and Weights.** Table 1.4 (p.31) is useful when converting measures (gallons, quarts, or cups) to smaller units such as cups, tablespoons, or teaspoons. Metric equivalents are given for commonly used weights and measures.

**Table 1.5—Weight and Approximate Measure Equivalents for Commonly Used Foods.** In Table 1.5 (pp. 32–35), the equivalent measures (teaspoons, tablespoons, and cups) are given for selected ingredients, such as flour, salt, and sugar, that appear repeatedly in recipes. This information is the same as that given in Table 1.3 except that the equivalents are given for weights from 1 to 16 ounces.

**Table 1.6—Metric Equivalents for Weight, Measure, and Temperature.** Table 1.6 (p. 36) provides information that will be helpful in converting weights, measures, and temperatures as given in recipes to metric equivalents.

**Table 1.7—Convection Oven Baking Times and Temperatures.** Information in this table (p. 37) is useful when using convection ovens. Times and temperatures in recipes included in *Food for Fifty* have been tested using conventional ovens.

**Table 1.8—Deep-Fat Frying Temperatures.** Table 1.8 (p. 38) provides guidelines for the deep-fat frying of different types of menu items.

**Table 1.9—Coatings for Deep-Fat Fried Foods.** Proportions of ingredients are given (p. 39) for typical coatings for deep-fat fried foods.

**Table 1.10—Dipper Equivalents.** Approximate measure and weight for different-sized dippers (scoops) are given (p. 39). Suggested uses for different food products are also included.

**Table 1.11—Ladle Equivalents.** Table 1.11 (p. 40) gives measures and approximate weights for different-sized ladles and the size to use for different menu items.

**Table 1.12—Cold Food Storage Temperatures.** Recommended refrigerator and freezer storage time and temperatures are given (p. 40) for safe storage of foods.

**Table 1.13—Refrigerator Defrosting Times for Meats, Seafood, and Poultry.** Approximate defrosting times are given (p. 41) for roasts, chops, steaks, and poultry.

**Table 1.14—Temperatures and Bacteria Growth.** The relationships between temperature and bacteria growth are given (p. 41).

**Table 1.15—Safe Internal Temperatures for Cooked Foods.** Table 1.15 (p. 42) provides safe end-point cooking temperatures for meats, fish, and poultry.

**Table 1.16—Food Serving Temperatures and Holding Times.** Serving temperatures in this table (p. 43)

are those recommended for optimum food quality and safety.

**Table 1.17—Food Cooling and Storage Procedures.** Recommended procedures for safely cooling foods are provided (p. 44).

**Table 1.18—Time and Temperature Standards for Reducing Food Safety Hazards of Potentially Hazardous Foods (PHF).** Table 1.18 (p. 45) provides information that will be helpful in developing a Hazard Analysis Critical Control Point (HACCP) plan.

**Table 1.19—General Guidelines for Handling Food Safely.** This table (p. 46) describes practices that are essential for handling food safely.

**Table 1.20—Recommended Mixer Bowl and Steam-Jacketed Kettle Sizes for Selected Products.** This table (p. 47) is helpful in determining the size of mixer bowl and steam-jacketed kettle needed for selected food items in portions ranging from 50 to 500. If the equipment on hand is not large enough for the amount required, the recipe may need to be made in two or three batches.

**Table 1.21—Pan Capacities for Baked Products.** This table (p. 48) gives the maximum capacity of different-sized pans for baking breads, cakes, or pies and is useful when enlarging or adjusting recipes.

**Table 1.22—Counter Pan Capacities.** Capacities, suggested uses, and number of portions for different sizes of counter pans are given in this table (p. 49).

**Table 1.23—Common Can Sizes.** Can sizes, with approximate weight or measure and number of portions, are included in this table (p. 49) as a purchasing guide.

**Table 1.24—Ingredient Substitutions.** This table (pp. 50–51) is useful when it is necessary to substitute one ingredient for another in a recipe.

**Table 1.25—Ingredient Proportions.** This table (p. 52) gives the relative proportion of ingredients in preparing certain types of foods. It is useful when evaluating recipes for the proper amount of leavening agents, seasonings, and thickening agents.

**Table 1.26—Guide for Rounding Off Weights and Measures.** When enlarging home-sized recipes, the resulting quantities may be difficult to measure. Table 1.26 (p. 53) aids in rounding fractions and complex measurements into amounts that are as simple as possible to weight or measure while maintaining the accuracy needed for quality control.

**Table 1.27—Ounces and Decimal Equivalents of a Pound.** This table (p.54) is useful when increasing or decreasing recipes. The multiplication or division of pounds and ounces is simplified if the ounces are converted first to decimal parts of a pound.

**Table 1.28–1.30—Direct-Reading Tables for Adjusting Recipes.** These tables include amounts of ingredients needed for varying portions, from 25 to 500. Table 1.28 (pp. 56–57) is used when ingredient amounts are given in *weights* and portion yields are divisible by 25. In Table 1.29 (pp. 58–63) ingredients are stated in *volume* measurement (teaspoons, tablespoons, cups, quarts, and gallons) and portions are divisible by 25. Table 1.30 (pp. 64–67) is especially useful when enlarging home-sized recipes. Ingredients are in *volume* measurement for yields from 8 to 96 portions.

## RECIPE DEVELOPMENT AND CONSTRUCTION

Recipe files are a valuable resource for food production staff when general principles of recipe development and construction are followed. The following are suggestions for writing quantity recipes.

A standard recipe format includes a *recipe title* that is simple and factual, describing the food and an indication of the main ingredients and general method of preparation. Products with a name generally understood, such as chili, do not need additional descriptors. Recipe titles should provide the information necessary to locate a particular recipe in the recipe file. *Indexing* recipes so they can be quickly retrieved is useful.

Names of *ingredients* should be consistent and listed in the order in which they are used in preparation. List first all ingredients that must be prepared for a later step so they will be ready when needed. Using a descriptive word before the ingredient tells the kind and form of food as purchased, or the cooking or heating required before the food is used in the recipe, for example, cooked chicken, diced tomatoes. The descriptive words used after the ingredient tell the preparation necessary to make the form of food different from the form as purchased or cooked, for example, cooked chicken, diced; diced tomatoes, drained. For additional clarification, ingredients showing a weight gain or loss during preparation are often marked AP (as purchased) or EP (edible portion).

List *weights* when possible. *Measures* should be given in terms of standard measuring utensils such as cups, quarts, and gallons.

*Portion size* is the amount served to each customer and *yield* is the total batch weight or number of servings the recipe will make. The portion size may be count, measure, or weight. Identifying *servicing utensils* that are correctly sized for the portion size will aid in making yield predictions accurate.

*Procedures* are written in sequential order. Directions should be simple, easy to understand, and placed with the ingredients involved in the production step. When possible, each step should begin with an action verb such as *blend*, *add*, *mix*, or *stir*. Keep directions short. Descriptive terms are not used in the directions unless needed for clarity. It is helpful if basic procedures and terminology are uniform for all recipes using similar products or similar production steps. Timing information for such procedures as mixing, cooking, and marinating is important to include. In the procedure section, note instructions for scaling or panning products and end-point temperatures. Quality standards for the finished product are helpful to production staff when written on the recipe.

Group *equipment* in a way to simplify gathering. Identify oven temperature for baked products.

## RECIPE ADJUSTMENT

Recipes often need to be adjusted to meet the requirements of an individual foodservice. For example, the number of portions may need to be increased from 50 to the exact number to be served, or an adjustment in portion size might better reflect the policy of the institution and the requirements of the clientele. Enlarging home-size recipes may require converting household measurements to weights and adjusting certain ingredient proportions as the recipes are expanded. These procedures, as well as directions for converting to metric weights and measures, are explained in the pages that follow.

### Converting from U.S. Measurement to Metric

Two approaches are possible for converting recipes from U.S. to metric measures: soft conversion and hard conversion. *Soft conversion* translates weights and measures into their exact metric equivalents. An ounce would become 28.3 grams; a quart would be 0.95 liter. This method produces numbers that may be awkward to work with, and equipment may not be available to measure ingredients to the degree of accuracy required.

*Hard conversion* changes weights and measures to round metric sizes. For example, a 1-ounce portion

would convert to either 25 or 30 grams, but not to 28.3 grams; 1 quart would be changed to 1 liter. This method may be satisfactory for recipes that are not sensitive to formula adjustments, such as soups and beverages, but may not be suitable for cakes, breads, and other products in which accurate ingredient ratios are critical. Testing recipes to evaluate acceptability is recommended when using the hard conversion method. (Table 1.6 shows metric conversions.)

## Converting from Weight to Measure

Quantities of most dry ingredients in recipes in this book are given by weight in ounces and pounds. If accurate scales are not available, however, or if scales do not have graduations for weighing small amounts, then the weights of ingredients may need to be converted to measures. A number of tables will be helpful:

- *Table 1.3*—Food Weights and Approximate Equivalents in Measure (pp. 22–31)
- *Table 1.4*—Basic Equivalents in Measures and Weights (p. 31)
- *Table 1.5*—Weight (1–16 oz) and Measure Equivalents for Commonly Used Foods (pp. 32–35)
- *Table 1.26*—Guide for Rounding Off Weights and Measures (p. 53)
- *Table 1.27*—Ounces and Decimal Equivalents of a Pound (p. 54)

The following example illustrates the procedure for converting ingredients in Baking Powder Biscuits (p. 110) from weight to measure.

- Change 5 pounds flour to measure by multiplying by 4 cups. Turn to Table 1.3 (pp. 22–31).
- The resulting 20 cups would be equivalent to 5 quarts. See Table 1.4 (p. 31). For ingredients other than flour, a gallon measure should be used.
- By referring to Table 1.5 (pp. 32–35) the 5 ounces of baking powder and 1 pound 4 ounces of shortening may be converted quickly by finding the amount in the appropriate column or adding the columns together. The same information is included in the longer table (Table 1.3, pp. 22–31), but for conversion of small amounts of commonly used foods, Table 1.5 is useful.

## Increasing and Decreasing Recipe Yields

It may be necessary to change recipe yields in this book to meet the needs of individual situations. Recipes may need to be adjusted to produce batch sizes compatible with preparation equipment, such as mixers, ovens,

and steam-jacketed kettles, or consistent with pan sizes available. See Tables 1.20–1.22 for recommended equipment sizes and pan capacities. Recipes may also need adjustment as portion sizes are increased or decreased or as purchase units for ingredients change.

Three methods commonly used to adjust recipe yields are the *factor method*, the *percentage method*, and *direct-reading measurement tables*.

### Factor Method

In the factor method, a conversion factor is determined and multiplied by each ingredient in the recipe. This process is explained in the following steps:

*Step 1a* When portion size remains the same: Divide the desired yield by the known yield of the recipe being adjusted to obtain the conversion factor. For example, to increase a 50-portion recipe to 125 portions, divide 125 by 50 for a factor of 2.5.

*Step 1b* When portion size changes: Determine the total yield of the existing recipe by multiplying the number of portions by the portion size. Determine the total yield desired in the new recipe by multiplying the number of portions desired by the desired portion size. Determine the conversion factor by dividing the total (new) yield by the total (old) yield. For example, to increase a 50-portion recipe (3-oz portion) to 125 portions (4-oz portion):

- Total original yield is  $50 \times 3 = 150$  oz
- Total desired yield is  $125 \times 4 = 500$  oz
- 500 divided by 150 = a conversion factor of 3.3

*Step 2* Wherever possible, convert ingredients to weight. If amounts of some ingredients are too small to be weighed, leave them in measure.

*Step 3* Multiply the amount of each ingredient in the original recipe by the factor. To work with decimal parts of a pound instead of ounces for this multiplication, Table 1.27 will be helpful.

*Step 4* Multiply the original total weight of ingredients by the factor. Multiply the pounds and ounces separately.

*Step 5* Add together the new weights of all ingredients for the adjusted recipe. If the answers in Steps 4 and 5 are not the same, an error exists and the calculations should be checked. (A slight difference may exist because of rounding the figures.)

*Step 6* Change weights of any ingredients that can be more easily measured than weighed, to measure.

*Step 7* Check all amounts and use Table 1.26 for rounding off unnecessary fractions to simplify weights or measures as far as accuracy permits.

The following example illustrates the procedure for adjusting Baking Powder Biscuits from 100 biscuits to 500, using the factor method of adjustment:

**Factor Method Table**

| <i>Step 1: Derive the factor</i>  | <i>Ingredients</i>                    | <i>Original recipe</i> | <i>Step 2: Convert to weight</i> | <i>Step 3: Multiply by factor</i> | <i>Steps 6 and 7: Change to measure and simplify</i> |
|---|---------------------------------------|------------------------|----------------------------------|-----------------------------------|--|
| $\frac{500 \text{ (new)}}{100 \text{ (original)}} = 5 \text{ (factor)}$ | Flour, all-purpose                    | 5 lb                   | 5 lb                             | 25 lb                             | 25 lb  |
|   | Baking powder                         | 5 oz                   | 5 oz                             | 25 oz                             | 1 lb 9 oz  |
|   | Salt                                  | 2 Tbsp                 | 1 1/3 oz                         | 6 1/2 oz                          | 6 1/2 oz   |
|   | Shortening, hydrogenated              | 1 lb 4 oz              | 1 lb 4 oz                        | 6 lb 4 oz                         | 6 lb 4 oz  |
|   | Milk                                  | 1 3/4 qt               | <u>3 lb 8 oz</u>                 | <u>17 lb 8 oz</u>                 | 2 gal + 3/4 qt                                       |
|   | <i>Steps 4 and 5:</i><br>Total weight |                        |                                  | 10 lb 2 oz                        | 50 lb 11 oz  |

**Percentage Method**

The percentage method of recipe adjustment often is desirable, especially for large-volume production where batch sizes may vary greatly. Once the ingredient percentage has been established, it remains constant for all future adjustments. Recipe increases and decreases are made by multiplying the percentage of each ingredient by the total weight desired. Checking ingredients for proper recipe balance is possible, because the percentage of each ingredient is available. Some computer recipe systems use the percentage method of recipe adjustment. This process is explained in the following steps:

- Step 1* Convert all ingredients from measure or pounds and ounces to pounds and tenths of a pound (see Tables 1.3 and 1.27). Make desired equivalent ingredients substitutions such as frozen whole eggs for fresh eggs, nonfat dry milk and water for liquid milk. Use edible portion (EP) weights when a difference exists between EP and as purchased (AP) weights (see Table 1.1). Individual meat items and other meats in entree recipes that do not require the meat to be cooked prior to combining with other ingredients are calculated on AP weight. Examples are pork chops, meat loaf, and Salisbury steak.
- Step 2* Total the weight of ingredients in the recipe, using EP weight where applicable.
- Step 3* Calculate the percentage of each ingredient in relation to the total weight, using the following formula:

$$\frac{\text{individual ingredient weight}}{\text{total weight}} = \text{percentage of each ingredient}$$

The sum of the percentages must equal 100.

- Step 4* Check the ratio of ingredients. Standards have been established for ingredient proportions of many items. The ingredients should be in proper balance before going further.
- Step 5* Establish the weight needed to give the desired number of servings. The weight will be determined by portion size multiplied by the desired number of servings to be prepared. This weight may need to be adjusted because of pan sizes or equipment capacity (see Tables 1.20–1.22).
- Step 6* Handling loss must be added to the weight needed, and it may vary from 1 to 10 percent, depending on the product. Similar items produce predictable losses, and with some experimentation these losses can be assigned accurately. The formula for incorporating handling loss is as follows:

$$\text{total weight needed} = \frac{\text{desired yield}}{100 \text{ percent} - \text{assigned handling loss percent}}$$

For example, cake has a handling loss of approximately 2 percent, and 72 lb of batter is needed to make nine 18 × 26 × 2-inch pans. To determine the total amount of batter

**Percentage Method Table**

| <i>Ingredients</i>             | <i>Original recipe</i> | <i>Step 1:<br/>Convert to decimal weights</i> | <i>Step 3:<br/>Calculate percentage</i> | <i>Step 7:<br/>Calculate weights</i> | <i>Step 8:<br/>Convert to pounds and ounces</i> |
|--------------------------------|------------------------|---|---|--------------------------------------|---|
| Flour, all-purpose             | 5 lb                   | 5.0 lb  | 49.276                                  | 25.52 lb                             | 25 lb 8 oz                                      |
| Baking powder                  | 5 oz                   | 0.313 lb                                      | 3.085                                   | 1.60 lb                              | 1 lb 10 oz                                      |
| Salt                           | 2 Tbsp                 | 0.0839 lb                                     | 0.827                                   | 0.43 lb                              | 6¾ oz   |
| Shortening, hydrogenated       | 1 lb 4 oz              | 1.25 lb                                       | 12.319                                  | 6.38 lb                              | 6 lb 6 oz                                       |
| Milk                           | 1¾ qt                  | <u>3.5 lb</u>                                 | <u>34.493</u>                           | <u>17.86 lb</u>                      | 2¼ gal  |
| <i>Step 2:</i><br>Total weight |                        | 10.1469 lb                                    | 100.00                                  | 51.79 lb                             |   |

*Step 4:*  
Check ratio of ingredients to see if they are within acceptable guidelines.

*Step 5:*  
Establish needed weight:  $\frac{10.1469 \text{ (total weight of 100 biscuits)}}{100} = 0.1015 \text{ lb (weight per biscuit)}$   
 $500 \text{ (desired yield)} \times 0.1015 \text{ lb} = 50.75 \text{ lb of dough needed before handling loss}$

*Step 6:*  
Calculate handling loss. Estimated handling loss 2 percent:  

$$\frac{50.75 \text{ lb (desired yield)}}{98 \text{ percent (100 percent - 2 percent)}} = 51.79 \text{ lb total dough needed}$$

to be made, divide 72 lb by 98 percent (100 percent less 2 percent handling loss). Using this formula, as demonstrated in the Percentage Method Table shown at the top of this page, a recipe calculated for 73.47 lb of batter is needed.

- Step 7* Multiply each ingredient percentage by the total weight to give the exact amount of each ingredient needed. The total weight of ingredients should equal the weight needed as calculated in Step 6. Once the percentages of a recipe have been established, any number of servings can be calculated, and the ratio of ingredients to the total will remain the same.
- Step 8* Unless scales are calibrated to read in pounds and tenths of a pound, convert to pounds and ounces (Table 1.27) or to measure (Table 1.3). Use Table 1.26 for rounding off unnecessary fractions. If volume measurements are required, Table 1.3 is helpful.

The example in the table above illustrates the procedure for adjusting Baking Powder Biscuits from 100 biscuits to 500, using the percentage method of adjustment.

**Enlarging Home-Size Recipes**

Before enlarging a small recipe, be sure the recipe is appropriate for large-quantity production and that the

same quality can be achieved in the larger amount. Appropriate equipment and pans also must be available. Quantity production procedures used in the particular foodservice may need to replace small-scale techniques.

Enlarging a small-quantity recipe in steps is more likely to be successful than increasing size too quickly. Following are suggestions for expanding home-size recipes:

- Step 1* Prepare the product in the amount of the original recipe, following the quantities and procedures exactly and noting any procedures that are unclear or any problems that occur during preparation.
- Step 2* Evaluate the product and decide if it is acceptable for the foodservice. If adjustments are necessary, revise the recipe and make the product again. Prepare the small-size amount until the product is satisfactory.
- Step 3* Double the recipe or expand to an appropriate amount for the pan size that will be used, and prepare the product, making notations on the recipe of any changes you make. For example, additional cooking time may be needed for the larger amount. Use Table 1.30 for increasing recipe size. Evaluate the product and record the yield, portion size, and acceptability.
- Step 4* Double the recipe again, or if the product is to be baked, calculate the quantities needed to

prepare one baking pan of the size that will be used in the foodservice. Use Table 1.30 for increasing recipe size. If ingredients are to be weighed, home-size measures should be converted to pounds and ounces or to pounds and tenths of a pound before proceeding further. Prepare and evaluate the product as before.

*Step 5* If the product is satisfactory, continue to enlarge by increments of 25 portions or by pans until approximately 100 portions are prepared. Recipes with larger yields should be evaluated for acceptability and adjustment made each time the yield is increased significantly.

## REDUCING FAT, SODIUM, AND SUGAR

It is often necessary to reduce the fat, sodium, and sugar content of recipes to meet the nutritional goals of an individual foodservice. Some changes in appearance, taste, or quality can be expected and recipe experimentation is advised. Following are suggestions to decrease the fat, sodium, or sugar content of recipes.

### Decreasing fat in meat, fish, and poultry

- Trim visible fat from meats and use lean cuts.
- Remove skin and excess fat from poultry.
- Substitute poaching, grilling, baking, roasting, or broiling for frying.
- Substitute ground poultry for part or all of the ground beef in casseroles.
- Use extra-lean ground beef in casseroles and rinse under running water after browning.
- Moisten meats with wine, stock, or lemon juice instead of high-fat drippings, and season with herbs.
- Add raw meat to stews and sauces without browning first.

### Decreasing fat in egg products

- Replace some of the egg yolks with egg whites or egg substitutes.

### Decreasing fat in sauces and soups

- Reduce the amount of fat used to sauté vegetables. To prevent burning, cook over medium heat, cover the pan, and stir often.
- Substitute low-fat or nonfat milk or evaporated skim milk for whole milk or cream.
- Substitute low-fat cheese for whole milk cheeses.
- Substitute part or all plain low-fat or nonfat yogurt for sour cream. In cooked sauces, add 1 tablespoon of cornstarch to each cup of yogurt before heating. Do not boil.
- Chill stocks and remove hardened fat before using.
- Thicken sauces with a cornstarch or flour paste instead of a roux.

### Decreasing fat in salad dressings

- Substitute half of the oil with vinegar, lemon juice, vegetable juice, fruit juice, or plain low-fat yogurt.
- Use low-fat or nonfat mayonnaise and cream cheese.

### Decreasing sodium

- Omit part or all of the salt and season with herbs and spices (see Appendix B for suggestions).
- Make stocks instead of using commercially prepared stocks and bases.
- Purchase low- or reduced-sodium products.
- Rinse highly salted products such as tuna.

### Decreasing sugar

- Reduce the amount of sugar in recipes and substitute thawed frozen juice concentrates to sweeten product.
- Purchase low- or reduced-sugar products.

**TABLE 1.1** Amounts of food to serve 50<sup>a</sup> (pp. 10–20)

| <i>Food</i>  | <i>Serving portion</i>     | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>                            |
|--|----------------------------|-------------------------------|---|
| <b>BEVERAGES</b>                                   |                            |                               |   |
| Cider  | 4 oz ( $\frac{1}{2}$ cup)  | 2 gal                         | 64 4-oz portions  |
| Cocoa  | 6 oz ( $\frac{3}{4}$ cup)  | 2 $\frac{1}{2}$ gal           | 50 6-oz portions  |
| Unsweetened powder                                 |                            | 8 oz                          |   |
| Instant mix  |                            | 2 $\frac{1}{2}$ lb            |   |
| Coffee   | 6 oz ( $\frac{3}{4}$ cup)  | 2 $\frac{1}{2}$ gal           |   |
| Regular or urn grind                               |                            | 1–1 $\frac{1}{2}$ lb          |   |
| Freeze-dried                                       |                            | 2–3 oz                        |   |
| Instant  |                            | 3 oz                          |   |
| Lemonade   | 8 oz (1 cup)               | 3 gal                         | 48 8-oz portions  |
| Frozen concentrate                                 |                            | 3 32-oz cans                  | dilute 1:4 parts water                                      |
| Orange juice, see Juices                           |                            |                               |   |
| Punch  | 4 oz ( $\frac{1}{2}$ cup)  | 2–2 $\frac{1}{2}$ gal         | 1 gal yields 32 4-oz portions                               |
| Tea  |                            |                               | 2 $\frac{1}{2}$ gal yields 50 4-oz portions plus 30 refills |
| Hot  | 6 oz ( $\frac{3}{4}$ cup)  | 2 $\frac{1}{2}$ gal           |   |
| Bulk   |                            | 2 oz                          | Amount may vary with quality of tea                         |
| Iced   | 8 oz (1 cup)               | 3 gal                         | 48 8-oz portions  |
| 1-oz bag   |                            | 6 bags                        | 6 1-oz bags make 3 gal                                      |
| Instant  |                            | 1–1 $\frac{1}{2}$ oz          |   |
| Wine   | See Tables 17.1 and 17.2   |                               |   |
| <b>BREAD AND CRACKERS</b>                          |                            |                               |   |
| Biscuits, baking powder                            | 1 biscuit                  | 4 $\frac{1}{2}$ doz           |   |
| Dough ready for baking                             |                            | 5 lb                          |   |
| Mix  |                            | 2 $\frac{1}{2}$ lb            |   |
| Bread  |                            |                               |   |
| 1 $\frac{1}{2}$ -lb loaf                           | 1 slice                    | 2 $\frac{1}{2}$ loaves        | 24 slices per loaf  |
| 2-lb pullman                                       | 1 slice                    | 1 $\frac{1}{2}$ loaves        | 36 slices per loaf  |
| Breads, quick 5 × 9 × 2 $\frac{3}{4}$ -inch loaves | 1 slice                    | 4 loaves                      | 16 slices per loaf  |
| Coffee cake, 12 × 18 × 2 inches                    | 3 × 2 $\frac{1}{4}$ inches | 2 pans                        | Cut 4 × 8   |
| Batter, ready to bake                              |                            | 5–6 lb per pan                |   |
| Crackers   |                            |                               |   |
| Graham   | 2 crackers                 | 1 $\frac{3}{4}$ –2 lb         | 60–65 per lb  |
| Saltines   | 4 crackers                 | 1 $\frac{1}{2}$ lb            | 150–160 per lb  |
| Soda   | 2 crackers                 | 1 $\frac{1}{2}$ –2 lb         | 65 per lb   |
| Muffins  | 1 muffin                   | 4 $\frac{1}{2}$ doz           |   |
| Batter, ready to bake                              |                            | 5 lb                          |   |
| Mix  |                            | 3 $\frac{1}{2}$ lb            |   |
| Pancakes   | 3 $\frac{1}{2}$ oz         | 7 qt batter                   | 2 4-inch cakes  |
| Mix  |                            | 6 lb                          |   |
| Rolls  |                            |                               |   |
| Breakfast, 3 oz                                    | 1 roll                     | 4 $\frac{1}{2}$ doz           |   |
| Dinner, 1 $\frac{1}{2}$ oz                         | 1 roll                     | 4 $\frac{1}{2}$ doz           |   |
| Frozen dough                                       |                            | 10 lb                         |   |
| Mix  |                            | 5 lb                          |   |
| Toast  |                            |                               |   |
| French   | 2 slices                   | 7 lb bread                    |   |
| Buttered or cinnamon                               | 2 slices                   | 7 lb bread                    |   |
| Waffles  | 3 oz                       | 6 qt batter                   | 1 waffle  |

<sup>a</sup> Abbreviations used: AP, as purchased; EP, edible portion

TABLE 1.1 *continued*

| <i>Food</i>                                      | <i>Serving portion</i>                    | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>  |
|--|---|-------------------------------|---|
| <b>CEREALS</b>                                   |   |                               |   |
| Cooked cereal                                    | $\frac{2}{3}$ cup                         | 2 lb                          | 2 gal cooked  |
| Hominy grits                                     | $\frac{2}{3}$ cup                         | 2 lb                          | 2 gal cooked  |
| Cold cereal, flakes, crisp                       | 1 oz ( $\frac{1}{2}$ – $\frac{3}{4}$ cup) | 3 lb                          |   |
| Rice   | $\frac{1}{2}$ cup                         | 3–4 lb                        | 6–8 qt cooked   |
| See also Pasta                                   |   |                               |   |
| <b>DAIRY PRODUCTS</b>                            |   |                               |   |
| Butter or margarine                              |   |                               |   |
| For sandwiches                                   |   | 1 lb                          | To butter 100 slices  |
| For table  | 1–2 pats                                  | 1–1½ lb                       |   |
| For vegetables                                   | $\frac{1}{2}$ –1 tsp                      | 4–8 oz                        |   |
| Cheese, cheddar, Monterey Jack, Swiss, provolone | 1–1½ oz                                   | 3–5 lb                        | For sandwich or with cold cuts  |
| Sandwich slices                                  | 1 oz                                      | 3¼ lb                         |   |
| Cottage  | 2 oz (No. 20 dipper)                      | 6½ lb                         | For salad or side dish  |
| Cream  | $\frac{1}{2}$ oz                          | 2 lb                          | For salad or garnish  |
| Dessert (cream, blue, Camembert)                 | 1 oz                                      | 3 lb                          |   |
| Cream  |   |                               |   |
| Coffee   |   | 1–1½ qt                       |   |
| Whipping   | 2 Tbsp                                    | 1½ pt                         | 1½ qt whipped   |
| Ice cream or sherbet, bulk                       | No. 12 dipper                             | 2½ gal                        | Dish or sundae  |
|  | No. 16 dipper                             | 1½ gal                        | With cake or cookie   |
|  | No. 20 dipper                             | 1¼ gal                        | For à la mode   |
| Milk   |   |                               |   |
| Fluid  | 8 oz (1 cup)                              | 3 gal                         |   |
| Nonfat dry                                       | 8 oz (1 cup)                              | 3 lb                          | 3.5 oz ( $1\frac{1}{3}$ cups) dry milk per qt of water. Volume may vary with brand. |
| Nondairy creamer                                 | 1 tsp                                     | 3 oz                          |   |
| Sherbet  |   |                               | See Ice cream   |
| Sour cream                                       | 1 oz (2 Tbsp)                             | 3 lb                          | For baked potato  |
|  | 1 tsp                                     | 8 oz                          | For garnish   |
| Whipped topping mix                              |   |                               |   |
| Dry  | 2 Tbsp                                    | 5 oz                          |   |
| Frozen   | 2 Tbsp                                    | 18 oz ( $1\frac{1}{2}$ qt)    |   |
| Liquid   | 2 Tbsp                                    | 1½ pt                         | 1½ qt whipped   |
| Yogurt   | 8 oz (1 cup)                              | 25 lb                         |   |
| <b>DESSERTS</b>                                  |   |                               |   |
| Cakes  |   |                               |   |
| Angel food                                       | 1 oz                                      | 3–4 10-inch cakes             | 12–14 cuts per cake   |
| Pound or loaf, 5 × 9 inches                      | 3 oz                                      | 4 loaves                      |   |
| Sheet, 12 × 18 × 2 inches                        | 3 × 2¼ inches                             | 2 pans                        | Cut 4 × 8   |
| Batter, ready to bake                            |   | 4–5 lb each                   |   |
| Sheet, 18 × 26 × 2 inches                        | 3 × 2½ inches                             | 1 pan                         | Cut 6 × 10  |
| Batter, ready to bake                            |   | 8–10 lb                       |   |
| Cake mixes                                       |   |                               |   |
| Angel food                                       |   | 4 lb                          |   |
| Chocolate, white, yellow                         |   | 5 lb                          |   |

*continues*

TABLE 1.1 *continued*

| <i>Food</i>      | <i>Serving portion</i>     | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i> |
|------------------|----------------------------|-------------------------------|----------------------------------|
| Pies, 8 inch     | 1/8 pie                    | 8 pies                        | Cut 6 pieces per pie             |
| Filling          |                            |                               |                                  |
| Chiffon          | 3 cups per pie             | 6 qt                          |                                  |
| Cream or custard | 3 cups per pie             | 6 qt                          |                                  |
| Fruit            | 3 cups (1 lb 8 oz) per pie | 6 qt (10–12 lb)               |                                  |
| Meringue         | 4 oz per pie               | 2 lb                          |                                  |
| Pastry           |                            |                               |                                  |
| 1 crust          | 5 oz per pie               | 2 lb 8 oz                     |                                  |
| 2 crust          | 9 oz per pie               | 4 lb 8 oz                     |                                  |
| Pies, 9 inch     | 1/8 pie                    | 7 pies                        | Cut 8 pieces per pie             |
| Filling          |                            |                               |                                  |
| Chiffon          | 3 3/4 cups per pie         | 6–7 qt                        |                                  |
| Cream or custard | 3 3/4 cups per pie         | 6–7 qt                        |                                  |
| Fruit            | 3 3/4–4 cups (1 lb 14 oz)  | 6–7 qt (10–12 lb)             |                                  |
| Meringue         | 5–6 oz per pie             | 2–2 1/4 lb                    |                                  |
| Pastry           |                            |                               |                                  |
| 1 crust          | 9 oz per pie               | 4 lb                          |                                  |
| 2 crust          | 16 oz per pie              | 7 lb                          |                                  |
| Puddings         | 1/2 cup (4 oz)             | 6 1/4 qt                      | No. 10 dipper                    |
| Toppings, sauce  | 2–3 Tbsp                   | 2–3 qt                        |                                  |

**EGGS**

|                        |       |                 |  |
|------------------------|-------|-----------------|--|
| Eggs                   |       |                 |  |
| In shell               | 1 egg | 4 1/2 doz       |  |
| Fresh or frozen, whole | 1 egg | 5 lb (2 1/2 qt) |  |

**FISH AND SHELLFISH**

|                              |        |             |                                     |
|------------------------------|--------|-------------|-------------------------------------|
| Fish                         |        |             |                                     |
| Fillets and steaks, 4 per lb | 3 oz   | 14–16 lb    | 1 lb AP = 0.70 lb cooked fish       |
| Whole, dressed               | 3 oz   | 40 lb       | 1 lb AP = 0.27 lb cooked fish       |
| Oysters, shucked             | 3–4 oz | 1 1/2–2 gal | 1 lb AP = 0.38 lb cooked oysters    |
| Scallops, frozen, to fry     | 3 oz   | 10–12 lb    |                                     |
| Shrimp                       |        |             |                                     |
| Raw, in shell                | 2 oz   | 12 1/2 lb   | 1 lb AP = 0.54 lb cooked shrimp     |
|                              | 3 oz   | 18–20 lb    | 1 lb peeled = 0.62 lb cooked shrimp |
| Raw, peeled and cleaned      | 3 oz   | 16 lb       | 1 lb AP = 1.00 lb cooked shrimp     |
| Cooked, peeled and cleaned   | 3 oz   | 10 lb       |                                     |

**FRUITS**

|                        |                  |                     |  |
|------------------------|------------------|---------------------|--|
| Canned                 |                  |                     |  |
| For pies, see Desserts |                  |                     |  |
| For salad or dessert   | 3–4 oz (1/2 cup) | 2–2 1/2 No. 10 cans | For fruits such as peach or pear halves and sliced pineapple, depends on count per can |

TABLE 1.1 *continued*

| <i>Food</i>                  | <i>Serving portion</i> | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>   |
|------------------------------|------------------------|-------------------------------|--|
| <b>Fresh</b>                 |                        |                               |  |
| Apples                       | 1 apple                | ½ box                         | Size 113   |
| 8 8-inch pies                | ⅙ pie                  | 14–16 lb AP                   | 1 lb AP = 0.91 lb ready to cook or serve raw with peels; 0.78 lb pared, cooked |
| 7 9-inch pies                | ⅛ pie                  | 16 lb AP                      |  |
| Salad or dessert             | 3–3½ oz                | 15 lb AP                      |  |
| Apricots                     | 2                      | 9 lb AP                       | Medium size 12 per lb  |
| Avocado                      | ½                      | 25 avocados                   | Medium size 2 per lb   |
| Salad                        | 3 slices               | 12 avocados                   | 1 lb AP = 0.67 lb ready to serve raw   |
| Bananas                      | 1                      | 16 lb AP                      | Small, 5–6 inch<br>1 lb AP = 0.65 lb ready to serve raw                        |
| Salad                        | 3 oz                   | 10 lb AP                      | Medium 7–8 inch, 3 per lb  |
| Blueberries                  | 4 oz                   | 12–14 lb AP                   | 1 lb AP = 0.96 lb ready to serve raw   |
| Cherries, sweet              | 3 oz                   | 10 lb AP                      | 1 lb AP = 0.98 lb ready to serve with pits; 0.84 lb pitted                     |
| Cranberries, for sauce       | ¼ cup                  | 4 lb AP                       | 1 lb AP = 0.95 lb ready to cook  |
| Fruit cup (mixed fruits)     | 3 oz (⅓ cup)           | 9 lb (6 qt)                   |  |
| Grapefruit                   | ½                      | 25 fruit                      | 64 to 80 size  |
| Salad                        | 5 sections             | 21 fruit                      | 12 sections per fruit<br>1 lb AP = 0.52 lb ready to serve raw                  |
| Grapes, seedless             | 4 oz                   | 12–15 lb AP                   | 1 lb AP = 0.97 lb ready to serve raw   |
| With seeds                   |                        |                               | 1 lb AP = 0.89 lb raw seeded   |
| Kiwi                         | 1 slice, as garnish    | 6–8 fruit                     | 7–8 slices per fruit   |
| Lemons                       |                        |                               |  |
| For tea or fish              | ⅓ lemon                | 8–10 lemons                   | Medium, size 165   |
| For lemonade                 | 8-oz glass             | 3 doz                         | Medium, size 165   |
| Limes                        |                        |                               |  |
| Garnish                      | 1 wedge                | 12 limes                      | 4 wedges per lime  |
| Limeade                      | 8-oz glass             | 4½ doz                        |  |
| Mangoes, cubed or sliced     | ½ cup                  | 12½ lb AP                     | 1 lb AP = 0.69 lb ready to serve raw   |
| Melon                        |                        |                               |  |
| Cantaloupe                   | ½ melon                | 25 melons                     |  |
| Fruit cup                    |                        | 5 melons                      | 1 lb AP = 0.52 lb ready to serve raw   |
| Salad slices                 |                        | 6 melons                      |  |
| Casaba, honeydew, or persian | ½ melon                | 7 melons                      | 1 lb AP = 0.46 lb ready to serve raw   |
| Watermelon                   | 12–16 oz               | 38–50 lb AP                   | 1 lb AP = 0.57 lb fruit without rind   |
| Nectarines                   | 1 nectarine (5 oz)     | 15–16 lb AP                   | 1 lb AP = 0.91 lb ready to serve raw   |
| Oranges                      |                        |                               |  |
| Juice                        | 1 orange               | ½ box                         | Size 113   |
| Sections                     | 4 oz (½ cup)           | 6¼ qt                         | 16–18 doz size 113   |
|                              | 5 sections             | 18 oranges                    | Size 150; 1 lb AP = 0.40 lb ready to serve, without membrane                   |

*continues*

TABLE 1.1 *continued*

| <i>Food</i>                | <i>Serving portion</i> | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>                                      |
|----------------------------|------------------------|-------------------------------|---|
| Peaches                    | 1 peach (4–5 oz)       | 12–15 lb AP                   |   |
| Diced or sliced            | ½ cup                  | 20 lb AP                      | 1 lb AP = 0.76 lb ready to cook or serve raw                          |
| Pears                      | 1 pear (5–6 oz)        | 17–19 lb AP                   | 1 lb AP = 0.92 lb ready to cook or serve raw, unpared; 0.78 lb pared  |
| Salad                      | 3 slices               | 15–17 lb AP                   | 8–10 slices per pear  |
| Pineapple, cubed           | ½ cup                  | 24 lb AP (6 pineapples)       | 1 lb AP = 0.54 lb ready to serve raw                                  |
| Plums, Italian or purple   | 2 plums                | 12½ lb AP                     | Medium size, 8 per lb<br>1 lb AP = 0.94 lb ready to cook or serve raw |
| Rhubarb, 8 8-inch pies     | ⅙ pie                  | 10–12 lb AP                   | 1 lb AP = 0.86 lb ready to cook                                       |
| 7 9-inch pies              | ⅛ pie                  | 12 lb AP                      |   |
| Sauce                      | ½ cup                  | 14 lb AP                      |   |
| Strawberries               | 4 oz                   | 14 lb AP                      | 1 lb AP = 0.88 lb ready to serve raw                                  |
| Garnish                    | 1 berry                | 1 qt AP                       | 1 qt AP = about 1.32 lb ready to serve raw                            |
| Shortcake                  | ¾ cup                  | 8–9 qt AP                     |   |
| Sundaes                    | ½–¾ cup                | 6–8 qt AP                     |   |
| Strawberries, frozen       |                        |                               |   |
| For pies, see Desserts     |                        |                               |   |
| For salad or dessert       | 4 oz (½ cup)           | 13–15 lb                      |   |
| For topping                | 1½ oz                  | 5 lb                          |   |
| <b>JUICES</b>              |                        |                               |   |
| Fruit or vegetable         | 4 oz (½ cup)           | 6¼ qt                         |   |
|                            | 6 oz (¾ cup)           | 9½ qt                         |   |
| Canned                     | 4 oz                   | 4 46-oz cans                  |   |
|                            | 6 oz                   | 7 46-oz cans                  |   |
| Frozen                     | 4 oz                   | 4–5 12-oz cans                | Dilute 1:3 parts water  |
|                            |                        | 2 32-oz cans                  | Dilute 1:3 parts water  |
|                            | 6 oz                   | 7 12-oz cans                  | Dilute 1:3 parts water  |
|                            |                        | 3 32-oz cans                  | Dilute 1:3 parts water  |
| <b>MEAT</b>                |                        |                               |   |
| <b>Beef</b>                |                        |                               |   |
| Brisket, corned, boneless  | 3 oz EP                | 25–30 lb AP                   | 1 lb AP = 0.42 lb cooked lean meat                                    |
| Brisket, fresh, boneless   | 3 oz EP                | 25–30 lb AP                   | 1 lb AP = 0.46 lb cooked lean meat                                    |
| Cubed, 1 inch, for stew    | 3 oz EP                | 12–15 lb AP                   | 1 lb AP = 0.56 lb cooked lean meat                                    |
| Ground (73% lean)          | 3 oz EP                | 13–15 lb AP                   | 1 lb AP = 0.68 lb cooked meat   |
| Lean (80% lean)            | 3 oz EP                | 11–13 lb AP                   | 1 lb AP = 0.77 lb cooked meat   |
| Extra lean (85% lean)      | 3 oz EP                | 11–12 lb AP                   | 1 lb AP = 0.80 lb cooked meat   |
| Liver                      | 3½ oz EP               | 16 lb AP                      | 1 lb AP = 0.70 lb cooked liver  |
| Roast                      |                        |                               |   |
| Chuck, pot roast, boneless | 3 oz EP                | 18 lb AP                      | 1 lb AP = 0.70 lb lean cooked meat                                    |
| With bone                  | 3 oz EP                | 20–22 lb AP                   | 1 lb AP = 0.45 lb cooked lean meat                                    |
| Rib, standing              | 6 oz EP                | 45–50 lb AP                   | Bone in, oven prepared  |
| Ribeye                     | 3 oz EP                | 13–15 lb AP                   | 1 lb AP = 0.73 lb lean cooked meat                                    |

TABLE 1.1 *continued*

| <i>Food</i>                      | <i>Serving portion</i> | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>   |
|----------------------------------|------------------------|-------------------------------|------------------------------------|
| <b>Roasts, continued</b>         |                        |                               |                                    |
| Round, bottom boneless           | 3 oz EP                | 15–18 lb AP                   | 1 lb AP = 0.70 lb cooked lean meat |
| Inside, boneless                 | 3 oz EP                | 15–18 lb AP                   | 1 lb AP = 0.70 lb cooked meat      |
| Rump, boneless                   | 3 oz EP                | 16–18 lb AP                   | 1 lb AP = 0.62 lb cooked lean meat |
| Sirloin, boneless, trimmed       | 3 oz EP                | 16–18 lb AP                   | 1 lb AP = 0.61 lb cooked lean meat |
| Short ribs, trimmed              | 3 oz EP                | 38–40 lb AP                   | 1 lb AP = 0.25 lb cooked meat      |
| <b>Steaks</b>                    |                        |                               |                                    |
| Cubed, 4 per lb                  | 3 oz EP                | 17 lb AP                      |                                    |
| Flank, 4 per lb                  | 3 oz EP                | 17 lb AP                      | 1 lb AP = 0.67 lb cooked lean meat |
| Loin strip                       | 8 oz AP                | 25 lb AP                      | Short cut, bone in                 |
| Round, boneless, 3 per lb        | 3½ oz EP               | 18–20 lb AP                   | 1 lb AP = 0.59 lb cooked lean meat |
| Sirloin, boneless                | 3½ oz EP               | 14–16 lb AP                   | 1 lb AP = 0.75 lb cooked lean meat |
| Tenderloin, trimmed              | 4 oz EP                | 14 lb AP                      | 1 lb AP = 0.90 lb cooked lean meat |
| T-bone                           | 8 oz AP<br>12 oz AP    | 25 lb AP<br>36–38 AP          |                                    |
| <b>Lamb</b>                      |                        |                               |                                    |
| Chops, rib, 4 per lb             | 2 each                 | 25 lb AP                      | 1 lb AP = 0.46 lb cooked lean meat |
| Roast, leg, boneless             | 3 oz EP                | 15 lb AP                      | 1 lb AP = 0.61 lb cooked lean meat |
| With bone                        | 3 oz EP                | 22 lb AP                      | 1 lb AP = 0.45 lb cooked lean meat |
| <b>Pork, Fresh</b>               |                        |                               |                                    |
| Chops, loin, with bone, 3 per lb | 1 chop                 | 17 lb AP                      | 1 lb AP = 0.41 lb cooked lean meat |
| Cutlets, 3 or 4 per lb           | 3–3½ oz EP             | 12–15 lb AP                   | 1 lb AP = 0.75 lb cooked meat      |
| Ham, whole boneless              | 3 oz EP                | 18–20 lb AP                   | 1 lb AP = 0.53 lb cooked lean meat |
| With bone                        | 3 oz EP                | 20–22 lb AP                   | 1 lb AP = 0.46 lb cooked lean meat |
| Shoulder, Boston butt, boneless  | 3 oz EP                | 18–20 lb AP                   | 1 lb AP = 0.54 lb cooked lean meat |
| With bone                        | 3 oz EP                | 19–21 lb AP                   | 1 lb AP = 0.50 lb cooked lean meat |
| Shoulder, picnic, boneless       | 3 oz EP                | 20–22 lb AP                   | 1 lb AP = 0.46 lb cooked lean meat |
| With bone                        | 3 oz EP                | 25 lb AP                      | 1 lb AP = 0.38 lb cooked lean meat |

*continues*

TABLE 1.1 *continued*

| <i>Food</i>                       | <i>Serving portion</i> | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>   |
|-----------------------------------|------------------------|-------------------------------|------------------------------------|
| Roast, loin, boneless             | 3 oz EP                | 18–20 lb AP                   | 1 lb AP = 0.54 lb cooked lean meat |
| With bone                         | 3 oz EP                | 22–24 lb AP                   | 1 lb AP = 0.41 lb cooked lean meat |
| Sausage, bulk                     | 2-oz patty             | 12½–15 lb AP                  | 1 lb AP = 0.47 lb cooked lean meat |
| Links, 12–16 per lb               | 2 links                | 7–8 lb AP                     | 1 lb AP = 0.47 lb cooked lean meat |
| Spareribs                         | 8–12 oz AP             | 25–40 lb AP                   | 1 lb AP = 0.39 lb cooked meat      |
| <b>Pork, Cured</b>                |                        |                               |                                    |
| Bacon, sliced                     |                        |                               |                                    |
| Hotel pack                        | 2 slices               | 4–5 lb                        | 24 slices per lb                   |
| Sliced                            | 2 slices               | 5–6 lb                        | 17–20 slices per lb                |
| Canadian                          | 2 slices (2 oz)        | 10 lb                         | 16 slices per lb                   |
| Ham, boneless                     | 3 oz EP                | 15 lb AP                      | 1 lb AP = 0.63 lb cooked lean meat |
| With bone                         | 3 oz EP                | 18–20 lb AP                   | 1 lb AP = 0.53 lb cooked lean meat |
| Fully cooked, ready to eat        | 3 oz EP                | 15 lb AP                      |                                    |
| Pullman, canned                   | 3 oz EP                | 12–15 lb AP                   | 1 lb AP = 0.64 lb cooked lean meat |
| Shoulder, Boston butt, boneless   | 3 oz EP                | 16 lb AP                      | 1 lb AP = 0.60 lb cooked lean meat |
| Shoulder, picnic, boneless        | 3 oz EP                | 18 lb AP                      | 1 lb AP = 0.53 lb cooked lean meat |
| <b>Variety and Luncheon Meats</b> |                        |                               |                                    |
| Braunschweiger                    | 2 oz                   | 7 lb                          |                                    |
| Frankfurters                      |                        |                               |                                    |
| 8 per lb                          | 2 franks               | 12½ lb                        |                                    |
| 10 per lb                         | 2 franks               | 10 lb                         |                                    |
| Knockwurst                        | 3 oz                   | 10 lb                         |                                    |
| Sliced luncheon meat              | 1 oz                   | 3¼ lb                         | 16 slices per lb                   |
| <b>Veal</b>                       |                        |                               |                                    |
| Cubed, 1-inch, for stew           | 2 oz EP                | 12–15 lb AP                   | 1 lb AP = 0.65 lb cooked lean meat |
| Cutlets, 3 or 4 per lb            | 3–3½ oz EP             | 12½–15 lb AP                  | 1 lb AP = 0.80 lb cooked lean meat |
| Ground                            | 3–4 oz EP              | 15–18 lb AP                   | 1 lb AP = 0.73 lb cooked lean meat |
| Roast, leg, boneless              | 3 oz EP                | 15–18 lb AP                   | 1 lb AP = 0.61 lb cooked lean meat |
| Shoulder, boneless                | 3 oz EP                | 18 lb AP                      | 1 lb AP = 0.59 lb cooked lean meat |

TABLE 1.1 *continued*

| <i>Food</i>                         | <i>Serving portion</i>           | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>  |
|-------------------------------------|----------------------------------|-------------------------------|---|
| <b>PASTA</b>                        |                                  |                               |   |
| Macaroni, noodles, and spaghetti    | 4 oz                             | 4½–5 lb dry                   | 12 lb cooked  |
| In casseroles                       | 2 oz                             | 2–3 lb dry                    | 6–7 lb cooked   |
| <b>POULTRY</b>                      |                                  |                               |   |
| Chicken                             |                                  |                               |   |
| Fryer parts                         |                                  |                               |   |
| ½ breast (without back)             | 5 oz AP                          | 15–16 lb AP                   | 1 lb AP = 0.66 lb cooked chicken  |
| 1 drumstick and thigh               | 6 oz AP                          | 19–20 lb AP                   |   |
| 1 drumstick                         | 3 oz AP                          | 10 lb AP                      | 1 lb AP = 0.49 lb cooked chicken  |
| 1 thigh                             | 3 oz AP                          | 10–11 lb AP                   | 1 lb AP = 0.50 lb cooked chicken  |
| 2 wings                             | 5 oz AP                          | 15 lb AP                      | 1 lb AP = 0.34 lb cooked chicken  |
| Whole                               | ¼ fryer<br>½ fryer               | 13 fryers<br>25 fryers        | 3½ lb each<br>2–3 lb each   |
| Whole, for stewing                  | 3 oz cooked chicken without bone | 26–28 lb AP                   | 1 lb AP = 0.36 lb cooked chicken, not using neck and giblets; 0.41 lb using neck meat and giblets |
| Cooked, diced                       | 2 oz                             | 6 lb 4 oz                     |   |
| Turkey, dressed, whole for roasting | 3 oz EP (slices)                 | 50 lb AP                      | 1 lb AP = 0.53 lb cooked turkey with skin, without neck and giblets; without skin 0.47 lb         |
| Boneless roll, raw                  | 3–4 oz EP                        | 16–18 lb AP                   | 1 lb AP = 0.66 lb cooked turkey meat  |
| Boneless roll, cooked               | 3–4 oz EP                        | 12–15 lb AP                   | 1 lb AP = 0.92 lb cooked turkey meat  |
| Breasts, whole, raw                 | 3 oz EP                          | 19 lb AP                      | 1 lb AP = 0.64 lb turkey meat with skin; 0.57 lb without skin                                     |
| Leg quarters                        | 3 oz EP                          | 19 lb AP                      | 1 lb AP = 0.53 lb cooked turkey; without skin 0.48 lb   |
| Ground                              | 3 oz EP                          | 11–12 lb                      | 1 lb AP = 0.85 lb cooked meat   |
| Tenderloin (steaks)                 | 4 oz                             | 14–15 lb                      | 1 lb AP = 0.90 lb cooked meat   |
| Wings                               | 3–4 oz EP                        | 30 lb                         | 1 lb AP = 0.32 lb cooked meat (without skin)  |
| Turkey ham, cooked                  | 1½ oz                            | 5 lb                          |   |
| Turkey, cooked, cubed               | 1½–2 oz                          | 5–6 lb EP<br>(18–20 lb AP)    | 3¾–4½ qt  |
| Canned, see Chicken                 |                                  |                               |   |
| <b>RELISHES</b>                     |                                  |                               |   |
| Catsup                              | 1 oz                             | ½ No. 10 can                  | 1 No. 10 can = about 12 cups  |
|                                     | 1 oz                             | 4 14-oz bottles               |   |
| Mustard, prepared                   | ½ tsp                            | ½ cup                         |   |
| Olives, green, whole                | 3                                | 2 qt                          | 88–90 per qt  |
| Ripe, whole or pitted               | 3                                | 1½ qt                         | 120–150 per qt  |
| Pickles, dill, whole                | 1 pickle                         | 2½ qt                         |   |
| Dill or sweet, sliced               | 1 oz                             | 2¼ qt                         |   |
| Pickle relish                       | 1 oz                             | 2 qt                          | 1 gal = about 58 oz drained   |

*continues*

TABLE 1.1 *continued*

| <i>Food</i>                             | <i>Serving portion</i> | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>                 |
|---|------------------------|-------------------------------|--|
| <b>SALADS AND SALAD DRESSINGS</b>       |                        |                               |  |
| Salads                                  |                        |                               |  |
| Bulky vegetable                         | 1 cup                  | 3 gal                         |  |
| Fish or meat                            | ½ cup                  | 6–7 qt                        |  |
| Fruit                                   | ⅓ cup                  | 4¼ qt                         |  |
| Gelatin                                 | ½ cup                  | 1 12 × 20 ×<br>2-inch pan     | 24-oz pkg flavored gelatin,<br>1 gal liquid      |
| Potato                                  | ½ cup                  | 6–7 qt                        |  |
| Dressings                               |                        |                               |  |
| Mixed in salad                          |                        |                               |  |
| French, thin                            | 1 Tbsp                 | 3–4 cups                      |  |
| Mayonnaise                              | 1–2 Tbsp               | 1 qt                          |  |
| Self-service                            |                        |                               |  |
| Thousand Island,<br>Roquefort, or Ranch | 1–2 Tbsp               | 1½–2 qt                       |  |
| French                                  | 1 Tbsp                 | 1–1½ qt                       |  |
| <b>SAUCES</b>                           |                        |                               |  |
| Gravy                                   | 3–4 Tbsp               | 3–4 qt                        |  |
| Meat accompaniment                      | 2 Tbsp                 | 2 qt                          |  |
| Pudding                                 | 2–3 Tbsp               | 2–3 qt                        |  |
| Salsa                                   | 2–3 Tbsp               | 2–3 qt                        | Condiment for Mexican entrees                    |
| Vegetable                               | 2–3 Tbsp               | 2–3 qt                        |  |
| <b>SOUPS</b>                            |                        |                               |  |
| Soup                                    |                        |                               |  |
| First course                            | ½–1 cup (4–8 oz)       | 2–3¼ gal                      |  |
| Main course                             | 1 cup (8 oz)           | 3¼ gal                        |  |
| Soup                                    |                        |                               |  |
| Concentrated                            | 1 cup (8 oz)           | 5 46-oz cans                  |  |
| Soup base, paste                        |                        | 10 oz                         | For 2½ gal soup                                  |
| <b>SUGARS, JELLIES, SWEETS, NUTS</b>    |                        |                               |  |
| Candies, small                          | 2 each                 | 1 lb                          |  |
| Honey                                   | 2 Tbsp                 | 5 lb (2 qt)                   |  |
| Jam or jelly                            | 1 Tbsp                 | 2–3 lb                        |  |
| Marshmallows                            | 3                      | 1–1½ lb                       |  |
| Nuts, mixed                             | 1½ Tbsp                | 1–1½ lb                       |  |
| Sugar, cubes                            | 1–2 cubes              | 1½ lb                         |  |
| Granulated                              | 1½ tsp                 | 12 oz                         |  |
| Syrup                                   | ¼ cup                  | 3 qt                          |  |
| Toppings for dessert                    | 2 Tbsp                 | 1½–2 qt                       |  |
| <b>VEGETABLES</b>                       |                        |                               |  |
| Canned                                  | 2½ oz                  | 2 No. 10 cans                 | Most vegetables yield 60–70 oz<br>drained weight |
| Dried                                   |                        |                               |  |
| Dehydrated potatoes                     |                        |                               |  |
| Diced or sliced                         | 3–4 oz                 | 2–2½ lb AP                    |  |
| Instant for mashing                     | 4 oz                   | 2–2¼ lb AP                    |  |
| Dried beans                             | 4 oz                   | 5–6 lb AP                     |  |
| Split peas or lentils                   | 4 oz                   | 4 lb AP                       |  |
| Fresh                                   |                        |                               |  |
| Alfalfa sprouts                         | 2 Tbsp                 | 1 lb                          |  |

TABLE 1.1 *continued*

| <i>Food</i>                            | <i>Serving portion</i>   | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>                                     |
|--|--------------------------|-------------------------------|--|
| Vegetables, fresh, continued           |                          |                               |  |
| Asparagus                              | 3 oz                     | 18–20 lb AP                   | 1 lb AP = 0.53 lb ready to cook; 0.50 lb cooked                      |
| Beans, green or wax                    | 3 oz                     | 10–12 lb AP                   | 1 lb AP = 0.88 lb ready to cook                                      |
| Bean sprouts                           | 2 Tbsp                   | 12 oz                         |  |
| Beets, topped                          | 3 oz                     | 12–14 lb AP                   | 1 lb AP = 0.77 lb peeled; 0.73 lb cooked slices                      |
| Broccoli                               | 3 oz                     | 16–20 lb AP                   | 1 lb AP = 0.81 lb ready to cook                                      |
| Brussels sprouts                       | 3 oz                     | 12–14 lb AP                   | 1 lb AP = 0.76 lb ready to cook                                      |
| Cabbage                                |                          |                               |  |
| Green                                  | 1 wedge or 3 oz shredded | 12–14 lb AP                   | 1 lb AP = 0.89 lb ready to cook or serve raw                         |
| Red, chopped or shredded               | 2 oz                     | 10 lb AP                      | 1 lb AP = 0.64 lb ready to cook or serve raw                         |
| Carrots, without tops                  | 3 oz                     | 14–16 lb AP                   | 1 lb AP = 0.70 lb ready to cook or serve raw; 0.60 lb cooked         |
| Strips for relish                      | 3 strips, 4 × ½ inch     | 4–5 lb                        |  |
| Cauliflower                            | 3 oz                     | 16–18 lb AP                   | 1 lb AP = 0.62 lb ready to cook or serve raw; 0.61 lb cooked         |
| Salad pieces                           | ¼ cup                    | 8 lb AP                       | 1 medium head = about 6 cups (50–75 florets)                         |
| Celery, sliced                         | 3 oz                     | 12 lb AP                      | 1 lb AP = 0.83 lb ready to cook or serve raw; 0.74 lb cooked         |
| Sticks for relishes                    | 4 sticks, 4 × ½ inch     | 4–5 lb AP                     |  |
| Celery cabbage                         | 2 oz                     | 9 lb AP                       | 1 lb AP = 0.93 lb ready to serve raw                                 |
| Corn, on cob                           | 1 ear                    | 5 doz (25 lb with husks)      | 1 lb AP = 0.33 lb EP cooked  |
| Cucumbers                              | 1½ oz                    | 5–6 lb AP                     | 1 lb AP = 0.84 lb pared ready to serve raw                           |
| Eggplant                               | 3 oz                     | 12–15 lb AP                   | 1 lb AP = 0.81 lb ready to cook                                      |
| Endive, escarole                       | ½ cup                    | 8–10 lb AP                    | 1 lb AP = 0.78 lb ready to serve                                     |
| Lettuce                                |                          |                               |  |
| Iceberg, wedges                        | ⅙ head                   | 8–10 heads                    | 24 heads per crate   |
| Broken, for salad                      | 1 cup (2½ oz)            | 9½ lb AP                      | 1 lb AP = 0.76 lb ready to serve                                     |
| Garnish                                | 1 leaf                   | 4–5 lb AP                     |  |
| Leaf, for garnish                      | 1 leaf                   | 3–4 lb AP                     | 1 lb AP = 0.66 lb ready to serve                                     |
| Bibb                                   | 2½ oz                    | 9 lb                          |  |
| Romaine, for salad                     | 2½ oz                    | 9 lb AP                       | 1 lb AP = 0.64 lb ready to serve                                     |
| Mushrooms, sliced                      | 3 oz                     | 12 lb AP                      | 1 lb AP = 0.90 lb ready to serve raw or cook; 0.22 lb cooked         |
| For sauce                              | 1 oz                     | 3–4 lb AP                     |  |
| Onions                                 |                          |                               |  |
| Green, chopped for salad               | ¼ cup (with tops)        | 3½–4 lb AP                    | 1 lb AP = 0.83 lb ready to serve raw with tops; 0.37 lb without tops |
| Mature                                 | 2 oz                     | 7–8 lb AP                     | 1 lb AP = 0.88 lb ready to serve raw or cook; 0.78 lb cooked         |
| Whole, to bake                         | 1 medium                 | 12–15 lb AP                   |  |
| Parsley, for garnish or seasoning      |                          | 2 lb AP                       | 1 lb AP = 0.92 lb ready to serve raw                                 |
| Parsnips                               | 3 oz                     | 12–15 lb AP                   | 1 lb AP = 0.83 lb ready to cook                                      |
| Peppers, green, red, and yellow strips | 3 strips                 | 4–5 lb AP                     | 1 lb AP = 0.80 lb ready to cook or serve raw; 0.73 lb cooked         |
| Chopped for salads                     | ½ oz                     | 1–2 AP                        |  |

*continues*

TABLE 1.1 *continued*

| <i>Food</i>                          | <i>Serving portion</i> | <i>Amount for 50 portions</i> | <i>Miscellaneous information</i>                             |
|--------------------------------------|------------------------|-------------------------------|--|
| Vegetables, fresh, continued         |                        |                               |  |
| Potatoes, sweet, or yams to bake     | 1 potato (4½–5 oz)     | 18–20 lb AP                   | 1 lb AP = 0.61 lb baked, without skins                       |
| Candied                              | 4 oz                   | 20–25 lb AP                   | 1 lb AP = 0.80 lb peeled, ready to cook                      |
| Mashed                               | 4 oz                   | 18 lb AP                      |  |
| Potatoes, white, baked               | 1 potato               | 17–25 lb AP                   | 1 lb AP = 0.74 lb baked potato without skins                 |
| Mashed                               | 4 oz (½ cup)           | 15 lb AP                      | 1 lb AP = 0.81 lb ready to cook pared                        |
| Steamed                              | 4 oz (1 potato)        | 16–17 lb AP                   |  |
| French fried                         | 4–5 oz                 | 16–20 lb AP                   | 1 lb AP = 0.81 lb ready to cook                              |
| Radishes, without tops, for relishes | 2 oz                   | 6 lb AP                       | 1 lb AP = 0.94 lb ready to serve raw                         |
| Salad greens                         | 3 oz                   | 10 lb                         |  |
| Spinach                              | 3 oz                   | 12 lb AP                      | 1 lb AP = 0.88 lb ready to cook or serve raw                 |
| For salad                            | 1 oz                   | 4–5 lb AP                     |  |
| Squash, summer, yellow               | 3 oz                   | 10 lb AP                      | 1 lb AP = 0.95 lb ready to cook; 0.83 lb cooked              |
| Zucchini                             | 3 oz                   | 10 lb AP                      | 1 lb AP = 0.94 lb ready to cook; 0.86 lb cooked              |
| Squash, winter, acorn                | ½ squash               | 20–25 lb AP                   | 1 lb AP = 0.87 lb ready to cook in skin                      |
| Butternut                            | 3 oz                   | 12 lb AP                      | 1 lb AP = 0.84 lb ready to cook pared                        |
| Hubbard, baked                       | 2½-inch square         | 20–25 lb                      |  |
| Mashed                               | 3 oz                   | 15 lb AP                      | 1 lb AP = 0.64 lb ready to cook pared                        |
| Tomatoes                             | 1 small                | 20 lb AP                      |  |
| Sliced, salad                        | 3 slices               | 15 lb AP                      | 1 lb AP = 0.90 lb ready to cook or serve raw                 |
| Diced                                | ½ cup                  | 12–15 lb AP                   | 1 lb AP = 0.75 lb peeled and seeded                          |
| Cherry, salad                        | 1 oz                   | 4 lb AP                       | 1 lb AP = 0.97 lb stemmed                                    |
| Turnips                              | 3 oz                   | 12–15 lb AP                   | 1 lb AP = 0.79 lb ready to cook or serve raw; 0.78 lb cooked |
| Watercress                           | 1½ oz                  | 4–5 lb AP                     | 1 lb AP = 0.92 lb ready to serve raw                         |
| Yams, see Potatoes, sweet            |                        |                               |  |
| Frozen                               |                        |                               |  |
| Asparagus spears                     | 3 oz                   | 10 lb                         |  |
| Beans, cut green or lima             | 3 oz                   | 10 lb                         |  |
| Broccoli                             | 3 oz                   | 10 lb                         |  |
| Brussels sprouts                     | 3 oz                   | 10 lb                         |  |
| Cauliflower                          | 3 oz                   | 10 lb                         |  |
| Corn, whole kernel                   | 3 oz                   | 10 lb                         |  |
| Peas                                 | 3 oz                   | 10 lb                         |  |
| Potatoes                             |                        |                               |  |
| French fried                         | 4 oz                   | 12–13 lb                      |  |
| Hashed brown                         | 4 oz                   | 12–13 lb                      |  |
| Spinach                              | 3 oz                   | 10 lb                         |  |

**MISCELLANEOUS**

## Ice

|                   |        |          |
|-------------------|--------|----------|
| For water glasses | 3–4 oz | 10–12 lb |
| For punch bowl    |        | 10 lb    |
| Potato chips      | 1 oz   | 3 lb     |

**TABLE 1.2** Approximate yield in the preparation of fresh fruits and vegetables (in lb)

| <i>Weight of ready to cook or ready to serve raw from 1 lb as purchased</i> |      |                               |      |
|---|------|-------------------------------|------|
| Apples  | 0.78 | Lettuce, head                 | 0.76 |
| Asparagus   | 0.53 | Lettuce, leaf                 | 0.66 |
| Avocado   | 0.67 | Lettuce, romaine              | 0.64 |
| Bananas   | 0.65 | Mangoes                       | 0.69 |
| Beans, green or wax   | 0.88 | Mushrooms, trimmed            | 0.90 |
| Beans, lima   | 0.44 | Nectarines                    | 0.91 |
| Beets   | 0.77 | Okra                          | 0.87 |
| Blueberries   | 0.96 | Onions, mature                | 0.88 |
| Broccoli  | 0.81 | Orange sections               | 0.40 |
| Brussels sprouts  | 0.76 | Papaya                        | 0.62 |
| Cabbage, green  | 0.87 | Parsnips                      | 0.83 |
| Cabbage, red  | 0.64 | Peaches                       | 0.76 |
| Cantaloupe,<br>served without rind  | 0.52 | Pears, served pared           | 0.78 |
| Carrots   | 0.70 | Peas, green                   | 0.38 |
| Cauliflower   | 0.62 | Peppers, green                | 0.80 |
| Celery  | 0.75 | Pineapple                     | 0.54 |
| Chard, Swiss  | 0.92 | Plums                         | 0.94 |
| Cherries, pitted  | 0.87 | Potatoes, sweet               | 0.80 |
| Chicory   | 0.89 | Potatoes, white               | 0.81 |
| Collards, leaves  | 0.57 | Radishes, without tops        | 0.94 |
| Collards, leaves and stems  | 0.74 | Rhubarb, without leaves       | 0.86 |
| Cranberries   | 0.95 | Rutabagas                     | 0.85 |
| Cucumbers, pared  | 0.84 | Spinach, partly trimmed       | 0.88 |
| Eggplant  | 0.81 | Squash, acorn or patty<br>pan | 0.87 |
| Endive, escarole  | 0.78 | Squash, butternut             | 0.84 |
| Ginger, fresh   | 0.77 | Squash, Hubbard               | 0.64 |
| Grapefruit sections   | 0.52 | Squash, summer                | 0.95 |
| Grapes, seedless  | 0.97 | Squash, zucchini              | 0.94 |
| Honeydew melon,<br>served without rind                                      | 0.46 | Strawberries                  | 0.88 |
| Kale  | 0.67 | Tomatoes                      | 0.99 |
| Kiwi  | 0.85 | Turnips, without tops         | 0.79 |
|   |      | Watermelon                    | 0.57 |

Adapted from *Food Buying Guide for School Food Service*, U.S. Department of Agriculture PA 1257, Washington, D.C., 1980.

**Notes**

- **How to Use This Table** To determine the amount of fruits or vegetables to yield the amount stated in a recipe as EP or as ready to cook in Table 15.1, Timetable for Boiling or Steaming Fresh Vegetables (p. 631):
- Divide the weight of ready to cook or EP desired by the figure given in this table. For example, the recipe for Mashed Potatoes calls for 12 lb EP potatoes. To change the 12 lb EP to AP, divide 12 lb by 0.81 lb, the ready to cook weight from 1 lb AP.  
12 lb EP divided by 0.81 lb = 14.8 or 15 lb to purchase
- For conversion to pounds and ounces, refer to Table 1.27 (p. 54).

**TABLE 1.3** Food weights and approximate equivalents in measure (pp. 22–31)

| <i>Food</i>                                  | <i>Weight</i> | <i>Approximate measure</i> |
|--|---------------|----------------------------|
| Alfalfa sprouts                              | 1 lb          | 6 cups                     |
| Allspice, ground                             | 1 oz          | 4½ Tbsp                    |
| Almonds, blanched, slivered, chopped         | 1 lb          | 3½ cups                    |
| Apples, canned, pie pack                     | 1 lb          | 2 cups                     |
| Apples, fresh, AP <sup>a</sup>               | 1 lb          | 3 medium (113)             |
| Apples, fresh, pared and sliced              | 1 lb          | 2¾ cups                    |
| Apples, pared and diced, ½-inch cubes        | 1 lb          | 3 cups                     |
| Applesauce                                   | 1 lb          | 2 cups                     |
| Apricots, canned halves, without juice       | 1 lb          | 2 cups or 12–20 halves     |
| Apricots, canned, pie pack                   | 1 lb          | 2 cups                     |
| Apricots, dried, AP                          | 1 lb          | 3 cups                     |
| Apricots, dried, cooked, without juice       | 1 lb          | 4½–5 cups                  |
| Apricots, fresh                              | 1 lb          | 5–8 apricots (large)       |
| Apricots, sliced                             | 1 lb          | 3 cups                     |
| Asparagus, canned, cuts                      | 1 lb          | 2½ cups                    |
| Asparagus, canned tips, drained              | 1 lb          | 16–20 stalks               |
| Asparagus, fresh                             | 1 lb          | 16–20 stalks               |
| Avocado                                      | 1 lb          | 2 medium                   |
| Bacon bits                                   | 1 lb          | 3⅓ cups                    |
| Bacon, cooked                                | 1 lb          | 85–95 slices               |
| Bacon, uncooked                              | 1 lb          | 14–25 slices               |
| Bacon, uncooked, diced                       | 1 lb          | 2¼ cups                    |
| Baking powder                                | 1 oz          | 2⅓ Tbsp                    |
| Baking powder                                | 1 lb          | 2⅓ cups                    |
| Baking soda                                  | 1 oz          | 2⅓ Tbsp                    |
| Baking soda                                  | 1 lb          | 2⅓ cups                    |
| Bananas, AP                                  | 1 lb          | 3 medium                   |
| Bananas, diced                               | 1 lb          | 2½–3 cups                  |
| Bananas, mashed                              | 1 lb          | 2 cups                     |
| Barbecue sauce                               | 1 lb          | 2 cups                     |
| Barley, pearl                                | 1 lb          | 2½ cups                    |
| Basil, sweet, dried                          | 1 oz          | 1⅓ cups                    |
| Basil leaves, fresh (loosely packed)         | 1 oz          | ¾ cup, 40 medium leaves    |
| Bay leaves                                   | 1 oz          | 2 cups                     |
| Beans, baked                                 | 1 lb          | 2 cups                     |
| Beans, garbanzo, canned                      | 1 lb          | 2½ cups                    |
| Beans, Great Northern, dried, AP             | 1 lb          | 2½ cups                    |
| Beans, green, cut, cooked                    | 1 lb          | 3 cups                     |
| Beans, green, cut, frozen                    | 1 lb          | 3 cups                     |
| Beans, kidney, dried, AP                     | 1 lb          | 2½ cups                    |
| Beans, kidney, dried, 1 lb AP, after cooking | 2 lb 6 oz     | 6–7 cups                   |
| Beans, lima, dried, AP                       | 1 lb          | 2½ cups                    |
| Beans, lima, dried, 1 lb AP, after cooking   | 2 lb 9 oz     | 6 cups                     |

<sup>a</sup>AP denotes “as purchased,” which refers to the status of the product before it is peeled, hulled, cored, or otherwise prepared for cooking.

TABLE 1.3 *continued*

| <i>Food</i>                                   | <i>Weight</i> | <i>Approximate measure</i> |
|---|---------------|----------------------------|
| Beans, lima, fresh, canned, or frozen         | 1 lb          | 3 cups                     |
| Beans, navy or black turtle, dried, AP        | 1 lb          | 2¼ cups                    |
| Beans, navy, dried, 1 lb AP, after cooking    | 2 lb 3 oz     | 5½–6 cups                  |
| Beans, pinto, dried, AP                       | 1 lb          | 2½ cups                    |
| Bean sprouts, canned, drained                 | 1 lb          | 1 qt                       |
| Bean sprouts, fresh                           | 1 lb          | 2 qt                       |
| Beef, cooked, diced                           | 1 lb          | 3 cups                     |
| Beef, dried, solid pack                       | 1 lb          | 3¾ cups                    |
| Beef, ground, raw                             | 1 lb          | 2 cups                     |
| Beef base (paste)                             | 1 lb          | 2½ cups                    |
| Beets, cooked, diced, or sliced               | 1 lb          | 2½–3 cups                  |
| Beets, fresh, medium                          | 1 lb          | 3–4 beets                  |
| Blackberries, fresh, frozen, IQF <sup>b</sup> | 1 lb          | 3½ cups                    |
| Blackberries or boysenberries, pie pack       | 1 lb          | 2½ cups                    |
| Blackeyed peas, dried                         | 1 lb          | 2¾ cups                    |
| Blueberries, canned                           | 1 lb          | 2 cups                     |
| Blueberries, fresh, frozen, IQF               | 1 lb          | 2½ cups                    |
| Bran, all bran                                | 1 lb          | 2 qt                       |
| Bran flakes                                   | 1 lb          | 3 qt                       |
| Bread, dry, broken                            | 1 lb          | 8–9 cups                   |
| Bread, fresh                                  | 1 lb          | 8 oz dry crumbs            |
| Bread, loaf                                   | 1 lb          | 16–18 slices, ½ inch each  |
| Bread, sandwich                               | 2 lb          | 36–40 slices, thin         |
| Bread, soft, broken                           | 1 lb          | 2½ qt                      |
| Bread crumbs, dry, ground                     | 1 lb          | 4 cups (1 qt)              |
| Bread crumbs, soft                            | 1 lb          | 2 qt                       |
| Broccoli, florets                             | 1 lb          | 4 cups                     |
| Broccoli, head                                | 1 lb          | 1 medium                   |
| Brussels sprouts, AP                          | 1 lb          | 1 qt                       |
| Butter  | 1 lb          | 2 cups                     |
| Buttermilk, dry                               | 1 oz          | ¼ cup                      |
| Buttermilk, dry                               | 1 lb          | 4 cups                     |
| Butterscotch chips                            | 1 lb          | 2⅔ cups                    |
| Cabbage, raw, shredded                        | 1 lb          | 1 qt lightly packed        |
| Cabbage, AP, shredded, cooked                 | 1 lb          | 1½ cups                    |
| Cake crumbs, soft                             | 1 lb          | 6 cups                     |
| Cake mix                                      | 1 lb          | 4 cups                     |
| Cantaloupe                                    | 3 lb          | 1 melon, 6-inch diameter   |
| Caraway seeds                                 | 1 oz          | 4 Tbsp                     |
| Cardamom, ground                              | 1 oz          | 4½ Tbsp                    |
| Carrots, diced, cooked                        | 1 lb          | 3 cups                     |
| Carrots, diced, raw                           | 1 lb          | 3–¾ cups                   |
| Carrots, fresh                                | 1 lb          | 4–5 medium                 |
| Carrots, ground, raw, EP <sup>c</sup>         | 1 lb          | 3 cups                     |

<sup>b</sup>IQF denotes “individually quick frozen.”

<sup>c</sup>EP denotes “edible portion,” or the status of the product after it has been prepared for cooking or for serving raw.

*continues*

TABLE 1.3 *continued*

| <i>Food</i>                                     | <i>Weight</i> | <i>Approximate measure</i> |
|---|---------------|----------------------------|
| Carrots, shredded                               | 1 lb          | 4 cups                     |
| Carrots, sliced, frozen                         | 1 lb          | 3½ cups                    |
| Catsup  | 1 lb          | 2 cups                     |
| Cauliflower, florets                            | 1 lb          | 4 cups                     |
| Cauliflower, head                               | 1 lb          | 1 medium                   |
| Cayenne pepper                                  | 1 oz          | 4½ Tbsp                    |
| Celery, chopped                                 | 1 lb          | 3 cups                     |
| Celery, diced                                   | 1 lb          | 1 qt                       |
|   | (1–2 bunches) |                            |
| Celery cabbage, shredded                        | 1 lb          | 6 cups                     |
| Celery flakes, dried                            | 1 oz          | 1⅓ cups                    |
| Celery salt                                     | 1 oz          | 2 Tbsp                     |
| Celery seed                                     | 1 oz          | 4 Tbsp                     |
| Cheese, cheddar or Swiss, shredded              | 1 lb          | 4 cups                     |
| Cheese, cottage                                 | 1 lb          | 2 cups                     |
| Cheese, cream                                   | 1 lb          | 2 cups                     |
| Cheese, loaf, slices                            | 1 lb          | 16–20 slices               |
| Cheese, mozzarella, shredded                    | 1 lb          | 3½ cups                    |
| Cheese, parmesan or Romano, commercially grated | 1 lb          | 3½ cups                    |
| Cheese, parmesan or Romano, freshly grated      | 1 lb          | 7–8 cups                   |
| Cherries, glacé, candied                        | 1 lb          | 96 cherries or 2½ cups     |
| Cherries, maraschino, drained                   | 1 lb          | 50–60 cherries             |
| Cherries, red, frozen                           | 1 lb          | 2 cups                     |
| Cherries, red, pie pack, drained                | 1 lb          | 2½ cups                    |
| Cherries, Royal Anne, drained                   | 1 lb          | 2½ cups                    |
| Cherries, sweet fresh                           | 1 lb          | 45 cherries                |
| Chervil   | 1 oz          | 2 cups                     |
| Chicken, cooked, cubed                          | 1 lb          | 3 cups                     |
| Chicken, ready to cook                          | 4–4½ lb       | 1 qt cooked, diced         |
| Chicken base (paste)                            | 1 lb          | 1¾ cups                    |
| Chili powder                                    | 1 oz          | 4 Tbsp                     |
| Chili sauce                                     | 1 lb          | 1⅓ cups                    |
| Chilis, green, diced                            | 1 lb          | 2 cups                     |
| Chives, freeze-dried                            | 1 oz          | 3½ cups                    |
| Chives, frozen                                  | 1 oz          | ⅓ cup                      |
| Chocolate, baking                               | 1 lb          | 16 squares                 |
| Chocolate, grated                               | 1 lb          | 3½ cups                    |
| Chocolate, melted                               | 1 lb          | 2 cups (scant)             |
| Chocolate chips                                 | 1 lb          | 2⅔ cups                    |
| Chocolate wafers                                | 1 lb          | 4 cups crumbs              |
| Cilantro, fresh                                 | 1 oz          | ¾ cup                      |
| Cilantro, dried                                 | 1 oz          | 1⅓ cups                    |
| Cinnamon, ground                                | 1 oz          | 4 Tbsp                     |
| Cinnamon, ground                                | 1 lb          | 4 cups                     |
| Cinnamon sticks                                 | 1 oz          | 10 pieces                  |
| Citron, dried, chopped                          | 1 lb          | 2½ cups                    |
| Cloves, ground                                  | 1 oz          | 4 Tbsp                     |
| Cloves, whole                                   | 1 oz          | 5 Tbsp or 500 cloves       |

TABLE 1.3 *continued*

| <i>Food</i>                                      | <i>Weight</i> | <i>Approximate measure</i> |
|--|---------------|----------------------------|
| Cocoa  | 1 lb          | 4½ cups                    |
| Coconut, flaked or shredded                      | 1 lb          | 4¾ cups                    |
| Coffee, ground coarse                            | 1 lb          | 5–5½ cups                  |
| Coffee, instant                                  | 1 oz          | ½ cup                      |
| Coffee, whole beans                              | 1 lb          | 6–6½ cups                  |
| Coriander seed, whole                            | 1 oz          | 6 Tbsp                     |
| ground   | 1 oz          | 5 Tbsp                     |
| Corn, cream style, canned                        | 1 lb          | 2 cups                     |
| Corn, whole kernel, canned, drained              | 1 lb          | 3 cups                     |
| Corn, whole kernel, frozen                       | 1 lb          | 3 cups                     |
| Cornflake crumbs                                 | 1 lb          | 4½ cups                    |
| Cornflakes                                       | 1 lb          | 4 qt                       |
| Cornmeal, coarse                                 | 1 lb          | 3 cups                     |
| Cornmeal, 1 lb AP, dry, after cooking            | 6 lb          | 3 qt                       |
| Cornstarch                                       | 1 oz          | 3½ Tbsp                    |
| Cornstarch                                       | 1 lb          | 3½ cups                    |
| Corn syrup                                       | 1 lb          | 1½ cups                    |
| Couscous   | 1 lb          | 2¼ cups                    |
| Crab in shell                                    | 1 lb          | ½ cup cooked meat          |
| Crabmeat, flaked                                 | 1 lb          | 3½ cups                    |
| Cracked wheat                                    | 1 lb          | 3½ cups                    |
| Cracker crumbs, medium fine                      | 1 lb          | 5–6 cups                   |
| Crackers, 2⅝ × 2⅝ inch                           | 1 lb          | 65 crackers                |
| Crackers, graham                                 | 1 lb          | 60–65 crackers             |
| Crackers, graham, crumbs                         | 1 lb          | 4 cups                     |
| Crackers, saltines, 2 × 2 inch                   | 1 lb          | 150–160 crackers           |
| Cranberries, cooked                              | 1 lb          | 1¾ cups                    |
| Cranberries, raw                                 | 1 lb          | 4 cups                     |
| Cranberry relish                                 | 1 lb          | 1¾ cups                    |
| Cranberry sauce, jellied                         | 1 lb          | 2 cups                     |
| Cream of tartar                                  | 1 oz          | 3 Tbsp                     |
| Cream of Wheat or farina, quick, AP              | 1 lb          | 2⅔ cups                    |
| Cream of Wheat or farina, 1 lb AP, after cooking | 8 lb          | 1 gal                      |
| Cream, sour                                      | 1 lb          | 2 cups                     |
| Cream, whipping                                  | 1 pt          | 1 qt whipped               |
| Croutons   | 1 lb          | 2¼ qt                      |
| Cucumbers  | 1 lb          | 2–3 large                  |
| Cucumbers, diced, EP                             | 1 lb          | 3 cups                     |
| Cucumbers, sliced                                | 1 lb          | 50–60 slices               |
| Cumin, ground                                    | 1 oz          | 4 Tbsp                     |
| Currants, dried                                  | 1 lb          | 3 cups                     |
| Curry powder                                     | 1 oz          | 4½ Tbsp                    |
| Dates, pitted                                    | 1 lb          | 2½ cups                    |
| Dill seed  | 1 oz          | 4½ Tbsp                    |
| Dill weed  | 1 oz          | ¾ cup                      |
| Eggplant   | 1 lb          | 8 slices, 4 × ½ inch       |
| Eggplant   | 1 lb          | 1 qt diced                 |
| Eggs, dried, whites                              | 1 lb          | 5 cups                     |
| Eggs, dried, whole                               | 1 lb          | 5⅓ cups                    |

*continues*

TABLE 1.3 *continued*

| <i>Food</i>                            | <i>Weight</i>  | <i>Approximate measure</i>   |
|--|--|--|
| Eggs, dried, yolks                     | 1 lb   | 5 <sup>2</sup> / <sub>3</sub> cups                                     |
| Eggs, hard-cooked, chopped             | 1 lb   | 2 <sup>2</sup> / <sub>3</sub> cups                                     |
| Eggs, hard-cooked, chopped             | 1 doz  | 3 <sup>1</sup> / <sub>2</sub> cups                                     |
| Eggs, shelled, fresh or frozen, whole  | 1 lb<br>(approximately<br>1 <sup>3</sup> / <sub>4</sub> oz per egg)                              | 2 cups (8–10 eggs)   |
| Eggs, shelled, fresh or frozen, whites | 1 lb<br>(approximately<br>1–1 <sup>1</sup> / <sub>4</sub> oz per<br>white)                       | 2 cups (16–18 eggs)  |
| Eggs, shelled, fresh or frozen, yolks  | 1 lb<br>(approximately <sup>1</sup> / <sub>2</sub> – <sup>3</sup> / <sub>4</sub><br>oz per yolk) | 2 cups (22–26 eggs)  |
| Eggs, whole, in shell <sup>d</sup>     | 1 lb   | 8–10 large eggs  |
| Fennel seed                            | 1 oz   | 4 Tbsp   |
| Figs, dry, cut fine                    | 1 lb   | 2 <sup>1</sup> / <sub>2</sub> cups                                     |
| Flour, all-purpose or bread            | 1 lb   | 4 cups   |
| Flour, cake or pastry, unsifted        | 1 lb   | 3 <sup>3</sup> / <sub>4</sub> cups                                     |
| Flour, rye                             | 1 lb   | 4 cups   |
| Flour, whole wheat                     | 1 lb   | 3 <sup>3</sup> / <sub>4</sub> –4 cups                                  |
| Garlic, fresh                          | 1 oz   | 6 large cloves   |
| Garlic, fresh, minced                  | 1 oz   | 3 Tbsp   |
| Garlic powder                          | 1 oz   | 3 Tbsp   |
| Garlic salt                            | 1 oz   | 2 Tbsp   |
| Gelatin, granulated, flavored          | 1 lb   | 2 <sup>1</sup> / <sub>4</sub> cups                                     |
| Gelatin, granulated, unflavored        | 1 oz   | 3 Tbsp   |
| Gelatin, granulated, unflavored        | 1 lb   | 3 cups   |
| Ginger, candied, chopped               | 1 oz   | 2 Tbsp   |
| Ginger, fresh, sliced                  | 1 lb   | 3 cups   |
| Ginger, ground                         | 1 oz   | 4 Tbsp   |
| Ginger, ground                         | 1 lb   | 4 cups   |
| Graham cracker crumbs                  | 1 lb   | 4 cups   |
| Grapefruit, medium                     | 1 lb   | 1 grapefruit, 10–12 sections,<br><sup>2</sup> / <sub>3</sub> cup juice |
| Grapefruit sections                    | 1 lb   | 2 cups   |
| Grapes, cut, seeded, EP                | 1 lb   | 2 <sup>3</sup> / <sub>4</sub> cups                                     |
| Grapes, seedless, fresh                | 1 lb   | 3 cups   |
| Grapes, on stem                        | 1 lb   | 1 qt   |
| Grits, hominy                          | 1 lb   | 3 cups   |
| Grits, hominy, 1 lb AP, after cooking  | 6 <sup>1</sup> / <sub>2</sub> lb   | 3 <sup>1</sup> / <sub>4</sub> qt                                       |
| Ham, cooked, diced                     | 1 lb   | 3 cups   |
| Ham, cooked, ground                    | 1 lb   | 2 <sup>1</sup> / <sub>2</sub> cups                                     |
| Hominy, canned                         | 1 lb   | 3 cups   |
| Hominy grits, see Grits                |  |  |
| Honey                                  | 1 lb   | 1 <sup>1</sup> / <sub>3</sub> cups                                     |
| Horseradish, prepared                  | 1 oz   | 2 Tbsp   |

<sup>d</sup>One case (30 doz) eggs weighs approximately 41–43 lb and yields approximately 35 lb liquid whole eggs.

TABLE 1.3 *continued*

| <i>Food</i>  | <i>Weight</i> | <i>Approximate measure</i>                    |
|--|---------------|---|
| Ice cream  | 4½–6 lb       | 1 gal   |
| Jam, jelly   | 1 lb          | 1⅓–1½ cups                                    |
| Kiwi   | 1 lb          | 5 kiwi  |
| Lemon juice  | 1 lb          | 2 cups (8–10 lemons)                          |
| Lemon peel, dried                                  | 1 oz          | 4 Tbsp  |
| Lemon peel, fresh                                  | 1 oz          | 4 Tbsp  |
| Lemon peel, fresh                                  | 1 lemon       | 2 Tbsp  |
| Lemons, size 165                                   | 1 lb          | 4–5 lemons yield ¾ cup juice                  |
| Lettuce, average head                              | 2 lb          | 1 head  |
| Lettuce, chopped or shredded                       | 1 lb          | 6–8 cups                                      |
| Lettuce, leaf                                      | 1 lb          | 25–30 salad garnishes                         |
| Limes, fresh                                       | 1 lb          | 5 limes, 15–20 thin slices yield, ⅞ cup juice |
| Macaroni, 1-inch pieces, dry                       | 1 lb          | 4 cups  |
| Macaroni, 1 lb AP, after cooking                   | 3 lb          | 2–2¼ qt                                       |
| Macaroni, cooked                                   | 1 lb          | 3 cups  |
| Mace   | 1 oz          | 4½ Tbsp                                       |
| Mango  | 1 lb          | 1 large, 2 small                              |
| Margarine  | 1 lb          | 2 cups  |
| Margarine, whipped                                 | 1 lb          | 2⅔ cups                                       |
| Marjoram leaves, dried                             | 1 oz          | 1 cup   |
| Marshmallows (1¼ inch)                             | 1 lb          | 80–90   |
| Marshmallows, miniature (10 miniature = 1 regular) | 1 lb          | 8 cups  |
| Mayonnaise   | 1 oz          | 52  |
| Mayonnaise   | 1 lb          | 2 cups (scant)                                |
| Meat, cooked, chopped                              | 1 lb          | 2 cups  |
| Milk, evaporated                                   | 1 lb          | 1¾ cups                                       |
| Milk, fluid, whole                                 | 1 lb          | 2 cups  |
| Milk, nonfat, dry                                  | 1 lb          | 6 cups  |
| Milk, nonfat, dry                                  | 1 oz          | 6 Tbsp  |
| Milk, sweetened, condensed                         | 1 lb          | 1½ cups                                       |
| Mincemeat  | 1 lb          | 2 cups  |
| Molasses   | 1 lb          | 1⅓ cups                                       |
| Monosodium glutamate                               | 1 oz          | 2 Tbsp  |
| Mushrooms, canned                                  | 1 lb          | 2 cups  |
| Mushrooms, fresh, sliced                           | 1 lb          | 5 cups raw (1¾ cups cooked)                   |
| Mustard, ground, dry                               | 1 oz          | 5 Tbsp  |
| Mustard, ground, dry                               | 1 lb          | 5 cups  |
| Mustard, prepared                                  | 1 oz          | 2 Tbsp  |
| Mustard seed                                       | 1 oz          | 2½ Tbsp                                       |
| Noodles, cooked                                    | 1 lb          | 2¾ cups                                       |
| Noodles, 1 lb AP, after cooking                    | 3 lb          | 2 qt  |
| Nutmeats   | 1 lb          | 4 cups  |
| Nutmeg, ground                                     | 1 oz          | 3½ Tbsp                                       |
| Oats, rolled, quick, AP                            | 1 lb          | 5⅓ cups                                       |
| Oats, rolled, 1 lb AP, after cooking               | 2½ lb         | 4 qt  |
| Oil, vegetable                                     | 1 lb          | 2–2⅓ cups                                     |
| Olives, AP   | 1 lb          | ⅔ cup chopped                                 |
| Olives, green, small size, drained                 | 1 lb          | 160 olives                                    |

*continues*

TABLE 1.3 *continued*

| <i>Food</i>                          | <i>Weight</i>   | <i>Approximate measure</i>  |
|--------------------------------------|-----------------|---|
| Olives, green, stuffed               | 1 lb            | 2½ cups   |
| Olives, ripe, sliced                 | 1 lb            | 3½ cups   |
| Olives, ripe, small size, drained    | 1 lb            | 140 small, 110 medium, 90 large olives  |
| Onions, dehydrated                   | 1 lb            | 8 lb raw (equivalent)   |
| Onions, dehydrated, chopped          | 1 oz            | 5 Tbsp  |
| Onions, dehydrated, chopped          | 1 lb            | 5–6 cups  |
| Onions, fresh, chopped               | 1 lb            | 2½–3 cups   |
| Onions, green, sliced                | 1 lb            | 2½–3 cups   |
| Onions, mature, AP                   | 1 lb            | 4–5 medium  |
| Onion powder                         | 1 oz            | 3 Tbsp  |
| Onion salt                           | 1 oz            | 2½ Tbsp   |
| Onion soup mix                       | 1 oz            | 2½ Tbsp   |
| Onion soup mix                       | 1 lb            | 2⅔ cups   |
| Orange juice, frozen                 | 6 oz            | 3 cups reconstituted  |
| Orange juice, frozen                 | 32 oz           | 4 qt reconstituted  |
| Orange peel, dried                   | 1 oz            | 4 Tbsp  |
| Orange peel, fresh                   | 1 medium orange | 3 Tbsp grated peel  |
| Oranges, medium (size 113)           | 1 lb            | 3–4 oranges, unpeeled; 5 oranges, peeled; 10–11 sections each; yield, 1 cup juice |
| Oranges                              | 1 lb            | 2 cups bite-size pieces   |
| Oregano, ground                      | 1 oz            | 5 Tbsp  |
| Oregano, leaf                        | 1 oz            | ¾ cup   |
| Oysters, shucked                     | 1 lb            | 2 cups  |
| Paprika, ground                      | 1 oz            | 4 Tbsp  |
| Parsley, coarsely chopped            | 1 oz            | ¾ cup   |
| Parsley flakes, dry                  | 1 oz            | 1⅓ cups   |
| Parsnips, AP                         | 1 lb            | 4 medium  |
| Pasta                                | 1 lb            | see p. 369  |
| Peaches, canned, sliced, drained     | 1 lb            | 2 cups  |
| Peaches, fresh, AP                   | 1 lb            | 3 medium  |
| Peaches, sliced, frozen              | 1 lb            | 2 cups  |
| Peanut butter                        | 1 lb            | 2 cups  |
| Peanuts, chopped, no skins           | 1 lb            | 3 cups  |
| Peanuts, shelled                     | 1 lb            | 3¼ cups   |
| Pears, canned, drained, diced        | 1 lb            | 2½ cups   |
| Pears, canned, large halves, drained | 1 lb 14 oz      | 1 qt (9 halves)   |
| Pears, fresh AP                      | 1 lb            | 3 medium  |
| Peas, cooked, drained                | 1 lb            | 2¼ cups   |
| Peas, dried, 1 lb after cooking      | 2½ lb           | 5½ cups   |
| Peas, split, dried, AP               | 1 lb            | 2⅓ cups   |
| Pecans, chopped                      | 1 lb            | 4 cups  |
| Pecans, shelled, pieces              | 1 lb            | 4 cups  |
| Pepper, cayenne                      | 1 oz            | 5 Tbsp  |
| Pepper, ground, black or white       | 1 oz            | 4 Tbsp  |
| Pepper, ground, black or white       | 1 lb            | 4 cups  |
| Pepper, crushed, red                 | 1 oz            | 6 Tbsp  |
| Peppercorns                          | 1 oz            | 6 Tbsp  |

TABLE 1.3 *continued*

| <i>Food</i>                           | <i>Weight</i>     | <i>Approximate measure</i>   |
|---------------------------------------|-------------------|------------------------------|
| Peppers, green                        | 1 lb              | 2–3 medium                   |
| Peppers, green, chopped               | 1 lb              | 3 cups                       |
| Peppers, green, dried flakes          | 1 oz              | $\frac{3}{4}$ cup            |
| Peppers, jalapeño                     | 1 lb              | 16 medium                    |
| Pickle relish                         | 1 lb              | 2 cups                       |
| Pickles, chopped                      | 1 lb              | 3 cups                       |
| Pickles, halves, 3 inch               | 1 lb              | 3 cups or 36 halves          |
| Pimento, chopped                      | 1 lb              | 2 cups                       |
| Pineapple, canned, crushed            | 1 lb              | 2 cups                       |
| Pineapple, canned, slices, drained    | 1 lb              | 8–12 slices                  |
| Pineapple, canned, tidbits            | 1 lb              | 2 cups                       |
| Pineapple, fresh                      | 2–4 lb            | 1 pineapple, 2–4 cups, cubed |
| Pineapple, frozen, chunks             | 1 lb              | 2 cups                       |
| Plums                                 | 1 lb              | 6 medium                     |
| Poppy seed                            | 1 oz              | 3 Tbsp                       |
| Potato chips                          | 1 lb              | 4–5 qt                       |
| Potato chips, crushed                 | 1 lb              | 2 qt                         |
| Potatoes, dehydrated, diced           | 1 lb              | $5\frac{1}{8}$ cups          |
| Potatoes, dehydrated, flakes          | 1 lb              | 5 cups                       |
| Potatoes, dehydrated, granules        | 1 lb              | $2\frac{1}{4}$ cups          |
| Potatoes, dehydrated, slices          | 1 lb              | $9\frac{2}{3}$ cups          |
| Potatoes, fresh, white, AP            | 1 lb              | 3 medium                     |
| Potatoes, fresh, white, cooked        | 1 lb              | $2\frac{1}{2}$ cups          |
| Potatoes, raw, white, cubed           | 1 lb              | $2\frac{2}{3}$ cups          |
| Potatoes, sweet                       | 1 lb              | 3 medium                     |
| Potatoes, sweet, cooked               | 1 lb              | 2 cups                       |
| Poultry seasoning, ground             | 1 oz              | 6 Tbsp                       |
| Prunes, dried, size 30/40, AP         | 1 lb              | $2\frac{1}{2}$ cups          |
| Prunes, dried, 1 lb AP, after cooking | 2 lb              | 3–4 cups                     |
| Prunes, pitted, cooked                | 1 lb              | $3\frac{1}{4}$ cups          |
| Pudding mix, dry, instant             | 1 lb              | $2\frac{1}{2}$ cups          |
| Pudding mix, dry, regular             | 1 lb              | $2\frac{1}{4}$ cups          |
| Pumpkin, cooked                       | 1 lb              | 2 cups                       |
| Quinoa                                | 1 lb              | $2\frac{1}{4}$ cups          |
| Radishes, AP                          | 1 lb              | 45–50                        |
| Raisins, AP                           | 1 lb              | 3 cups                       |
| Raisins, 1 lb AP, after cooking       | 1 lb 12 oz        | 1 qt                         |
| Raisins, chopped                      | 1 lb              | $2\frac{2}{3}$ cups          |
| Raspberries, fresh AP, or frozen IQF  | 1 lb              | 3 cups                       |
| Raspberries, with syrup               | 1 lb              | 2 cups                       |
| Red-hots                              | 1 lb              | $2\frac{1}{4}$ cups          |
| Rhubarb, raw, 1-inch pieces           | 1 lb              | 4 cups                       |
| Rhubarb, 1 lb EP, after cooking       |                   | $2\frac{1}{2}$ cups          |
| Rice, brown, AP                       | 1 lb              | $2\frac{1}{2}$ cups          |
| Rice, converted, AP                   | 1 lb              | $2\frac{1}{2}$ cups          |
| Rice, cooked                          | 1 lb              | $2\frac{1}{4}$ cups          |
| Rice, 1 lb AP, after cooking          | $3\frac{1}{2}$ lb | 2 qt                         |
| Rice, precooked, AP                   | 1 lb              | $4\frac{1}{2}$ cups          |
| Rice, regular, AP                     | 1 lb              | $2\frac{1}{3}$ cups          |
| Rice, wild                            | 1 lb              | $2\frac{2}{3}$ cups          |
| Rice, wild, 1 lb AP, after cooking    | 1 lb              | 5 cups                       |

*continues*

TABLE 1.3 *continued*

| <i>Food</i>                              | <i>Weight</i> | <i>Approximate measure</i>  |
|--|---------------|-----------------------------|
| Rice cereal, crisp                       | 1 lb          | 4 qt                        |
| Rosemary leaves                          | 1 oz          | 9 Tbsp                      |
| Rutabagas, raw, cubed, EP                | 1 lb          | 3 $\frac{1}{3}$ cups        |
| Sage, finely ground                      | 1 oz          | 8 Tbsp ( $\frac{1}{2}$ cup) |
| Sage, rubbed                             | 1 oz          | $\frac{2}{3}$ cup           |
| Salad dressing, cooked                   | 1 lb          | 2 cups                      |
| Salmon, canned                           | 1 lb          | 2 cups                      |
| Salt                                     | 1 oz          | 1 $\frac{1}{2}$ Tbsp        |
| Salt                                     | 1 lb          | 1 $\frac{1}{2}$ cups        |
| Sauerkraut                               | 1 lb          | 3 cups packed               |
| Sausage, bulk, AP                        | 1 lb          | 2 cups                      |
| Sausages, link, small                    | 1 lb          | 16–17 links                 |
| Sesame seed                              | 1 oz          | 3 Tbsp                      |
| Sherbet                                  | 6 lb          | 1 gal                       |
| Shortening, hydrogenated fat             | 1 lb          | 2 $\frac{1}{4}$ cups        |
| Shrimp, cleaned, cooked, peeled          | 1 lb          | 3 $\frac{1}{4}$ cups        |
| Soda, baking                             | 1 oz          | 2 $\frac{1}{3}$ Tbsp        |
| Spaghetti, cooked                        | 1 lb          | 2 $\frac{2}{3}$ cups        |
| Spaghetti, 1 lb AP, after cooking        | 3 lb          | 2 qt                        |
| Spinach, canned or frozen                | 1 lb          | 2 cups                      |
| Spinach, raw                             | 1 lb          | 5 qt lightly packed         |
| Spinach, raw, chopped                    | 1 lb          | 3 $\frac{1}{4}$ qt          |
| Spinach, 1 lb AP, after cooking          | 13 oz         | 2 $\frac{3}{4}$ cups        |
| Squash, Hubbard, cooked                  | 1 lb          | 2 cups                      |
| Squash, summer, fresh                    | 1 lb          | 4 cups                      |
| Starch, waxy maize                       | 1 oz          | 3 Tbsp                      |
| Strawberries, fresh or frozen, IQF       | 1 lb          | 3 cups                      |
| Strawberries, sliced, frozen, with syrup | 1 lb          | 2 cups                      |
| Suet, ground                             | 1 lb          | 3 $\frac{3}{4}$ cups        |
| Sugar, brown, lightly packed             | 1 lb          | 3 cups                      |
| Sugar, brown, solid pack                 | 1 lb          | 2 cups                      |
| Sugar, cubes                             | 1 lb          | 96 cubes                    |
| Sugar, granulated                        | 1 lb          | 2 $\frac{1}{4}$ cups        |
| Sugar, granulated                        | 1 oz          | 2 $\frac{1}{4}$ Tbsp        |
| Sugar, powdered, unsifted                | 1 lb          | 3 $\frac{1}{4}$ cups        |
| Sugar, powdered, XXXX sifted             | 1 lb          | 3 $\frac{3}{4}$ cups        |
| Syrup, corn or maple                     | 1 lb          | 1 $\frac{1}{2}$ cups        |
| Tapioca, quick cooking                   | 1 lb          | 3 cups                      |
| Tapioca, 1 lb AP, after cooking          |               | 7 $\frac{1}{2}$ cups        |
| Tarragon, leaf                           | 1 oz          | 1 cup                       |
| Tea, bulk                                | 1 lb          | 6 cups                      |
| Tea, instant                             | 1 oz          | $\frac{1}{2}$ cup           |
| Thyme, ground                            | 1 oz          | 6 Tbsp                      |
| Thyme, leaves                            | 1 oz          | $\frac{3}{4}$ cup           |
| Tomatoes, canned                         | 1 lb          | 2 cups                      |
| Tomatoes, fresh                          | 1 lb          | 2–3 medium, 12 slices       |
| Tomatoes, fresh, diced                   | 1 lb          | 2 $\frac{1}{4}$ cups        |
| Tomatoes, fresh plum                     | 1 lb          | 6 medium                    |
| Tomato paste                             | 1 lb          | 2 cups                      |

TABLE 1.3 *continued*

| <i>Food</i>                    | <i>Weight</i> | <i>Approximate measure</i>       |
|--------------------------------|---------------|----------------------------------|
| Tortillas, corn, 8 inch        | 1 lb          | 16                               |
| Tortillas, flour, 8 inch       | 1 lb          | 12                               |
| Tortillas, flour, 10 inch      | 1 lb          | 9                                |
| Tuna, canned                   | 1 lb          | 2 cups                           |
| Turkey, AP, dressed weight     | 14 lb         | 11–12 cups diced, cooked<br>meat |
| Turmeric, ground               | 1 oz          | 4 Tbsp                           |
| Turnips, AP                    | 1 lb          | 2–3                              |
| Vanilla and other extracts     | 1 oz          | 2 Tbsp                           |
| Vinegar                        | 1 lb          | 2 cups                           |
| Walnuts, English, shelled      | 1 lb          | 4 cups                           |
| Water                          | 1 lb          | 2 cups                           |
| Watercress, EP                 | 1 oz          | ½ cup                            |
| Watermelon                     | 1 lb          | 1-inch slice, 6-inch diameter    |
| Wheat germ                     | 1 lb          | 5⅓ cups                          |
| Whipped topping, liquid        | 1 lb          | 2 cups                           |
| Yeast, compressed              | 1 oz          | 1 pkg                            |
| Yeast, dry                     | ¼ oz          | 1 envelope                       |
| Yeast, dry, regular or instant | 1 oz          | 3 Tbsp + 1 tsp                   |
| Yeast, dry, regular or instant | 1 lb          | 3⅓ cups                          |
| Yogurt                         | 1 lb          | 2 cups                           |
| Zucchini, fresh, shredded      | 1 lb          | 3¼ cups                          |

TABLE 1.4 Basic equivalents in measures and weights

| <i>Equivalents</i>                  | <i>Abbreviations used in this book<sup>a</sup></i> |             |
|-------------------------------------|--|-------------|
| 1 Tbsp = 3 tsp, in liquids ½ fl oz  | bu   | bushel      |
| ⅛ cup = 2 Tbsp, in liquids 1 fl oz  | fl oz  | fluid ounce |
| ¼ cup = 4 Tbsp, in liquids 2 fl oz  | gal  | gallon      |
| ⅓ cup = 5 Tbsp + 1 tsp              | g  | gram        |
| ½ cup = 8 Tbsp, in liquids 4 fl oz  | kg   | kilogram    |
| ⅔ cup = 10 Tbsp + 2 tsp             | L  | liter       |
| ¾ cup = 12 Tbsp, in liquids 6 fl oz | lb   | pound       |
| 1 cup = 16 Tbsp, in liquids 8 fl oz | mL   | milliliter  |
| 1 pt = 2 cups, in liquids 16 fl oz  | oz   | ounce       |
| 1 qt = 2 pt = 4 cups                | pk   | peck        |
| 1 gal = 4 qt                        | pt   | pint        |
| 1 lb = 16 oz                        | qt   | quart       |
| 1 pk = 8 qt, approximately 12½ lb   | Tbsp   | tablespoon  |
| 1 bu = 4 pk, approximately 50 lb    | tsp  | teaspoon    |

**METRIC**

|                |
|----------------|
| 1 g = 0.035 oz |
| 1 kg = 2.2 lb  |
| 1 oz = 28 g    |
| 1 lb = 454 g   |
| 1 mL = ⅓ tsp   |
| 1 L = 1.06 qt  |
| 1 cup = 240 mL |
| 1 qt = 0.95 L  |
| 1 gal = 3.8 L  |

<sup>a</sup>Periods are usually not used in abbreviations for quantity recipes.

**TABLE 1.5 Weight (1–16 oz) and approximate measure equivalents for commonly used foods (pp. 32–35)**

| <i>Food item</i>                              | <i>1 oz</i>          | <i>2 oz</i>                | <i>3 oz</i>                             | <i>4 oz</i>                |
|---|----------------------|----------------------------|---|----------------------------|
| Baking powder                                 | 2 $\frac{1}{3}$ Tbsp | $\frac{1}{4}$ cup + 1 tsp  | $\frac{1}{3}$ cup + 2 Tbsp              | $\frac{1}{2}$ cup + 1 Tbsp |
| Baking soda                                   | 2 $\frac{1}{3}$ Tbsp | $\frac{1}{4}$ cup + 1 tsp  | $\frac{1}{3}$ cup + 2 Tbsp              | $\frac{1}{2}$ cup + 1 Tbsp |
| Bread crumbs, dry                             | $\frac{1}{4}$ cup    | $\frac{1}{2}$ cup          | $\frac{3}{4}$ cup                       | 1 cup                      |
| Butter or margarine                           | 2 Tbsp               | $\frac{1}{4}$ cup          | $\frac{1}{3}$ cup + 2 tsp               | $\frac{1}{2}$ cup          |
| Celery, chopped                               | $\frac{1}{4}$ cup    | $\frac{1}{2}$ cup          | $\frac{3}{4}$ cup                       | 1 cup                      |
| Cornstarch                                    | 3 $\frac{1}{2}$ Tbsp | $\frac{1}{3}$ cup + 2 Tbsp | $\frac{2}{3}$ cup                       | $\frac{3}{4}$ cup + 2 Tbsp |
| Eggs, whole, whites or yolks, fresh or frozen | 2 Tbsp               | $\frac{1}{2}$ cup          | $\frac{1}{3}$ cup + 2 tsp               | $\frac{1}{2}$ cup          |
| Flour, all-purpose, unsifted                  | $\frac{1}{4}$ cup    | $\frac{1}{2}$ cup          | $\frac{3}{4}$ cup                       | 1 cup                      |
| Flour, cake, unsifted                         | $\frac{1}{4}$ cup    | $\frac{1}{2}$ cup          | $\frac{3}{4}$ cup + 3 Tbsp              | $\frac{3}{4}$ cup + 3 Tbsp |
| Milk, nonfat dry                              | $\frac{1}{3}$ cup    | $\frac{3}{4}$ cup          | 1 cup + 2 Tbsp                          | 1 $\frac{1}{2}$ cups       |
| Nutmeats                                      | $\frac{1}{4}$ cup    | $\frac{1}{2}$ cup          | $\frac{3}{4}$ cup                       | 1 cup                      |
| Onion, chopped                                | 3 Tbsp               | $\frac{1}{3}$ cup + 2 tsp  | $\frac{1}{2}$ cup + 1 Tbsp              | $\frac{3}{4}$ cup          |
| Salt  | 1 $\frac{1}{2}$ Tbsp | 3 Tbsp                     | $\frac{1}{4}$ cup + 1 $\frac{1}{2}$ tsp | $\frac{1}{3}$ cup + 2 tsp  |
| Shortening, hydrogenated fat                  | 2 Tbsp + 1 tsp       | $\frac{1}{4}$ cup + 2 tsp  | $\frac{1}{3}$ cup + 2 Tbsp              | $\frac{1}{2}$ cup + 1 Tbsp |
| Sugar, brown, light pack                      | 3 Tbsp               | $\frac{1}{3}$ cup + 2 tsp  | $\frac{1}{2}$ cup + 1 Tbsp              | $\frac{3}{4}$ cup          |
| Sugar, granulated                             | 2 $\frac{1}{4}$ Tbsp | $\frac{1}{4}$ cup          | $\frac{1}{4}$ cup + 3 Tbsp              | $\frac{1}{2}$ cup + 1 Tbsp |
| Sugar, powdered                               | 3 Tbsp               | $\frac{1}{3}$ cup + 2 tsp  | $\frac{1}{2}$ cup + 1 tsp               | $\frac{3}{4}$ cup          |
| Yeast, dry                                    | 3 Tbsp + 1 tsp       | $\frac{1}{3}$ cup + 1 Tbsp | $\frac{1}{2}$ cup + 2 Tbsp              | $\frac{2}{3}$ cup + 1 Tbsp |

| 5 oz                          | 6 oz                          | 7 oz                          | 8 oz                          |
|-------------------------------|-------------------------------|-------------------------------|-------------------------------|
| $\frac{3}{4}$ cup             | $\frac{3}{4}$ cup + 2 Tbsp    | 1 cup + 1 tsp                 | 1 cup + 3 Tbsp                |
| $\frac{3}{4}$ cup             | $\frac{3}{4}$ cup + 2 Tbsp    | 1 cup + 1 tsp                 | 1 cup + 3 Tbsp                |
| 1 $\frac{1}{4}$ cups          | 1 $\frac{1}{2}$ cups          | 1 $\frac{3}{4}$ cups          | 2 cups                        |
| $\frac{1}{2}$ cup + 2 Tbsp    | $\frac{3}{4}$ cup             | $\frac{3}{4}$ cup + 2 Tbsp    | 1 cup                         |
| 1 $\frac{1}{4}$ cups          | 1 $\frac{1}{2}$ cups          | 1 $\frac{3}{4}$ cups          | 2 cups                        |
| 1 cup + 2 Tbsp                | 1 $\frac{1}{4}$ cups + 1 Tbsp | 1 $\frac{1}{2}$ cups + 1 Tbsp | 1 $\frac{3}{4}$ cups          |
| $\frac{1}{2}$ cup + 2 Tbsp    | $\frac{3}{4}$ cup             | $\frac{3}{4}$ cup + 2 Tbsp    | 1 cup                         |
| 1 $\frac{1}{4}$ cups          | 1 $\frac{1}{2}$ cups          | 1 $\frac{3}{4}$ cups          | 2 cups                        |
| 1 cup + 3 Tbsp                | 1 $\frac{1}{4}$ cups + 3 Tbsp | 1 $\frac{1}{2}$ cups + 2 Tbsp | 1 $\frac{3}{4}$ cups + 2 Tbsp |
| 1 $\frac{3}{4}$ cups + 2 Tbsp | 2 $\frac{1}{4}$ cups          | 2 $\frac{1}{2}$ cups + 2 Tbsp | 3 cups                        |
| 1 $\frac{1}{4}$ cups          | 1 $\frac{1}{2}$ cups          | 1 $\frac{3}{4}$ cups          | 2 cups                        |
| $\frac{3}{4}$ cup + 3 Tbsp    | 1 cup + 2 Tbsp                | 1 $\frac{1}{4}$ cups + 1 Tbsp | 1 $\frac{1}{2}$ cups          |
| $\frac{1}{3}$ cup + 2 Tbsp    | $\frac{1}{2}$ cup + 1 Tbsp    | $\frac{2}{3}$ cup             | $\frac{3}{4}$ cup             |
| $\frac{2}{3}$ cup + 1 Tbsp    | $\frac{3}{4}$ cup + 2 Tbsp    | 1 cup                         | 1 cup + 2 Tbsp                |
| $\frac{3}{4}$ cup + 3 Tbsp    | 1 cup + 2 Tbsp                | 1 $\frac{1}{4}$ cups + 1 Tbsp | 1 $\frac{1}{2}$ cups          |
| $\frac{1}{2}$ cup + 3 Tbsp    | $\frac{3}{4}$ cup + 2 Tbsp    | 1 cup                         | 1 cup + 2 Tbsp                |
| $\frac{3}{4}$ cup + 3 Tbsp    | 1 cup + 2 Tbsp                | 1 $\frac{1}{4}$ cups + 1 Tbsp | 1 $\frac{1}{2}$ cups          |
| 1 cup + 2 tsp                 | 1 $\frac{1}{4}$ cups          | 1 $\frac{1}{2}$ cups          | 1 $\frac{2}{3}$ cups          |

*continues*

TABLE 1.5 *continued*

| <i>Food item</i>                                    | <i>9 oz</i>      | <i>10 oz</i>     | <i>11 oz</i>     | <i>12 oz</i>     |
|---|------------------|------------------|------------------|------------------|
| Baking powder                                       | 1¼ cups + 1 Tbsp | 1½ cups          | 1½ cups + 2 Tbsp | 1¾ cups          |
| Baking soda   | 1¼ cups + 1 Tbsp | 1½ cups          | 1½ cups + 2 Tbsp | 1¾ cups          |
| Bread crumbs, dry                                   | 2¼ cups          | 2½ cups          | 2¾ cups          | 3 cups           |
| Butter or margarine                                 | 1 cup + 2 Tbsp   | 1¼ cups          | 1⅓ cups + 1 Tbsp | 1½ cups          |
| Celery, chopped                                     | 2¼ cups          | 2½ cups          | 2¾ cups          | 3 cups           |
| Cornstarch  | 2 cups           | 2 cups + 3 Tbsp  | 2⅓ cups + 2 Tbsp | 2½ cups + 2 Tbsp |
| Eggs, whole, whites<br>or yolks, fresh or<br>frozen | 1 cup + 2 Tbsp   | 1¼ cups          | 1⅓ cups + 1 Tbsp | 1½ cups          |
| Flour, all-purpose,<br>unsifted                     | 2¼ cups          | 2½ cups          | 2¾ cups          | 3 cups           |
| Flour, cake,<br>unsifted                            | 2 cups + 2 Tbsp  | 2¼ cups + 2 Tbsp | 2½ cups + 1 Tbsp | 2¾ cups          |
| Milk, nonfat dry                                    | 3¼ cups + 2 Tbsp | 3¾ cups          | 4 cups + 2 Tbsp  | 4½ cups          |
| Nutmeats  | 2¼ cups          | 2½ cups          | 2¾ cups          | 3 cups           |
| Onion, chopped                                      | 1⅔ cups          | 1¾ cups + 2 Tbsp | 2 cups + 1 Tbsp  | 2¼ cups          |
| Salt  | ¾ cup + 2 Tbsp   | ¾ cup + 3 Tbsp   | 1 cup + 1 Tbsp   | 1 cup + 2 Tbsp   |
| Shortening, hydro-<br>genated fat                   | 1¼ cups          | 1⅓ cups + 1 Tbsp | 1½ cups + 1 Tbsp | 1⅔ cups          |
| Sugar, brown, light<br>pack                         | 1⅔ cups          | 1¾ cups + 2 Tbsp | 2 cups + 1 Tbsp  | 2¼ cups          |
| Sugar, granulated                                   | 1¼ cups          | 1¼ cups + 3 Tbsp | 1½ cups + 1 Tbsp | 1½ cups + 3 Tbsp |
| Sugar, powdered                                     | 1⅔ cups          | 1¾ cups + 2 Tbsp | 2 cups + 1 Tbsp  | 2¼ cups          |
| Yeast, dry  | 1¾ cups + 2 Tbsp | 2 cups + 1 Tbsp  | 2¼ cups + 1 Tbsp | 2½ cups          |

| <i>13 oz</i>                  | <i>14 oz</i>                  | <i>15 oz</i>                               | <i>16 oz</i>         |
|-------------------------------|-------------------------------|--|----------------------|
| 1 $\frac{3}{4}$ cups + 2 Tbsp | 2 cups + 1 Tbsp               | 2 cups + 3 Tbsp                            | 2 $\frac{2}{3}$ cups |
| 1 $\frac{3}{4}$ cups + 2 Tbsp | 2 cups + 1 Tbsp               | 2 cups + 3 Tbsp                            | 2 $\frac{2}{3}$ cups |
| 3 $\frac{1}{4}$ cups          | 3 $\frac{1}{2}$ cups          | 3 $\frac{3}{4}$ cups                       | 4 cups               |
| 1 $\frac{1}{2}$ cups + 2 Tbsp | 1 $\frac{3}{4}$ cups          | 1 $\frac{3}{4}$ cups + 2 Tbsp              | 2 cups               |
| 3 $\frac{1}{4}$ cups          | 3 $\frac{1}{2}$ cups          | 3 $\frac{3}{4}$ cups                       | 4 cups               |
| 2 $\frac{3}{4}$ cups + 2 Tbsp | 3 cups + 1 Tbsp               | 3 $\frac{1}{4}$ cups + 1 $\frac{1}{2}$ tsp | 3 $\frac{1}{2}$ cups |
| 1 $\frac{1}{2}$ cups + 2 Tbsp | 1 $\frac{3}{4}$ cups          | 1 $\frac{3}{4}$ cups + 2 Tbsp              | 2 cups               |
| 3 $\frac{1}{4}$ cups          | 3 $\frac{1}{2}$ cups          | 3 $\frac{3}{4}$ cups                       | 4 cups               |
| 3 cups + 1 Tbsp               | 3 $\frac{1}{4}$ cups + 1 Tbsp | 3 $\frac{1}{2}$ cups                       | 3 $\frac{3}{4}$ cups |
| 4 $\frac{3}{4}$ cups + 2 Tbsp | 5 $\frac{1}{4}$ cups          | 5 $\frac{1}{2}$ cups + 2 Tbsp              | 6 cups               |
| 3 $\frac{1}{4}$ cups          | 3 $\frac{1}{2}$ cups          | 3 $\frac{3}{4}$ cups                       | 4 cups               |
| 2 $\frac{1}{3}$ cups + 2 Tbsp | 2 $\frac{1}{2}$ cups + 2 Tbsp | 2 $\frac{3}{4}$ cups + 1 Tbsp              | 3 cups               |
| 1 $\frac{1}{4}$ cups          | 1 $\frac{1}{4}$ cups + 1 Tbsp | 1 $\frac{1}{3}$ cups + 1 Tbsp              | 1 $\frac{1}{2}$ cups |
| 1 $\frac{3}{4}$ cups + 1 Tbsp | 2 cups                        | 2 cups + 2 Tbsp                            | 2 $\frac{1}{4}$ cups |
| 2 $\frac{1}{3}$ cups + 2 Tbsp | 2 $\frac{1}{2}$ cups + 2 Tbsp | 2 $\frac{3}{4}$ cups + 1 Tbsp              | 3 cups               |
| 1 $\frac{3}{4}$ cups + 1 Tbsp | 2 cups                        | 2 cups + 2 Tbsp                            | 2 $\frac{1}{4}$ cups |
| 2 $\frac{1}{3}$ cups + 2 Tbsp | 2 $\frac{1}{2}$ cups + 2 Tbsp | 2 $\frac{3}{4}$ cups + 1 Tbsp              | 3 cups               |
| 2 $\frac{2}{3}$ cups + 1 Tbsp | 2 $\frac{3}{4}$ cups + 3 Tbsp | 3 cups + 2 Tbsp                            | 3 $\frac{1}{3}$ cups |

**TABLE 1.6** Metric equivalents for weight, measure, and temperature

| <i>Weight</i> |                           | <i>Measure</i>   |                           | <i>Temperature</i> |                       |
|---------------|---------------------------|------------------|---------------------------|--------------------|-----------------------|
| <i>U.S.</i>   | <i>Metric<sup>a</sup></i> | <i>U.S.</i>      | <i>Metric<sup>b</sup></i> | <i>°F</i>          | <i>°C<sup>c</sup></i> |
| 1 oz          | 28 g                      | 1 tsp            | 5 mL                      | 32                 | 0                     |
| 1½ oz         | 43 g                      | 1 Tbsp           | 15 mL                     | 100                | 38                    |
| 2 oz          | 57 g                      | ¼ cup (4 Tbsp)   | 60 mL                     | 150                | 65                    |
| 2½ oz         | 70 g                      | ⅓ cup (5⅓ Tbsp)  | 80 mL                     | 200                | 95                    |
| 3 oz          | 85 g                      | ½ cup (8 Tbsp)   | 120 mL                    | 250                | 121                   |
| 3½ oz         | 100 g                     | ⅔ cup (10⅔ Tbsp) | 160 mL                    | 275                | 135                   |
| 4 oz (¼ lb)   | 114 g                     | ¾ cup (12 Tbsp)  | 180 mL                    | 300                | 150                   |
| 5 oz          | 142 g                     | 1 cup (16 Tbsp)  | 240 mL                    | 325                | 165                   |
| 6 oz          | 170 g                     | 2 cups (1 pint)  | 480 mL                    | 350                | 175                   |
| 7 oz          | 198 g                     | 4 cups (1 qt)    | 0.95 L                    | 375                | 190                   |
| 8 oz (½ lb)   | 227 g                     | 2 qt (½ gal)     | 1.89 L                    | 400                | 205                   |
| 9 oz          | 255 g                     | 4 qt (1 gal)     | 3.79 L                    | 425                | 220                   |
| 10 oz         | 284 g                     |                  |                           | 450                | 230                   |
| 11 oz         | 312 g                     |                  |                           | 475                | 245                   |
| 12 oz (¾ lb)  | 340 g                     |                  |                           | 500                | 260                   |
| 13 oz         | 369 g                     |                  |                           |                    |                       |
| 14 oz         | 397 g                     |                  |                           |                    |                       |
| 15 oz         | 425 g                     |                  |                           |                    |                       |
| 1 lb (16 oz)  | 454 g                     |                  |                           |                    |                       |
| 2 lb          | 908 g                     |                  |                           |                    |                       |
| 2 lb 4 oz     | 1.02 kg                   |                  |                           |                    |                       |

<sup>a</sup> Basic formula used to calculate metric weights: 1 oz = 28.35 g. Resulting figures were rounded to nearest gram and to two decimal places for kilograms. Abbreviations used: oz = ounce; lb = pound; g = gram; kg = kilogram. To change grams to kilograms, move decimal three places to left: e.g., 28 g = 0.028 kg.

<sup>b</sup> Basic formulas used to calculate metric volume: 1 Tbsp = 14.8 mL, rounded to 15 mL; 1 cup = 237 mL, rounded to 240 mL; 1 qt = 0.95 L ( $4 \times 237 \div 1000$ ). Abbreviations used: tsp = teaspoon; Tbsp = tablespoon; pt = pint; qt = quart; gal = gallon; mL = milliliter; L = liter.

<sup>c</sup> To convert from °F to °C, the following formula is used:  $(°F - 32) \times \frac{5}{9} = °C$ .

**TABLE 1.7 Convection oven baking times and temperatures**

| <i>Product</i>                              | <i>Oven temperature</i> |           | <i>Approximate baking time</i> |
|---|-------------------------|-----------|--------------------------------|
|   | <i>°F</i>               | <i>°C</i> |                                |
| <b>MEATS</b>                                |                         |           |                                |
| Steamship round (50 lb, medium)             | 250–275                 | 120–135   | 8–9 hr                         |
| Rolled beef roast (12–15 lb)                | 275                     | 135       | 2½ hr                          |
| Standing rib, choice (20 lb, trimmed, rare) | 250–300                 | 120–150   | 2¾ hr                          |
| Lasagna                                     | 250–275                 | 130       | 90 min                         |
| Hot dogs, 10 per lb (18 × 26-inch pan)      | 325                     | 165       | 10–15 min                      |
| Baked stuffed pork chops                    | 375                     | 190       | 20–30 min                      |
| Bacon (on racks in 18 × 26-inch pans)       | 400                     | 205       | 5–7 min                        |
| <b>POULTRY</b>                              |                         |           |                                |
| Chicken breast and thigh                    | 350                     | 175       | 40 min                         |
| Chicken (2½ lb quartered)                   | 350                     | 175       | 30 min                         |
| Turkey, rolled (18-lb rolls)                | 310                     | 155       | 3¾ hr                          |
| Turkey, whole (16–20 lb)                    | 275–300                 | 135–150   | 4–5 hr                         |
| <b>FISH AND SHELLFISH</b>                   |                         |           |                                |
| Halibut steaks, codfish (frozen 5 oz)       | 350                     | 175       | 20 min                         |
| Lobster tails (frozen)                      | 425                     | 220       | 9 min                          |
| <b>POTATOES</b>                             |                         |           |                                |
| Baked potatoes (120 count)                  | 400                     | 205       | 50 min                         |
| Oven roasted potatoes (sliced or diced)     | 325                     | 165       | 10 min                         |
| <b>BAKED GOODS</b>                          |                         |           |                                |
| Frozen pies (22 oz)                         | 400                     | 205       | 30–35 min                      |
| Frozen pies (46 oz)                         | 350                     | 175       | 45–50 min                      |
| Fresh apple pie (20 oz)                     | 350–375                 | 175–190   | 25–30 min                      |
| Pumpkin pies                                | 300                     | 150       | 30–35 min                      |
| Fruit cobbler                               | 300                     | 150       | 30 min                         |
| Apple turnovers                             | 350                     | 175       | 15 min                         |
| Corn bread                                  | 335                     | 170       | 20–25 min                      |
| Bread (24 1-lb loaves)                      | 350                     | 175       | 30 min                         |
| French bread                                | 375                     | 190       | 18–20 min                      |
| Yeast rolls                                 | 350                     | 175       | 25 min                         |
| Croissant                                   | 325                     | 165       | 15–18 min                      |
| Danish                                      | 335                     | 170       | 12 min                         |
| Sheet cakes (5 lb batter per pan)           | 325                     | 165       | 20–25 min                      |
| Chocolate cake                              | 335                     | 170       | 20 min                         |
| Fruit cakes                                 | 275                     | 135       | 70 min                         |
| Brownies                                    | 325                     | 165       | 20 min                         |
| Cookies                                     | 325–350                 | 165–175   | 10–15 min                      |
| Cream puffs                                 | 350                     | 175       | 20–25 min                      |

**Notes**

- Actual times and temperatures may vary from those shown. They are affected by weight of load, temperature of the product, recipe, and type of pan.
- For menu items not listed, use recommended time and temperature for conventional oven but reduce the temperature setting by 25°–50°F and reduce the total bake/roast time by approximately 10–15 percent.

**TABLE 1.8 Deep-fat frying temperatures**

| Type of product           | Preparation <sup>a</sup>       | Temperature <sup>b</sup> |         | Frying time <sup>c</sup><br>(minutes) |
|---------------------------|--------------------------------|--------------------------|---------|---------------------------------------|
|                           |                                | °F                       | °C      |                                       |
| <b>BREADS</b>             |                                |                          |         |                                       |
| Doughnuts                 | See p. 132                     | 375                      | 190     | 3–5                                   |
| French toast              | See p. 133                     | 360                      | 180     | 3–4                                   |
| Fritters                  | See p. 134                     | 375                      | 190     | 2–5                                   |
| Sandwiches                | Batter                         | 350–375                  | 175–190 | 3–4                                   |
| <b>FISH</b>               |                                |                          |         |                                       |
| Fillets or pieces         | Egg and crumb or batter        | 360–375                  | 180–190 | 4–6                                   |
| Oysters                   | Egg and crumb                  | 375                      | 190     | 2–4                                   |
| Scallops                  | Egg and crumb                  | 360–375                  | 180–190 | 3–4                                   |
| Shrimp                    | Batter or egg and crumb        | 360–375                  | 180–190 | 3–5                                   |
| <b>FRUIT</b>              |                                |                          |         |                                       |
| Bananas                   | Batter                         | 375                      | 190     | 1–3                                   |
| <b>POULTRY</b>            |                                |                          |         |                                       |
| Chicken, pieces           | Light coating or egg and crumb |                          |         |                                       |
| Fryers (1½–2 lb)          |                                | 350                      | 175     | 10–12                                 |
| Fryers (2–2½ lb)          |                                | 350                      | 175     | 12–15                                 |
| Chicken, half             | Light coating or egg and crumb |                          |         |                                       |
| Fryers (1½–2 lb)          |                                | 350                      | 175     | 12–15                                 |
| Turkey or chicken cutlets | Egg and crumb                  | 325–350                  | 165–175 | 5–8                                   |
| <b>VEGETABLES</b>         |                                |                          |         |                                       |
| Cauliflower, precooked    | See p. 654                     | 370                      | 185     | 3–5                                   |
| Eggplant                  | See p. 654                     | 370                      | 185     | 5–7                                   |
| Mushrooms                 | See p. 654                     | 370                      | 185     | 4–6                                   |
| Onion Rings               | Batter                         | 350                      | 175     | 3–4                                   |
| Potatoes, ½-inch strips   | See p. 659                     |                          |         |                                       |
| Complete fry              |                                | 365                      | 182     | 6–8                                   |
| Blanching                 |                                | 360                      | 180     | 3–5                                   |
| Browning                  |                                | 375                      | 190     | 2–3                                   |
| Frozen, fat blanched      |                                | 375                      | 190     | 2–3                                   |
| Zucchini                  | See p. 654                     | 370                      | 185     | 4–6                                   |

<sup>a</sup> See Table 1.9 for light coating, egg and crumb, and batter.

<sup>b</sup> If food is frozen, use lower temperatures listed and allow additional cooking time. At high altitudes, the lower boiling point of water in foods requires lowering of temperatures for deep-fat frying.

<sup>c</sup> The exact frying time will vary with the equipment used, size and temperature of the food pieces, and the amount of food placed in fryer at one time. If fryer is overloaded, foods may become grease-soaked.

#### Note

- Use fat with a high smoking temperature. Filter fat regularly, at least daily or more often if fryer is in constant use. The breakdown of fat may be caused by using the fat for too long a period, cooking food at too high a temperature, failing to filter the fat regularly, or inadvertently getting salt into the fryer when salting food.

**TABLE 1.9 Coatings for deep-fat fried foods**

| <i>Ingredient</i>                    | <i>Light coating<sup>d</sup></i> | <i>Egg and crumb<sup>e</sup></i> | <i>Batter<sup>f</sup></i> |
|--------------------------------------|----------------------------------|----------------------------------|---------------------------|
| Egg <sup>a</sup>                     |                                  | 3                                | 6                         |
| Milk <sup>b</sup>                    | 1 cup                            | 1 cup                            | 2 cups                    |
| Flour, all-purpose or whole wheat    | 1 lb                             | 8 oz (optional)                  | 12 oz                     |
| Salt <sup>c</sup>                    | 2 tsp                            | 1 tsp                            | 2 tsp                     |
| Bread crumbs, fine                   |                                  | 12 oz                            |                           |
| Baking powder                        |                                  |                                  | 2 tsp                     |
| Shortening, melted, or vegetable oil |                                  |                                  | 3 Tbsp                    |
| Seasonings                           |                                  | As desired                       |                           |

<sup>a</sup> Cholesterol can be lowered by substituting egg whites for all or part of the eggs.

<sup>b</sup> Water may be substituted for milk, except in batter.

<sup>c</sup> Seasoned salt (p. 591) may be substituted.

<sup>d</sup> Dip prepared food in milk. Dredge with seasoned flour.

<sup>e</sup> Dip prepared food in flour (may omit), then in mixture of beaten egg and milk. Drain. Roll in crumbs to cover (see Figure 10.3).

<sup>f</sup> Combine flour, salt, and baking powder. Add milk, beaten eggs, and shortening. Dip prepared foods in batter.

**TABLE 1.10 Dipper equivalents**

| <i>Dipper number<sup>a</sup></i> | <i>Approximate measure</i>   | <i>Approximate weight</i>           | <i>Suggested use</i>                              |
|----------------------------------|------------------------------|-------------------------------------|---|
| 6                                | 10 Tbsp ( $\frac{2}{3}$ cup) | 6 oz                                | Entree salads                                     |
| 8                                | 8 Tbsp ( $\frac{1}{2}$ cup)  | 4–5 oz                              | Entrees   |
| 10                               | 6 Tbsp ( $\frac{3}{8}$ cup)  | 3–4 oz                              | Desserts, meat patties                            |
| 12                               | 5 Tbsp ( $\frac{1}{3}$ cup)  | 2 $\frac{1}{2}$ –3 oz               | Croquettes, vegetables, muffins, desserts, salads |
| 16                               | 4 Tbsp ( $\frac{1}{4}$ cup)  | 2–2 $\frac{1}{4}$ oz                | Muffins, desserts, croquettes                     |
| 20                               | 3 $\frac{1}{5}$ Tbsp         | 1 $\frac{3}{4}$ –2 oz               | Muffins, cupcakes, sauces, sandwich fillings      |
| 24                               | 2 $\frac{2}{5}$ Tbsp         | 1 $\frac{1}{2}$ –1 $\frac{3}{4}$ oz | Cream puffs                                       |
| 30                               | 2 $\frac{1}{5}$ Tbsp         | 1–1 $\frac{1}{2}$ oz                | Large drop cookies                                |
| 40                               | 1 $\frac{1}{2}$ Tbsp         | $\frac{3}{4}$ oz                    | Drop cookies                                      |
| 60                               | 1 Tbsp                       | $\frac{1}{2}$ oz                    | Small drop cookies, garnishes                     |
| 100                              | Scant 2 tsp                  |                                     | Tea cookies                                       |

<sup>a</sup> Portions per quart.

**Notes**

- These measurements are based on food leveled off in the dipper. If food is left rounded in the dipper, the measure and weight are closer to those of the next-larger dipper.
- *Scoop* and *disher* are terms often used synonymously with *dipper*.

**TABLE 1.11** Ladle equivalents

| <i>Approximate weight</i> | <i>Approximate measure</i> | <i>Approximate portions per quart</i> | <i>Suggested use</i>        |
|---------------------------|----------------------------|---------------------------------------|-----------------------------|
| 1 oz                      | 1/8 cup                    | 32                                    | Sauces, salad dressings     |
| 2 oz                      | 1/4 cup                    | 16                                    | Gravies, some sauces        |
| 4 oz                      | 1/2 cup                    | 8                                     | Stews, creamed dishes       |
| 6 oz                      | 3/4 cup                    | 5                                     | Stews, creamed dishes, soup |
| 8 oz                      | 1 cup                      | 4                                     | Soup                        |

**Note** • These measurements are based on food leveled off in the ladle. If food is left rounded in the ladle, the measure and weight are closer to those of the next-larger ladle.

**TABLE 1.12** Cold food storage temperatures

| <i>Food</i>                           | <i>Refrigerator</i> |             | <i>Freezer</i> |               |
|---------------------------------------|---------------------|-------------|----------------|---------------|
|                                       | <i>°F</i>           | <i>Days</i> | <i>°F</i>      | <i>Months</i> |
| <b>DAIRY/EGGS</b>                     |                     |             |                |               |
| Ice cream                             |                     |             | -10            | 3             |
| Milk                                  | 32                  | 7           |                |               |
| Eggs in shell                         | 40                  | 21          |                |               |
| Raw yolks/whites                      | 40                  | 2-4         |                |               |
| Liquid pasteurized (opened)           | 40                  | 3           |                |               |
| <b>FRESH MEATS</b>                    |                     |             |                |               |
| Beef roast/steaks                     | 32                  | 3-5         | 0 to -20       | 6-12          |
| Pork roast                            | 32                  | 3-5         | 0 to -20       | 3-6           |
| Pork chops                            | 32                  | 3-5         | 0 to -20       | 3-4           |
| Hamburger/ground pork/<br>ground lamb | 32                  | 1-2         | 0 to -20       | 3-4           |
| Beef cubes                            | 32                  | 1-2         | 0 to -20       | 3-4           |
| Lamb roasts/chops                     | 32                  | 2-3         | 0 to -20       | 6-9           |
| Vacuum-packaged cuts                  | 28-32               | 16-21       | 0 to -20       | 6-12          |
| <b>COOKED MEATS</b>                   |                     |             |                |               |
| Browned meats                         | 35                  | 3-4         | 0 to -20       | 2-3           |
| Bacon                                 | 35                  | 7           | 0 to -20       | 1             |
| Frankfurters                          |                     |             |                |               |
| Unopened package                      | 32                  | 14          | 0 to -20       | 1-2           |
| Opened package                        | 32                  | 7           | 0 to -20       | 1-2           |
| Lamb                                  | 32                  | 3-4         | 0 to -20       | 2-3           |
| Luncheon meats                        | 32                  | 3-5         | 0 to -20       | 1-2           |
| <b>FRESH POULTRY AND FISH</b>         |                     |             |                |               |
| Chicken/turkey                        |                     |             |                |               |
| Whole                                 | 32                  | 1-2         | 0 to -20       | 12            |
| Pieces                                | 32                  | 1-2         | 0 to -20       | 9             |
| Fish                                  | 32                  | 1           | 0 to -20       | 3             |
| <b>COOKED POULTRY</b>                 |                     |             |                |               |
| With broth or gravy                   | 35                  | 1-2         | 0 to -20       | 6             |
| Pieces, no gravy                      | 35                  | 3-4         | 0 to -20       | 4             |
| Cooked dishes                         | 35                  | 3-4         | 0 to -20       | 4-6           |
| Fried chicken                         | 35                  | 3-4         | 0 to -20       | 4             |

**TABLE 1.13** Refrigerator defrosting times for meats, seafood, and poultry

| <i>Food</i>                 | <i>Approximate defrosting time<br/>(in refrigerator)</i> |
|-----------------------------|--|
| Large roast                 | 4–7 hours per pound                                      |
| Small roast                 | 3–5 hours per pound                                      |
| Chop or steak, 1 inch thick | 12–14 total hours  |
| Chicken, whole              | 1 day  |
| pieces                      | 8–12 total hours   |
| Turkey, whole               |  |
| 8–12 lb                     | 1–2 days   |
| 12–16 lb                    | 2–3 days   |
| 16–20 lb                    | 3–4 days   |
| 20–24 lb                    | 4–5 days   |
| Seafood, whole, steaks      | 12–24 total hours  |
| blocks, large whole         | 1–2 days   |

**TABLE 1.14** Temperatures and bacteria growth

| <i>Temperature °F</i> | <i>Bacteria activity</i>                   |
|-----------------------|--|
| 212                   | Most bacteria destroyed                    |
| 140 and above         | Low survival rate, prevent bacteria growth |
| 120–140               | Survival and growth                        |
| 60–120                | Reproduce rapidly (99°F ideal for growth)  |
| 40–140                | Survival and growth                        |
| 32–40                 | Slow growth rate                           |

**TABLE 1.15 Safe internal temperatures for cooked foods**

| <i>Food</i>                           | <i>Internal temperature</i>    |
|---------------------------------------|--------------------------------|
| <b>POULTRY</b>                        |                                |
| Boneless, ground, stuffed             | 165°F for 15 sec               |
| Bone-in pieces                        | 170°F                          |
| Whole birds                           | 180°F                          |
| <b>GROUND/CHOPPED/TENDERIZED MEAT</b> |                                |
| Beef, pork, sausage, lamb, fish       | 155°F for 15 sec (see Notes)   |
| <b>PORK</b>                           |                                |
| Pork, ham                             | 145°F for 15 sec               |
| <b>BEEF/VEAL/LAMB</b>                 |                                |
| Steaks, chops, roasts (see Notes)     | 145°F for 15 sec               |
| <b>FISH</b>                           |                                |
| Solid                                 | 145°F for 15 sec               |
| Stuffed                               | 165°F                          |
| <b>OTHER</b>                          |                                |
| Reheated foods                        | 165°F for 15 sec (within 2 hr) |
| Stuffed pasta, stuffed meat           | 165°F for 15 sec               |
| Eggs                                  | 155°F for 15 sec               |
| Dairy, pasta, grains, rice            | 145°F for 15 sec               |

**Note** • Whole beef and pork roasts are considered safe if cooked in a preheated oven and held for a specified length of time:

| <b>Oven Type</b>                 | <b>Oven Temperature Based on Roast Weight</b> |                         |
|----------------------------------|---|-------------------------|
|                                  | Less than 4.5 kg (10 lbs)                     | 4.5 kg (10 lbs) or more |
| <b>Still Dry</b>                 | 177°C (350°F) or more                         | 121°C (250°F) or more   |
| <b>Convection</b>                | 163°C (325°F) or more                         | 121°C (250°F) or more   |
| <b>High Humidity<sup>1</sup></b> | 121°C (250°F) or less                         | 121°C (250°F) or less   |

<sup>1</sup>Relative humidity greater than 90% for at least 1 hour as measured in the cooking chamber or exit of the oven; or in a moisture-impermeable bag that provides 100% humidity.

| <b>Temperature<br/>°C (°F)</b> | <b>Time<sup>1</sup> in<br/>Minutes</b> | <b>Temperature<br/>°C (°F)</b> | <b>Time<sup>1</sup> in<br/>Minutes</b> | <b>Temperature<br/>°C (°F)</b> | <b>Time<sup>1</sup> in<br/>Minutes</b> |
|--------------------------------|--|--------------------------------|--|--------------------------------|--|
| 54 (130)                       | 121                                    | 58 (136)                       | 32                                     | 61 (142)                       | 8                                      |
| 56 (132)                       | 77                                     | 59 (138)                       | 19                                     | 62 (144)                       | 5                                      |
| 57 (134)                       | 47                                     | 60 (140)                       | 12                                     | 63 (145)                       | 3                                      |

<sup>1</sup>Holding time may include postoven heat rise.

- To obtain an even temperature throughout the product, foods cooked in a microwave oven must be stirred once or twice during the cooking process and held covered for 2 minutes after cooking. When using a microwave oven, end-point temperature should reach 165°F in all parts of the food.
- Some regulatory agencies recommend cooking ground meat to 160°F, therefore removing the 15-second time requirement.

**TABLE 1.16 Food serving temperatures and holding times**

| <i>Food</i>                          | <i>Serving temp<br/>°F</i> | <i>Approximate holding time</i>          |
|--------------------------------------|----------------------------|--|
| <b>BEVERAGES</b>                     |                            |  |
| Cold drinks—juices                   | 40                         | 30 min, if poured                        |
| Hot drinks                           | 185                        | 30–45 min                                |
| Coffee <sup>a</sup>                  | 185                        | Hot plate, 20 min<br>Insulated pot, 2 hr |
| <b>DAIRY</b>                         |                            |  |
| Ice cream                            | 10                         | 6–8 hr, dipped                           |
| Milk                                 | 34–38                      |  |
| <b>DESSERTS</b>                      |                            |  |
| Pudding and refrigerator<br>desserts | 41 or less                 |  |
| Pastries and cakes <sup>b</sup>      | 60–70                      |  |
| <b>ENTREES, SOUP</b>                 |                            |  |
| Beef, roast <sup>c</sup>             | 150                        | 10–15 min                                |
| Casseroles, stews, soups             | 170–180                    | 30–45 min                                |
| Chicken, baked                       | 160                        | 20–30 min                                |
| Eggs, scrambled                      | 160                        | 10–15 min                                |
| Ham, pork roast                      | 160                        | 10–15 min                                |
| Sandwiches, hot                      | 160                        | 10–15 min                                |
| <b>SALADS</b>                        |                            |  |
| All cold                             | 41 or less                 |  |
| <b>SAUCES, VEGETABLES</b>            |                            |  |
| Hot sauces                           | 145                        | 30–60 min                                |
| Cold sauces                          | below 41                   |  |
| Gravy                                | 180                        | 30–60 min                                |
| Vegetables in cream sauce            | 145–160                    | 15–30 min                                |
| Vegetables unseasoned                | 160–170                    | 15–20 min                                |
| Whipped potatoes                     | 160–170                    | 15–20 min                                |

<sup>a</sup> Coffee brewing temperature is 195°–200°F.

<sup>b</sup> Some pastries may be served warm, 100°–125°F, but food products that are potential food safety risks should not be held at temperatures between 41° and 140°F. Examples are custard or pumpkin pie.

<sup>c</sup> Temperature will depend on the doneness of meat. Rare roast beef may be served at a temperature lower than 150°F but does pose some food safety risk.

**TABLE 1.17 Food cooling and storage procedures**


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*Standard: Cooked potentially hazardous foods (PHF) must be cooled from 140°F to 70°F within 2 hours, and then from 70°F to 41°F within an additional 4 hours (or from 140°F to 41°F within 4 hours total). PHF prepared from ingredients normally stored at room temperature, such as canned tuna, must be cooled from 70°F to 41°F within 4 hours. (Cooling food following the two-stage cooling method, cooling first to 70°F within 2 hours, and then from 70°F to 41°F within an additional 4 hours offers the greatest protection against microbial growth.)*

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### **METHODS FOR COOLING HOT FOODS**

- A. Procedure: Cut large food items into smaller pieces.  
Application: large roasts, whole poultry or fish
- B. Procedure: Pour hot, thick foods into clean, chilled, shallow, stainless steel pans, to no more than 2 inches deep.  
Application: stews, chili, pasta casseroles, pudding
- C. Procedure: Pour hot, thin foods into clean pans or pots, to no more than 3 inches deep.  
Application: broth soups, thin sauces
- D. Procedure: Set pan of food in an ice water bath (set pan with hot food inside another pan filled with ice). Stir both the hot food and the ice. Replace ice as it melts.  
Application: pourable thin or thick foods
- E. Procedure: Delete part of the water in the recipe and add as ice in the cooling step. The weight of the ice should be equal to the water deleted from the recipe.  
Application: thick, pourable foods such as chili and pasta sauces that may be prepared, cooled, and heated for service at a later time
- 

### **METHODS FOR CHILLING COLD FOODS**

- A. Chill ingredients thoroughly before combining (i.e., salad dressings, tuna, hard-cooked eggs, canned kidney beans).
- B. Put dense products into clean, chilled, shallow, stainless steel pans to no more than 2 inches deep.
- 

### **Notes**

- Hot foods will cool faster if loosely covered or uncovered. Protect uncovered food from contamination. Cover food tightly after chilling.
- Allow air to circulate around pans. Do not stack pans.
- Chilling time can be shortened by stirring foods with a clean utensil once or twice during cooling.

**TABLE 1.18** Time and temperature standards for reducing food safety hazards of potentially hazardous foods (PHF)

| <i>Step</i>     | <i>Standard</i>   |
|-----------------|---|
| Receiving       | Frozen foods at 0°F or below<br>Refrigerated foods at 41°F or below   |
| Storage         | Frozen foods at 0°F or below<br>Refrigerated foods at 41°F or below for 7 calendar days or 45°F for 4 calendar days (The calendar day counting period begins as day 1 on the day the food is refrigerated.)   |
| Thawing         | In refrigerator at 41°F or below<br>Under potable, running cold water (70°F or less) for not more than 2 hours  |
| Food Production |   |
| Pre-preparation | Keep all PHF at 41°F or below or at 140°F or above throughout pre-preparation time. Cool cooked products rapidly to 70°F within 2 hours and from 70°F to 41°F or below in 4 additional hours or less.   |
| Preparation     | <i>Cold foods:</i> Rapid cooling to 41°F or below<br><i>Hot foods:</i> Cook to internal temperatures specified in the recipe (reheated foods to 165°F). Maintain hot holding temperature at or above 140°F (see Notes).   |
| Postproduction  | Cool leftover food rapidly to 70°F within 2 hours and from 70°F to 41°F or less in 4 additional hours or less.<br>Store cooked food in clean shallow pans or containers that are no more than 4 inches deep with a product depth of no more than 2 inches. If product is thick, stir frequently until cooled. |
| Serving         | Maintain internal temperature at 140°F or more or 41°F or less (see Notes). Do not mix old product with freshly cooked product.   |
| Cooling         | Cool rapidly to 70°F within 2 hours and from 70°F to 41°F or less in 4 additional hours or less (see Postproduction).   |

**Notes**

- In some locations, regulatory agencies will permit time to be used as control rather than holding temperatures. For time to be used as a control, the following conditions must be met: (1) The product must be marked with the time it is removed from temperature control; and (2) the product will be cooked and served or discarded within 4 hours.
- Measure all temperatures with a cleaned and sanitized stem thermometer or thermocouple thermometer.

**TABLE 1.19** General guidelines for handling food safely

| <i>Activity</i>     | <i>Food handling practice</i>   |
|---------------------|---|
| Purchasing/delivery | <p>Purchase perishable food products from a reputable distributor who follows HACCP guidelines.</p> <p>Upon delivery, inspect perishable food products for holes or tears in the packaging and for signs of temperature abuse.</p> <p>Require perishable food items to have a “sell by” or “use by” date or have a production code for tracking the product. Record delivery date for perishable food products.</p>   |
| Storage             | <p>Store perishable food immediately upon delivery in the freezer or refrigerator. Follow HACCP guidelines.</p>   |
| Food preparation    | <p>Keep everything that touches food clean—utensils, pans, bowls, countertops, hands, gloves. Wash hands before handling food, after handling raw food, and after touching anything that may contaminate hands. Use disposable gloved hands, tongs, or other methods to keep bare hands from touching ready-to-eat foods.</p> <p>Use separate cutting boards and utensils for cooked and uncooked meat, poultry, and fish and for raw and ready-to-eat foods.</p> <p>Keep juices from raw meat, poultry, and fish from contacting other foods.</p> <p>Sanitize all utensils, pans, bowls, and food contact surfaces after being used for preparing potentially hazardous foods and before coming in contact with raw or ready-to-eat foods.</p> |
| Cooking             | <p>Cook all meat to the required internal temperature to kill harmful organisms. Measure internal temperature in several places. Wash and sanitize thermometers after each use. Use an accurate thermometer or thermocouple to measure internal temperature of potentially hazardous foods. Do not rely on color for determining if meat, chicken, or fish has reached the correct end-point temperature.</p> <p>Do not interrupt cooking by partially cooking potentially hazardous food and then finishing later.</p> <p>Return all potentially hazardous foods to refrigerator when preparation is interrupted. Work with small amount of food at a time to maintain safe temperature. Never mix old product with new.</p>                   |
| Serving             | <p>Keep potentially hazardous food either at or below 41°F or above 140°F. Take temperatures every 30 minutes.</p> <p>When replenishing food on a buffet, do not mix fresh food with food that has been out for service. Do not mix raw food with cooked food.</p> <p>Use disposable gloved hands, tongs, or other methods to keep bare hands from touching ready-to-eat foods.</p>   |
| Leftovers           | <p>Freeze or refrigerate leftovers immediately. Follow established guidelines for cooling food quickly, p. 44. Reheat foods, one time only, to 165°F (within 2 hours).</p>  |

**TABLE 1.20 Recommended mixer bowl and steam-jacketed kettle sizes for selected products**

|                             | <i>50 portions</i>                           | <i>100 portions</i>              | <i>200 portions</i>              | <i>500 portions</i>               |
|-----------------------------|--|----------------------------------|----------------------------------|-----------------------------------|
| Breads, yeast<br>Quick      | 7 lb/12 qt MB <sup>a</sup><br>10 lb/12 qt MB | 14 lb/12 qt MB<br>20 lb/20 qt MB | 28 lb/20 qt MB<br>40 lb/60 qt MB | 70 lb/60 qt MB<br>100 lb/80 qt MB |
| Cakes, angel food           | 6 lb/12 qt MB                                | 12 lb/30 qt MB                   | 24 lb/60 qt MB                   | 60 lb/2 batch sizes,<br>60 qt MB  |
| Other                       | 8 lb/12 qt MB                                | 16 lb/20 qt MB                   | 32 lb/30 qt MB                   | 80 lb/80 qt MB                    |
| Cookies                     | 5 lb/5 qt MB                                 | 10 lb/12 qt MB                   | 20 lb/30 qt MB                   | 50 lb/60 qt MB                    |
| Pastry                      | 7 lb/12 qt MB                                | 14 lb/20 qt MB                   | 28 lb/30 qt MB                   | 70 lb/80 qt MB                    |
| Pie fillings                |  |                                  |                                  |                                   |
| Fruit                       | 12 lb/10 qt SJK<br>10 qt SP                  | 24 lb/20 qt SJK<br>20 qt SP      | 48 lb/20 gal SJK                 | 70 lb/20 gal SJK                  |
| Frozen/chiffon              | 12 lb/20 qt MB                               | 24 lb/60 qt MB                   | 48 lb/80 qt MB                   | 120 lb/2 batch sizes,<br>80 qt MB |
| Puddings/pie<br>fillings    | 12 lb/10 qt SJK<br>10 qt SP                  | 24 lb/20 qt SJK<br>10 qt SP      | 48 lb/20 gal SJK                 | 120 lb/20 gal SJK                 |
| Scrambled eggs              | 10 lb/12 qt MB                               | 20 lb/20 qt MB                   | 40 lb/60 qt MB                   | 100 lb/2 batch sizes,<br>60 qt MB |
| Cheese souffle´             | 14 lb/30 qt MB                               | 28 lb/60 qt MB                   | 56 lb/2 batch sizes,<br>60 qt MB | 140 lb/3 batch sizes,<br>80 qt MB |
| Meat loaf                   | 12 lb/20 qt MB                               | 24 lb/30 qt MB                   | 48 lb/60 qt MB                   | 120 lb/2 batch sizes,<br>80 qt MB |
| Spaghetti sauce             | 19 lb/20 qt SJK<br>15 qt SP                  | 38 lb/20 gal SJK<br>20 qt SP     | 76 lb/20 gal SJK                 | 190 lb/40 gal SJK                 |
| Pasta (and cooking water)   | 45 lb/20 gal SJK<br>25 qt SP                 | 90 lb/20 gal SJK                 | 180 lb/40 gal SJK                | 450 lb/80 gal SJK                 |
| Salad dressing              | 8 lb/12 qt MB                                | 16 lb/20 qt MB                   | 32 lb/60 qt MB                   | 80 lb/80 qt MB                    |
| Soups/stews                 | 25 lb/20 qt SJK<br>15 qt SP                  | 50 lb/20 gal SJK<br>25 qt SP     | 100 lb/20 gal SJK                | 250 lb/40 gal SJK                 |
| Mashed potatoes             | 15 lb/20 qt MB                               | 30 lb/30 qt MB                   | 60 lb/80 qt MB                   | 150 lb/3 batch sizes,<br>80 qt MB |
| Whipped cream<br>or topping | 1½ qt/5 qt MB                                | 3 qt/12 qt MB                    | 6 qt/30 qt MB                    | 15 qt/60 qt MB                    |

<sup>a</sup> Abbreviations used: MB = mixer bowl; SJK = steam-jacketed kettle; SP = stock pot.

**TABLE 1.21 Pan capacities for baked products**

| <i>Pan size</i>                      | <i>Maximum capacity</i> | <i>Portion</i>   | <i>Suggested use</i>                                   |
|--------------------------------------|-------------------------|--|--|
| 18 × 26 × 2 inches<br>(cake pan)     | 8–10 lb                 | Cut 6 × 10<br>(3 × 2½ inches)                                    | Cakes  |
| 18 × 26 × 1 inch<br>(sheet pan)      | 4–6 lb                  | Cut 6 × 10 (3 × 2½ inches)<br><br>Panned 8 × 12<br>Dropped 3 × 5 | Sheet cakes, bar<br>cookies<br>Dinner rolls<br>Cookies |
| 13 × 18 × 1 inch<br>(half sheet pan) | 2–3 lb                  | Cut 5 × 6<br>(2½ × 3 inches)                                     | Sheet cakes, bar<br>cookies                            |
| 12 × 18 × 2 inches                   | 4–5 lb                  | Cut 5 × 6<br>(2½ × 3 inches)                                     | Cakes  |
| 10-inch tube                         | 2–2½ lb                 | Cut ¼  | Chiffon cakes  |
| 9-inch round (cake)                  | 1½ lb                   | Cut ¼  | Layer cakes, corn<br>bread                             |
| 8-inch round (cake)                  | 1¼ lb                   | Cut ¼–¼  | Layer cakes  |
| 9-inch round (pie)                   | 1½ lb                   | Cut ⅛  | Pies   |
| 8-inch round (pie)                   | 1 lb                    | Cut ⅙  | Pies   |
| 5 × 16 × 4 inches (loaf)             | 3–5 lb                  | Cut ¼–¼<br><br>Cut ¼   | Quick breads, yeast<br>breads<br>Cakes                 |
| 5 × 8 × 4 inches (loaf)              | 1½–2½ lb                | Cut ¼–¼<br><br>Cut ¼   | Quick breads, yeast<br>breads<br>Cakes                 |
| 5 × 9 × 2¾ inches (loaf)             | 1½–2 lb                 | Cut ¼  | Quick breads, yeast<br>breads, cakes                   |

**Notes**

- The product volume/weight ratio will dictate the weight per pan.
- See recipes for specific instruction.
- A formula for determining scaling weight of cakes is given on p. 156.

**TABLE 1.22 Counter pan capacities**

| Pan size                                 | Depth<br>(in inches) | Maximum capacity |    | Number of portions    |      |      |      | Suggested use |                                 |
|--|----------------------|------------------|----|-----------------------|------|------|------|---------------|---------------------------------|
|  |                      | lb               | qt | Cut                   | 1 oz | 2 oz | 4 oz |               | 8 oz                            |
| Full size<br>20 × 12 inches              | 2                    | 12–15            | 8  | 48<br>(3 × 2½ inches) |      |      | 67   | 33            | Baked entrees<br>Baked desserts |
|  | 4                    | 24–30            | 14 | 24<br>(3 × 3⅓ inches) |      |      | 113  | 56            | Baked entrees                   |
|  |                      |                  |    | 32<br>(3 × 2½ inches) |      |      |      |               |                                 |
| Half size<br>10 × 12 inches              | 2½                   | 6–7              | 4  | 12<br>(3 × 3 inches)  |      |      | 34   | 17            | Baked entrees                   |
|  | 4                    | 12–15            | 6½ | 16<br>(3 × 2½ inches) |      |      | 34   | 17            | Baked entrees                   |
|  | 6                    |                  | 10 |                       |      |      | 53   | 27            | Baked entrees                   |
| One-third size<br>6 7/8 × 12 3/4 inches  | 2                    |                  |    |                       | 85   | 42   |      |               | Salad bar items                 |
|  | 4                    |                  |    |                       | 134  | 67   |      |               | Condiments                      |
|  | 6                    |                  |    |                       | 197  | 98   |      |               | Sauces                          |
| One-fourth size<br>6 3/8 × 10 3/8 inches | 2                    |                  |    |                       | 60   | 30   |      |               | Salad bar items                 |
|  | 4                    |                  |    |                       | 96   | 48   |      |               | Condiments                      |
|  | 6                    |                  |    |                       | 146  | 73   |      |               | Sauces                          |

**TABLE 1.23 Common can sizes**

| Can size<br>(industry term) | Approximate<br>net weight or<br>fluid measure | Approximate<br>cups<br>per can | Approximate<br>number of 4-oz<br>portions | Principal products                                       |
|-----------------------------|---|--------------------------------|---|--|
| No. 10                      | 6 lb/7 lb 5 oz                                | 9–12                           | 25  | Institutional size<br>for fruits, vegetables             |
| No. 5 Squat                 | 4–4¼ lb                                       | 8                              | 16–20                                     | Institutional size<br>for canned fish,<br>sweet potatoes |
| No. 3 Cyl                   | 46 fl oz or<br>51 fl oz                       | 5¼                             | 10–12                                     | Fruit and vegetable<br>juices, condensed soups           |
| No. 2½                      | 26–30 oz                                      | 3½                             | 5–7                                       | Fruits, some vegetables                                  |
| No. 2                       | 18 fl oz or<br>20 oz                          | 2½                             | 5   | Juices, fruits,<br>ready-to-serve<br>soups               |
| No. 303                     | 1 lb  | 2                              | 4   | Fruits, vegetables,<br>ready-to-serve<br>soups           |
| No. 300                     | 14–16 oz                                      | 1¾                             | 3–4                                       | Some fruits and<br>meat products                         |
| No. 1 (Picnic)              | 10½–12 oz                                     | 1¼                             | 2–3                                       | Condensed soups  |
| 8 oz                        | 8 oz  | 1                              | 2   | Ready-to-serve soups,<br>fruits, vegetables              |

**Note**

- When substituting one can for another size, one No. 10 can is approximately equivalent to:
  - 7 No. 303 (1 lb) cans
  - 5 No. 2 (1 lb 4 oz) cans
  - 4 No. 2½ (1 lb 13 oz) cans
  - 2 No. 3 (46 to 50 oz) cans

**TABLE 1.24 Ingredient substitutions (approximate)**

| <i>Recipe item</i>               | <i>Amount</i>                    | <i>Substitute ingredient</i>  |
|----------------------------------|----------------------------------|---|
| Baking powder                    | 1 tsp                            | ¼ tsp baking soda + ½ tsp cream of tartar<br>¼ tsp baking soda + ½ cup buttermilk or sour milk (to replace ½ cup of the liquid)   |
| Butter or margarine              | 1 lb                             | 14 oz hydrogenated shortening + 1 tsp salt<br>14 oz (1⅔ cups) oil + 1 tsp salt  |
| Buttermilk                       | 1 cup                            | 1 Tbsp lemon juice or vinegar + enough whole milk to make 1 cup (let stand 5 min before using) or 1 cup unflavored yogurt   |
| Celery, fresh                    | 8 oz                             | 4 oz celery flakes, dry   |
| Chocolate, unsweetened           | 1 oz (1 square)                  | 3 Tbsp cocoa + 1 Tbsp (½ oz) fat  |
| Cocoa                            | 3 Tbsp                           | 1 oz chocolate; reduce fat in recipe by 1 Tbsp  |
| Cornstarch (thickening)          | 1 Tbsp<br>1 oz<br>1 Tbsp<br>1 oz | 2 Tbsp flour, all-purpose<br>2 oz flour, all purpose<br>2 tsp waxy maize starch<br>¾ oz waxy maize starch   |
| Cream                            |                                  |   |
| Half and half                    | 1 cup                            | ¾ cup milk + 2–3 Tbsp fat   |
| Whipping                         | 1 cup                            | ¾ cup milk + ⅓ cup fat  |
| Flour, all-purpose               | 1 cup (4 oz)                     | 1½ cups bread flour<br>1 cup + 2 Tbsp cake flour<br>1 cup rye or whole wheat flour<br>1 cup less 2 Tbsp cornmeal<br>1 cup rolled oats<br>1½ cups bread crumbs                               |
| Flour, all-purpose (thickening)  | 1 oz                             | 1⅓ oz quick-cooking tapioca<br>½ cup cornmeal<br>⅔ oz cornstarch<br>½ oz waxy maize starch, arrowroot<br>¾ oz bread crumbs  |
| Flour, cake                      | 1 cup (4 oz)                     | 1 cup less 2 Tbsp all-purpose flour   |
| Garlic                           | 1 medium<br>clove                | ⅛ tsp garlic powder<br>½ tsp garlic, minced, dry<br>½ tsp garlic salt   |
| Green peppers, fresh,<br>chopped | 8 oz EP                          | 1 oz green pepper flakes, dry   |
| Herbs, fresh                     | 1 Tbsp                           | 1 tsp whole dried<br>¼ tsp ground   |
| Honey                            | 1 cup                            | 1¼ cups granulated sugar + ¼ cup liquid   |
| Milk, fluid, whole               | 1 cup<br><br>1 qt                | 1 oz (⅓ cup) nonfat dry milk + water to make<br>1 cup + 1 Tbsp fat (optional)<br>½ cup evaporated milk + ½ cup water<br>4 oz nonfat dry milk + water to make 1 qt + 1¼<br>oz fat (optional) |

*continues*

TABLE 1.24 *continued*

| <i>Recipe item</i>      | <i>Amount</i>        | <i>Substitute ingredient</i>   |
|-------------------------|----------------------|--|
| Milk, sour <sup>a</sup> | 1 cup                | 1 Tbsp vinegar or lemon juice + sweet milk to make 1 cup   |
| Mushrooms, fresh        | 1 lb (6 cups)        | 3 cups processed mushrooms   |
| Onions, fresh, chopped  | 8 oz EP              | 1 oz dehydrated onions, chopped or minced <sup>b</sup>   |
| Parsley, fresh, chopped | 8 oz EP              | 3 oz parsley flakes, dry   |
| Sour cream              | 1 cup                | 1 cup yogurt   |
| Stock, chicken or beef  | 1 gal                | 3 oz concentrated soup base + 1 gal water<br>(commercial products may vary in strength;<br>follow manufacturer's directions)   |
| Sugar, brown            | 1 cup                | 1 cup granulated sugar + 2 Tbsp molasses   |
| Sugar, granulated       | 1 cup (8 oz)         | 1½ cups brown sugar<br>1½ cups powdered sugar<br>1¼–1½ cups corn syrup less ¼–½ cup liquid<br>in recipe<br>1 cup honey less ¼–⅓ cup liquid in recipe<br>1⅓ cups molasses less ⅓ cup liquid in recipe |
| Tapioca, quick-cooking  | 1 Tbsp               | 1 Tbsp all-purpose flour (for thickening)  |
| Yeast, active dry       | ¼ oz (1 pkg)<br>1 oz | 1 cake compressed<br>2 oz compressed   |
| Yeast, instant          |                      | See manufacturer's directions for conversion<br>from active dry or compressed  |

<sup>a</sup> To substitute buttermilk or sour milk for sweet milk, add ½ tsp baking soda and decrease baking powder by 2 tsp per cup of milk.

<sup>b</sup> Rehydrate onions unless they are to be used in a recipe in which there is a large volume of liquid. To rehydrate, cover onions with water, using the ratio of 1 oz dehydrated onions (½ cup) to ¾ cup of water. Let stand 20–30 minutes.

**TABLE 1.25 Ingredient proportions**

| <i>Function</i>                                  | <i>Ingredient</i>  | <i>Relative proportion</i>   |
|--|--|--|
| Leavening agents                                 | Baking powder  | 1½–2 Tbsp to 1 lb flour  |
|  | Baking soda  | 2 tsp to 1 qt sour milk or molasses  |
|  | Yeast  | ½–1 envelope dry (⅛–¼ oz) to 1 lb flour (varies with ingredients and time allowed) |
| Seasonings                                       | Salt   | 1–2 tsp to 1 lb flour  |
|  |  | ¼ tsp to 1 lb meat   |
|  |  | 2 tsp to 1 qt water (for cereal)   |
|  |  | 2½ tsp to 1 pt liquid (for rolls)  |
| Thickening agents                                | Eggs   | 4–6 whole eggs to 1 qt milk  |
|  |  | 8–12 egg yolks to 1 qt milk  |
|  |  | 8–12 egg whites to 1 qt milk   |
|  | Flour  | ½ oz to 1 qt liquid—very thin sauce (cream soups, starchy vegetables)              |
|  |  | 1 oz to 1 qt liquid—thin sauce (cream soups, nonstarchy vegetables)                |
|  |  | 2 oz to 1 qt liquid—medium sauce (creamed foods, gravy)                            |
|  |  | 3–4 oz to 1 qt liquid—thick sauce (soufflés)                                       |
|  |  | 4–5 oz to 1 qt liquid—very thick sauce (croquettes)                                |
|  |  | 1 lb to 1 qt liquid—pour batter (popovers)   |
|  |  | 2 lb to 1 qt liquid—drop batter (cake muffins)                                     |
| 3 lb to 1 qt liquid—soft dough (biscuits, rolls) |  |  |
| Gelatin, granulated, unflavored                  | 4 lb to 1 qt liquid—stiff dough (pastry, cookies, noodles)                                 |  |
|  | 2 Tbsp to 1 qt liquid—plain gelatins (gelatin and fruit juices)                            |  |
|  | 2 Tbsp to 1 qt liquid—whips (gelatin and fruit juices whipped)                             |  |
|  | 3 Tbsp to 1 qt liquid—fruit gelatins (gelatin, fruit juices, and chopped fruit)            |  |
|  | 3 Tbsp to 1 qt liquid—vegetable gelatins (gelatin, liquid, and chopped vegetables)         |  |
|  | 3 Tbsp to 1 qt liquid—sponges (gelatin, fruit juice, and beaten egg whites)                |  |
|  | 4 Tbsp to 1 qt liquid—Bavarian cream (gelatin, fruit juice, fruit pulp, and whipped cream) |  |

**Note** • See Table 1.24 for ingredient substitutions.

**TABLE 1.26** Guide for rounding off weights and measures

| <i>If the total amount of an ingredient is</i>              | <i>Round it to</i>  |
|---|---|
| <b>WEIGHTS</b>  |   |
| Less than 2 oz  | Measure unless weight is $\frac{1}{4}$ -, $\frac{1}{2}$ -, or $\frac{3}{4}$ -oz amounts |
| 2–10 oz   | Closest $\frac{1}{4}$ oz or convert to measure  |
| More than 10 oz but less than 2 lb 8 oz                     | Closest $\frac{1}{2}$ oz  |
| 2 lb 8 oz–5 lb  | Closest full ounce  |
| More than 5 lb  | Closest $\frac{1}{4}$ lb  |
| <b>MEASURES</b>   |   |
| Less than 1 Tbsp  | Closest $\frac{1}{8}$ tsp   |
| More than 1 Tbsp but less than 3 Tbsp                       | Closest $\frac{1}{4}$ tsp   |
| 3 Tbsp– $\frac{1}{2}$ cup                                   | Closest $\frac{1}{2}$ tsp or convert to weight  |
| More than $\frac{1}{2}$ cup but less than $\frac{3}{4}$ cup | Closest full tsp or convert to weight   |
| More than $\frac{3}{4}$ cup but less than 2 cups            | Closest full Tbsp or convert to weight  |
| 2 cups–2 qt   | Nearest $\frac{1}{4}$ cup   |
| More than 2 qt but less than 4 qt                           | Nearest $\frac{1}{2}$ cup   |
| 1–2 gal   | Nearest full cup or $\frac{1}{4}$ qt  |
| More than 2 gal but less than 10 gal <sup>a</sup>           | Nearest full quart  |
| More than 10 gal but less than 20 gal <sup>a</sup>          | Closest $\frac{1}{2}$ gal   |
| More than 20 gal <sup>a</sup>                               | Closest full gallon   |

<sup>a</sup> For baked goods or products in which accurate ratios are critical, always round to the nearest full cup or  $\frac{1}{4}$  qt.

**Note**

- This table is intended to aid in rounding fractions and complex measurements into amounts that are as simple as possible to weigh or measure while maintaining the accuracy needed for quality control.

**TABLE 1.27** Ounces and decimal equivalents of a pound

| Ounces         | Decimal part of a pound | Ounces          | Decimal part of a pound | Ounces          | Decimal part of a pound |
|----------------|-------------------------|-----------------|-------------------------|-----------------|-------------------------|
| $\frac{1}{4}$  | 0.016                   | $5\frac{3}{4}$  | 0.359                   | $11\frac{1}{4}$ | 0.703                   |
| $\frac{1}{2}$  | 0.031                   | 6               | 0.375                   | $11\frac{1}{2}$ | 0.719                   |
| $\frac{3}{4}$  | 0.047                   | $6\frac{1}{4}$  | 0.391                   | $11\frac{3}{4}$ | 0.734                   |
| 1              | 0.063                   | $6\frac{1}{2}$  | 0.406                   | 12              | 0.750                   |
| $1\frac{1}{4}$ | 0.078                   | $6\frac{3}{4}$  | 0.422                   | $12\frac{1}{4}$ | 0.766                   |
| $1\frac{1}{2}$ | 0.094                   | 7               | 0.438                   | $12\frac{1}{2}$ | 0.781                   |
| $1\frac{3}{4}$ | 0.109                   | $7\frac{1}{4}$  | 0.453                   | $12\frac{3}{4}$ | 0.797                   |
| 2              | 0.125                   | $7\frac{1}{2}$  | 0.469                   | 13              | 0.813                   |
| $2\frac{1}{4}$ | 0.141                   | $7\frac{3}{4}$  | 0.484                   | $13\frac{1}{4}$ | 0.828                   |
| $2\frac{1}{2}$ | 0.156                   | 8               | 0.500                   | $13\frac{1}{2}$ | 0.844                   |
| $2\frac{3}{4}$ | 0.172                   | $8\frac{1}{4}$  | 0.516                   | $13\frac{3}{4}$ | 0.859                   |
| 3              | 0.188                   | $8\frac{1}{2}$  | 0.531                   | 14              | 0.875                   |
| $3\frac{1}{4}$ | 0.203                   | $8\frac{3}{4}$  | 0.547                   | $14\frac{1}{4}$ | 0.891                   |
| $3\frac{1}{2}$ | 0.219                   | 9               | 0.563                   | $14\frac{1}{2}$ | 0.906                   |
| $3\frac{3}{4}$ | 0.234                   | $9\frac{1}{4}$  | 0.578                   | $14\frac{3}{4}$ | 0.922                   |
| 4              | 0.250                   | $9\frac{1}{2}$  | 0.594                   | 15              | 0.938                   |
| $4\frac{1}{4}$ | 0.266                   | $9\frac{3}{4}$  | 0.609                   | $15\frac{1}{4}$ | 0.953                   |
| $4\frac{1}{2}$ | 0.281                   | 10              | 0.625                   | $15\frac{1}{2}$ | 0.969                   |
| $4\frac{3}{4}$ | 0.297                   | $10\frac{1}{4}$ | 0.641                   | $15\frac{3}{4}$ | 0.984                   |
| 5              | 0.313                   | $10\frac{1}{2}$ | 0.656                   | 16              | 1.000                   |
| $5\frac{1}{4}$ | 0.328                   | $10\frac{3}{4}$ | 0.672                   |                 |                         |
| $5\frac{1}{2}$ | 0.344                   | 11              | 0.688                   |                 |                         |

**Note**

- This table is useful when increasing or decreasing recipes. The multiplication or division of pounds and ounces is simplified if the ounces are converted to decimal parts of a pound. For example, when multiplying 1 lb 9 oz by 3, first change the 9 oz to 0.563 lb, using the table. Thus, the 1 lb 9 oz becomes 1.563 lb, which multiplied by 3 is 4.683 lb or 4 lb 11 oz.

**Direct-Reading Measurement Tables**

Recipe adjustment may be made by using tables that have been developed for different numbers of portions. Using these charts requires minimal calculation. Table 1.28 can be used when the desired yields are divisible by 25 and the ingredients are given in *weights*. Table 1.29 is used when recipe ingredients are given in *volume measurements* and the yields can be divided by 25. Table 1.30 has yields that can be divided by 8 and is useful in enlarging home-size recipes. Following are instructions for using direct-reading measurement tables.

**Directions for Using Tables 1.28 and 1.29**

The choice of Tables 1.28 or 1.29 depends on whether the recipe ingredients are given in weights (ounces and pounds) or in volume measurements (teaspoons, tablespoons, cups, quarts, or gallons). Table 1.28 is used for converting weighed ingredients using recipe yields that are divisible by 25. Table 1.29 is used for converting volume measures of ingredients using recipe yields that are divisible by 25. To adjust recipes, follow these steps:

1. Locate the column that corresponds to the original yield of the recipe to be adjusted. For example, assume the original recipe yields 100 portions. Lo-

cate the “100” column across the top of the chart on Table 1.28.

2. Go down this column to the amount of the ingredient required (or to the closest number to that figure) in the recipe to be adjusted. If the recipe for 100 portions requires 21 lb of ground beef, for example, go down the column headed 100 to the figure “21.”
3. Then go across the page, in line with that amount, to the column that is headed to correspond with the yield desired. For example, if only 75 portions are desired, begin with the 21 lb figure in the “100” column and slide across to the column headed “75” and read that figure. It indicates that 15 lb 12 oz of ground beef would be required to make 75 portions with this recipe.
4. Record this figure as the amount of the ingredient required for the new yield of the recipe. Repeat steps 1, 2, and 3 for each ingredient in the original recipe to obtain the adjusted ingredient weight needed for the new yield. Follow the same procedure using Table 1.29 in adjusting ingredient amounts indicated in volume measures. Yields can be either increased or decreased in this manner.

5. If two columns need to be combined to obtain the desired yield, follow steps 1 through 4 and add together the amounts given in the two columns to obtain the amount required for the adjusted yield. For example, to find the amount of ground beef for 225 portions of our hypothetical recipe, locate the figures in columns headed “200” and “25” and add them together. In this example it would be 42 lb + 5 lb 4 oz, so the required total for ground beef would be 47 lb 4 oz.
6. The figures given in these tables are given in exact weights including fractional ounces. After making yield adjustments for every ingredient, refer to Table 1.26 for rounding off fractional amounts that are not of sufficient proportion to change product quality.

Abbreviations used in the charts include the following:

- oz = ounce
  - lb = pound
  - tsp = teaspoon
  - Tbsp = tablespoon
  - qt = quart
  - gal = gallon
  - (r) = slightly rounded
  - (s) = scant
- Equivalents helpful in using the charts include:
- 3 tsp = 1 Tbsp
  - 4 Tbsp =  $\frac{1}{4}$  cup
  - 5 Tbsp + 1 tsp =  $\frac{1}{3}$  cup
  - 8 Tbsp =  $\frac{1}{2}$  cup
  - 10 Tbsp + 2 tsp =  $\frac{2}{3}$  cup
  - 12 Tbsp =  $\frac{3}{4}$  cup
  - 16 Tbsp = 1 cup
  - 4 cups = 1 qt
  - 4 qt = 1 gal

**TABLE 1.28** Direct-reading table for adjusting weight ingredients of recipes divisible by 25<sup>a</sup> (pp. 56–57)

| 25             | 50        | 75          | 100        | 200        | 300         | 400        | 500         |
|----------------|-----------|-------------|------------|------------|-------------|------------|-------------|
| * <sup>b</sup> | *         | *           | ¼ oz       | ½ oz       | ¾ oz        | 1 oz       | 1¼ oz       |
| *              | *         | *           | ½ oz       | 1 oz       | 1½ oz       | 2 oz       | 2½ oz       |
| *              | *         | *           | ¾ oz       | 1½ oz      | 2¼ oz       | 3 oz       | 3¾ oz       |
| ¼ oz           | ½ oz      | ¾ oz        | 1 oz       | 2 oz       | 3 oz        | 4 oz       | 5 oz        |
| *              | *         | *           | 1¼ oz      | 2½ oz      | 3¾ oz       | 5 oz       | 6¼ oz       |
| *              | ¾ oz      | *           | 1½ oz      | 3 oz       | 4½ oz       | 6 oz       | 7½ oz       |
| *              | *         | *           | 1¾ oz      | 3½ oz      | 5¼ oz       | 7 oz       | 8¾ oz       |
| ½ oz           | 1 oz      | 1½ oz       | 2 oz       | 4 oz       | 6 oz        | 8 oz       | 10 oz       |
| *              | *         | 1¾ oz       | 2¼ oz      | 4½ oz      | 6¾ oz       | 9 oz       | 11¼ oz      |
| *              | 1¼ oz     | 2 oz        | 2½ oz      | 5 oz       | 7½ oz       | 10 oz      | 12½ oz      |
| *              | *         | 2 oz        | 2¾ oz      | 5½ oz      | 8¼ oz       | 11 oz      | 13¾ oz      |
| ¾ oz           | 1½ oz     | 2¼ oz       | 3 oz       | 6 oz       | 9 oz        | 12 oz      | 15 oz       |
| *              | *         | 2½ oz       | 3¼ oz      | 6½ oz      | 9¾ oz       | 13 oz      | 1 lb ¼ oz   |
| *              | 1¾ oz     | 2¾ oz       | 3½ oz      | 7 oz       | 10½ oz      | 14 oz      | 1 lb 1½ oz  |
| 1 oz           | 2 oz      | 2¾ oz       | 3¾ oz      | 7½ oz      | 11¼ oz      | 15 oz      | 1 lb 2¾ oz  |
| 1 oz           | 2 oz      | 3 oz        | 4 oz       | 8 oz       | 12 oz       | 1 lb       | 1 lb 4 oz   |
| 1 oz           | 2¼ oz     | 3¼ oz       | 4¼ oz      | 8½ oz      | 12¾ oz      | 1 lb 1 oz  | 1 lb 5¼ oz  |
| *              | 2½ oz     | 3½ oz       | 4½ oz      | 9 oz       | 13½ oz      | 1 lb 2 oz  | 1 lb 6½ oz  |
| *              | 2½ oz     | 3½ oz       | 4¾ oz      | 9½ oz      | 14¼ oz      | 1 lb 3 oz  | 1 lb 7¾ oz  |
| 1¼ oz          | 2½ oz     | 3¾ oz       | 5 oz       | 10 oz      | 15 oz       | 1 lb 4 oz  | 1 lb 9 oz   |
| *              | 2¾ oz     | 4¼ oz       | 5½ oz      | 11 oz      | 1 lb ½ oz   | 1 lb 6 oz  | 1 lb 11½ oz |
| 1½ oz          | 3 oz      | 4½ oz       | 6 oz       | 12 oz      | 1 lb 2 oz   | 1 lb 8 oz  | 1 lb 14 oz  |
| *              | 3¼ oz     | 4¾ oz       | 6¾ oz      | 13 oz      | 1 lb 3½ oz  | 1 lb 10 oz | 2 lb ½ oz   |
| 1¾ oz          | 3¾ oz     | 5¼ oz       | 7 oz       | 14 oz      | 1 lb 5 oz   | 1 lb 12 oz | 2 lb 3 oz   |
| 2 oz           | 3¾ oz     | 5¾ oz       | 7½ oz      | 15 oz      | 1 lb 6½ oz  | 1 lb 14 oz | 2 lb 5½ oz  |
| 2 oz           | 4 oz      | 6 oz        | 8 oz       | 1 lb       | 1 lb 8 oz   | 2 lb       | 2 lb 8 oz   |
| 2¼ oz          | 4¼ oz     | 6½ oz       | 8½ oz      | 1 lb 1 oz  | 1 lb 9½ oz  | 2 lb 2 oz  | 2 lb 10½ oz |
| 2¼ oz          | 4½ oz     | 6¾ oz       | 9 oz       | 1 lb 2 oz  | 1 lb 11 oz  | 2 lb 4 oz  | 2 lb 13 oz  |
| 2½ oz          | 4¾ oz     | 7¼ oz       | 9½ oz      | 1 lb 3 oz  | 1 lb 12½ oz | 2 lb 6 oz  | 2 lb 15½ oz |
| 2½ oz          | 5 oz      | 7½ oz       | 10 oz      | 1 lb 4 oz  | 1 lb 14 oz  | 2 lb 8 oz  | 3 lb 2 oz   |
| 2¾ oz          | 5½ oz     | 8¼ oz       | 11 oz      | 1 lb 6 oz  | 2 lb 1 oz   | 2 lb 12 oz | 3 lb 7 oz   |
| 3 oz           | 6 oz      | 9 oz        | 12 oz      | 1 lb 8 oz  | 2 lb 4 oz   | 3 lb       | 3 lb 12 oz  |
| 3¼ oz          | 6½ oz     | 9¾ oz       | 13 oz      | 1 lb 10 oz | 2 lb 7 oz   | 3 lb 4 oz  | 4 lb 1 oz   |
| 3½ oz          | 7 oz      | 10½ oz      | 14 oz      | 1 lb 12 oz | 2 lb 10 oz  | 3 lb 8 oz  | 4 lb 6 oz   |
| 3¾ oz          | 7½ oz     | 11¼ oz      | 15 oz      | 1 lb 14 oz | 2 lb 13 oz  | 3 lb 12 oz | 4 lb 11 oz  |
| 4 oz           | 8 oz      | 12 oz       | 1 lb       | 2 lb       | 3 lb        | 4 lb       | 5 lb        |
| 4½ oz          | 9 oz      | 13½ oz      | 1 lb 2 oz  | 2 lb 4 oz  | 3 lb 6 oz   | 4 lb 8 oz  | 5 lb 10 oz  |
| 5 oz           | 10 oz     | 15 oz       | 1 lb 4 oz  | 2 lb 8 oz  | 3 lb 12 oz  | 5 lb       | 6 lb 4 oz   |
| 5½ oz          | 11 oz     | 1 lb ½ oz   | 1 lb 6 oz  | 2 lb 12 oz | 4 lb 2 oz   | 5 lb 8 oz  | 6 lb 14 oz  |
| 6 oz           | 12 oz     | 1 lb 2 oz   | 1 lb 8 oz  | 3 lb       | 4 lb 8 oz   | 6 lb       | 7 lb 8 oz   |
| 6½ oz          | 13 oz     | 1 lb 3½ oz  | 1 lb 10 oz | 3 lb 4 oz  | 4 lb 14 oz  | 6 lb 8 oz  | 8 lb 2 oz   |
| 7 oz           | 14 oz     | 1 lb 5 oz   | 1 lb 12 oz | 3 lb 8 oz  | 5 lb 4 oz   | 7 lb       | 8 lb 12 oz  |
| 7½ oz          | 15 oz     | 1 lb 6½ oz  | 1 lb 14 oz | 3 lb 12 oz | 5 lb 10 oz  | 7 lb 8 oz  | 9 lb 6 oz   |
| 8 oz           | 1 lb      | 1 lb 8 oz   | 2 lb       | 4 lb       | 6 lb        | 8 lb       | 10 lb       |
| 8½ oz          | 1 lb 1 oz | 1 lb 9½ oz  | 2 lb 2 oz  | 4 lb 4 oz  | 6 lb 6 oz   | 8 lb 8 oz  | 10 lb 10 oz |
| 9 oz           | 1 lb 2 oz | 1 lb 11 oz  | 2 lb 4 oz  | 4 lb 8 oz  | 6 lb 12 oz  | 9 lb       | 11 lb 4 oz  |
| 9½ oz          | 1 lb 3 oz | 1 lb 12½ oz | 2 lb 6 oz  | 4 lb 12 oz | 7 lb 2 oz   | 9 lb 8 oz  | 11 lb 14 oz |
| 10 oz          | 1 lb 4 oz | 1 lb 14 oz  | 2 lb 8 oz  | 5 lb       | 7 lb 8 oz   | 10 lb      | 12 lb 8 oz  |
| 11 oz          | 1 lb 6 oz | 2 lb 1 oz   | 2 lb 12 oz | 5 lb 8 oz  | 8 lb 4 oz   | 11 lb      | 13 lb 12 oz |

<sup>a</sup> To be used with Table 1.29, which is similarly constructed for volume measures.<sup>b</sup> An asterisk(\*) means these amounts cannot be weighed accurately without introducing errors.

**TABLE 1.28** *continued*

| 25         | 50         | 75          | 100        | 200        | 300         | 400    | 500         |
|------------|------------|-------------|------------|------------|-------------|--------|-------------|
| 12 oz      | 1 lb 8 oz  | 2 lb 4 oz   | 3 lb       | 6 lb       | 9 lb        | 12 lb  | 15 lb       |
| 13 oz      | 1 lb 10 oz | 2 lb 7 oz   | 3 lb 4 oz  | 6 lb 8 oz  | 9 lb 12 oz  | 13 lb  | 16 lb 4 oz  |
| 14 oz      | 1 lb 12 oz | 2 lb 10 oz  | 3 lb 8 oz  | 7 lb       | 10 lb 8 oz  | 14 lb  | 17 lb 8 oz  |
| 15 oz      | 1 lb 14 oz | 2 lb 13 oz  | 3 lb 12 oz | 7 lb 8 oz  | 11 lb 4 oz  | 15 lb  | 18 lb 12 oz |
| 1 lb       | 2 lb       | 3 lb        | 4 lb       | 8 lb       | 12 lb       | 16 lb  | 20 lb       |
| 1 lb 1 oz  | 2 lb 2 oz  | 3 lb 3 oz   | 4 lb 4 oz  | 8 lb 8 oz  | 12 lb 12 oz | 17 lb  | 21 lb 4 oz  |
| 1 lb 2 oz  | 2 lb 4 oz  | 3 lb 6 oz   | 4 lb 8 oz  | 9 lb       | 13 lb 8 oz  | 18 lb  | 22 lb 8 oz  |
| 1 lb 3 oz  | 2 lb 6 oz  | 3 lb 9 oz   | 4 lb 12 oz | 9 lb 8 oz  | 14 lb 4 oz  | 19 lb  | 23 lb 12 oz |
| 1 lb 4 oz  | 2 lb 8 oz  | 3 lb 12 oz  | 5 lb       | 10 lb      | 15 lb       | 20 lb  | 25 lb       |
| 1 lb 5 oz  | 2 lb 10 oz | 3 lb 15 oz  | 5 lb 4 oz  | 10 lb 8 oz | 15 lb 12 oz | 21 lb  | 26 lb 4 oz  |
| 1 lb 6 oz  | 2 lb 12 oz | 4 lb 2 oz   | 5 lb 8 oz  | 11 lb      | 16 lb 8 oz  | 22 lb  | 27 lb 8 oz  |
| 1 lb 7 oz  | 2 lb 14 oz | 4 lb 5 oz   | 5 lb 12 oz | 11 lb 8 oz | 17 lb 4 oz  | 23 lb  | 28 lb 12 oz |
| 1 lb 8 oz  | 3 lb       | 4 lb 8 oz   | 6 lb       | 12 lb      | 18 lb       | 24 lb  | 30 lb       |
| 1 lb 10 oz | 3 lb 4 oz  | 4 lb 14 oz  | 6 lb 8 oz  | 13 lb      | 19 lb 8 oz  | 26 lb  | 32 lb 8 oz  |
| 1 lb 12 oz | 3 lb 8 oz  | 5 lb 4 oz   | 7 lb       | 14 lb      | 21 lb       | 28 lb  | 35 lb       |
| 1 lb 14 oz | 3 lb 12 oz | 5 lb 10 oz  | 7 lb 8 oz  | 15 lb      | 22 lb 8 oz  | 30 lb  | 37 lb 8 oz  |
| 2 lb       | 4 lb       | 6 lb        | 8 lb       | 16 lb      | 24 lb       | 32 lb  | 40 lb       |
| 2 lb 2 oz  | 4 lb 4 oz  | 6 lb 6 oz   | 8 lb 8 oz  | 17 lb      | 25 lb 8 oz  | 34 lb  | 42 lb 8 oz  |
| 2 lb 4 oz  | 4 lb 8 oz  | 6 lb 12 oz  | 9 lb       | 18 lb      | 27 lb       | 36 lb  | 45 lb       |
| 2 lb 6 oz  | 4 lb 12 oz | 7 lb 2 oz   | 9 lb 8 oz  | 19 lb      | 28 lb 8 oz  | 38 lb  | 47 lb 8 oz  |
| 2 lb 8 oz  | 5 lb       | 7 lb 8 oz   | 10 lb      | 20 lb      | 30 lb       | 40 lb  | 50 lb       |
| 2 lb 12 oz | 5 lb 8 oz  | 8 lb 4 oz   | 11 lb      | 22 lb      | 33 lb       | 44 lb  | 55 lb       |
| 3 lb       | 6 lb       | 9 lb        | 12 lb      | 24 lb      | 36 lb       | 48 lb  | 60 lb       |
| 3 lb 4 oz  | 6 lb 8 oz  | 9 lb 12 oz  | 13 lb      | 26 lb      | 39 lb       | 52 lb  | 65 lb       |
| 3 lb 8 oz  | 7 lb       | 10 lb 8 oz  | 14 lb      | 28 lb      | 42 lb       | 56 lb  | 70 lb       |
| 3 lb 12 oz | 7 lb 8 oz  | 11 lb 4 oz  | 15 lb      | 30 lb      | 45 lb       | 60 lb  | 75 lb       |
| 4 lb       | 8 lb       | 12 lb       | 16 lb      | 32 lb      | 48 lb       | 64 lb  | 80 lb       |
| 4 lb 4 oz  | 8 lb 8 oz  | 12 lb 12 oz | 17 lb      | 34 lb      | 51 lb       | 68 lb  | 85 lb       |
| 4 lb 8 oz  | 9 lb       | 13 lb 8 oz  | 18 lb      | 36 lb      | 54 lb       | 72 lb  | 90 lb       |
| 4 lb 12 oz | 9 lb 8 oz  | 14 lb 2 oz  | 19 lb      | 38 lb      | 57 lb       | 76 lb  | 95 lb       |
| 5 lb       | 10 lb      | 15 lb       | 20 lb      | 40 lb      | 60 lb       | 80 lb  | 100 lb      |
| 5 lb 4 oz  | 10 lb 8 oz | 15 lb 12 oz | 21 lb      | 42 lb      | 63 lb       | 84 lb  | 105 lb      |
| 5 lb 8 oz  | 11 lb      | 16 lb 8 oz  | 22 lb      | 44 lb      | 66 lb       | 88 lb  | 110 lb      |
| 5 lb 12 oz | 11 lb 8 oz | 17 lb 4 oz  | 23 lb      | 46 lb      | 69 lb       | 92 lb  | 115 lb      |
| 6 lb       | 12 lb      | 18 lb       | 24 lb      | 48 lb      | 72 lb       | 96 lb  | 120 lb      |
| 6 lb 4 oz  | 12 lb 8 oz | 18 lb 12 oz | 25 lb      | 50 lb      | 75 lb       | 100 lb | 125 lb      |
| 7 lb 8 oz  | 15 lb      | 22 lb 8 oz  | 30 lb      | 60 lb      | 90 lb       | 120 lb | 150 lb      |
| 8 lb 12 oz | 17 lb 8 oz | 26 lb 4 oz  | 35 lb      | 70 lb      | 105 lb      | 140 lb | 175 lb      |
| 10 lb      | 20 lb      | 30 lb       | 40 lb      | 80 lb      | 120 lb      | 160 lb | 200 lb      |
| 11 lb 4 oz | 22 lb 8 oz | 33 lb 12 oz | 45 lb      | 90 lb      | 135 lb      | 180 lb | 225 lb      |
| 12 lb 8 oz | 25 lb      | 37 lb 8 oz  | 50 lb      | 100 lb     | 150 lb      | 200 lb | 250 lb      |

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**TABLE 1.29** Direct-reading table for adjusting recipes with ingredient amounts given in volume measurement and divisible by 25<sup>a</sup> (pp. 58–62)

| 25             | 50                     | 75                      | 100     |
|----------------|------------------------|-------------------------|---------|
| ¼ tsp          | ½ tsp                  | ¾ tsp                   | 1 tsp   |
| ¼ tsp (r)      | ½ tsp (r)              | 1 tsp (s)               | 1¼ tsp  |
| ¼ tsp + ½ tsp  | ¾ tsp                  | 1 tsp + ⅛ tsp           | 1½ tsp  |
| ½ tsp (s)      | ¾ tsp (r)              | 1¼ tsp (r)              | 1¾ tsp  |
| ½ tsp          | 1 tsp                  | 1½ tsp                  | 2 tsp   |
| ½ tsp (r)      | 1 tsp + ⅛ tsp          | 1¾ tsp (s)              | 2¼ tsp  |
| ½ tsp + ⅛ tsp  | 1¼ tsp                 | 2 tsp (s)               | 2½ tsp  |
| ¾ tsp (s)      | 1¼ tsp + ⅛ tsp         | 2 tsp (r)               | 2¾ tsp  |
| ¾ tsp          | 1½ tsp                 | 2¼ tsp                  | 1 Tbsp  |
| 1 tsp + ⅛ tsp  | 2¼ tsp                 | 1 Tbsp + ¼ tsp + ⅛ tsp  | 1½ Tbsp |
| 1½ tsp         | 1 Tbsp                 | 1½ Tbsp                 | 2 Tbsp  |
| 1¾ tsp + ⅛ tsp | 1 Tbsp + ¾ tsp         | 1 Tbsp + 2½ tsp + ⅛ tsp | 2½ Tbsp |
| 2¼ tsp         | 1½ Tbsp                | 2 Tbsp + ¾ tsp          | 3 Tbsp  |
| 2¼ tsp + ⅛ tsp | 1 Tbsp + 2¼ tsp        | 2 Tbsp + 1½ tsp + ⅛ tsp | 3½ Tbsp |
| 1 Tbsp         | 2 Tbsp                 | 3 Tbsp                  | ½ cup   |
| 1 Tbsp + 1 tsp | 2 Tbsp + 2 tsp         | ¼ cup                   | ⅓ cup   |
| 2 Tbsp         | ¼ cup                  | ¼ cup + 2 Tbsp          | ½ cup   |
| 2 Tbsp + 2 tsp | ⅓ cup                  | ½ cup                   | ⅔ cup   |
| 3 Tbsp         | 6 Tbsp                 | ½ cup + 1 Tbsp          | ¾ cup   |
| ¼ cup          | ½ cup                  | ¾ cup                   | 1 cup   |
| ¼ cup + 1 Tbsp | ½ cup + 2 Tbsp         | ¾ cup + 3 Tbsp          | 1¾ cups |
| ⅓ cup          | ⅔ cup                  | 1 cup                   | 1⅓ cups |
| ⅓ cup + 2 tsp  | ¾ cup                  | 1 cup + 2 Tbsp          | 1½ cups |
| 6 Tbsp + 2 tsp | ¾ cup + 4 tsp          | 1¼ cups                 | 1⅔ cups |
| ¼ cup + 3 Tbsp | ¾ cup + 2 Tbsp         | 1¼ cups + 1 Tbsp        | 1¾ cups |
| ½ cup          | 1 cup                  | 1½ cups                 | 2 cups  |
| ½ cup + 1 Tbsp | 1 cup + 2 Tbsp         | 1½ cups + 3 Tbsp        | 2¼ cups |
| ½ cup + 4 tsp  | 1 cup + 2 Tbsp + 2 tsp | 1¾ cups                 | 2⅓ cups |
| ½ cup + 2 Tbsp | 1¼ cups                | 1¾ cups + 2 Tbsp        | 2½ cups |
| ⅔ cup          | 1⅓ cups                | 2 cups                  | 2⅔ cups |
| ½ cup + 3 Tbsp | 1¼ cups + 2 Tbsp       | 2 cups + 1 Tbsp         | 2¾ cups |
| ¾ cup          | 1½ cups                | 2¼ cups                 | 3 cups  |
| ¾ cup + 1 Tbsp | 1½ cups + 2 Tbsp       | 2¼ cups + 3 Tbsp        | 3¼ cups |
| ¾ cup + 4 tsp  | 1⅔ cups                | 2½ cups                 | 3⅓ cups |
| ¾ cup + 2 Tbsp | 1¾ cups                | 2½ cups + 2 Tbsp        | 3½ cups |

<sup>a</sup> To be used with Table 1.28, which is similarly constructed for weight measures.

TABLE 1.29 *continued*

| 200             | 300             | 400            | 500             |
|-----------------|-----------------|----------------|-----------------|
| 2 tsp           | 1 Tbsp          | 1 Tbsp + 1 tsp | 1 Tbsp + 2 tsp  |
| 2½ tsp          | 1 Tbsp + ¾ tsp  | 1 Tbsp + 2 tsp | 2 Tbsp + ¼ tsp  |
| 1 Tbsp          | 1½ Tbsp         | 2 Tbsp         | 2½ Tbsp         |
| 1 Tbsp + ½ tsp  | 1 Tbsp + 2¼ tsp | 2 Tbsp + 1 tsp | 2 Tbsp + 2¾ tsp |
| 1 Tbsp + 1 tsp  | 2 Tbsp          | 2 Tbsp + 2 tsp | 3 Tbsp + 1 tsp  |
| 1½ Tbsp         | 2 Tbsp + ¾ tsp  | 3 Tbsp         | 3 Tbsp + 2¼ tsp |
| 1 Tbsp + 2 tsp  | 2½ Tbsp         | 3 Tbsp + 1 tsp | 4 Tbsp + ½ tsp  |
| 1 Tbsp + 2½ tsp | 2 Tbsp + 2¼ tsp | 3 Tbsp + 2 tsp | 4 Tbsp + 1¾ tsp |
| 2 Tbsp          | 3 Tbsp          | ¼ cup          | 5 Tbsp          |
| 3 Tbsp          | ¼ cup + 1½ tsp  | ⅓ cup + 2 tsp  | ¼ cup + 3½ Tbsp |
| ¼ cup           | ¼ cup + 2 Tbsp  | ½ cup          | ½ cup + 2 Tbsp  |
| ¼ cup + 1 Tbsp  | ¼ cup + 3½ Tbsp | ½ cup + 2 Tbsp | ¾ cup + ½ Tbsp  |
| ⅓ cup + 2 tsp   | ½ cup + 1 Tbsp  | ¾ cup          | ¾ cup + 3 Tbsp  |
| ¼ cup + 3 Tbsp  | ½ cup + 2½ Tbsp | ¾ cup + 2 Tbsp | 1 cup + 1½ Tbsp |
| ½ cup           | ¾ cup           | 1 cup          | 1¼ cups         |
| ⅔ cup           | 1 cup           | 1⅓ cups        | 1⅔ cups         |
| 1 cup           | 1½ cups         | 2 cups         | 2½ cups         |
| 1⅓ cups         | 2 cups          | 2⅔ cups        | 3⅓ cups         |
| 1½ cups         | 2¼ cups         | 3 cups         | 3¾ cups         |
| 2 cups          | 3 cups          | 1 qt           | 1¼ qt           |
| 2½ cups         | 3¾ cups         | 1¼ qt          | 1½ qt + ¼ cup   |
| 2⅔ cups         | 1 qt            | 1¼ qt + ⅓ cup  | 1½ qt + ⅔ cup   |
| 3 cups          | 1 qt + ½ cup    | 1½ qt          | 1¾ qt + ½ cup   |
| 3⅓ cups         | 1¼ qt           | 1½ qt + ⅔ cup  | 2 qt + ⅓ cup    |
| 3½ cups         | 1¼ qt + ¼ cup   | 1¾ qt          | 2 qt + ¾ cup    |
| 1 qt            | 1½ qt           | 2 qt           | 2½ qt           |
| 1 qt + ½ cup    | 1½ qt + ¾ cup   | 2¼ qt          | 2¼ qt + ¼ cup   |
| 1 qt + ⅔ cup    | 1¾ qt           | 2¼ qt + ⅓ cup  | 2¾ qt + ⅔ cup   |
| 1¼ qt           | 1¾ qt + ½ cup   | 2½ qt          | 3 qt + 1½ cups  |
| 1¼ qt + ⅓ cup   | 2 qt            | 2½ qt + ⅔ cup  | 3qt + 1⅓ cups   |
| 1¼ qt + ½ cup   | 2 qt + ¼ cup    | 2¾ qt          | 3¼ qt + ¾ cup   |
| 1½ qt           | 2¼ qt           | 3 qt           | 3¾ qt           |
| 1½ qt + ½ cup   | 2¼ qt + ¾ cup   | 3¼ qt          | 1 gal + ¼ cup   |
| 1½ qt + ⅔ cup   | 2½ qt           | 3¼ qt + ⅓ cup  | 1 gal + ⅔ cup   |
| 1¾ qt           | 2½ qt + ½ cup   | 3½ qt          | 1 gal + 1½ cups |

*continues*

**TABLE 1.29** *continued*

| <b>25</b>                                       | <b>50</b>                             | <b>75</b>                               | <b>100</b>          |
|---|---------------------------------------|---|---------------------|
| $\frac{3}{4}$ cup + 2 Tbsp + $2\frac{1}{2}$ tsp | $1\frac{3}{4}$ cups + 4 tsp           | $2\frac{3}{4}$ cups + $\frac{1}{2}$ tsp | $3\frac{2}{3}$ cups |
| $\frac{3}{4}$ cup + 3 Tbsp                      | $1\frac{3}{4}$ cups + 4 Tbsp          | $2\frac{3}{4}$ cups + 1 Tbsp            | $3\frac{3}{4}$ cups |
| 1 cup   | 2 cups                                | 3 cups                                  | 1 qt                |
| $1\frac{1}{4}$ cups                             | $2\frac{1}{2}$ cups                   | $3\frac{3}{4}$ cups                     | $1\frac{1}{4}$ qt   |
| $1\frac{1}{2}$ cups                             | 3 cups                                | 1 qt + $\frac{1}{2}$ cup                | $1\frac{1}{2}$ qt   |
| $1\frac{3}{4}$ cups                             | $3\frac{1}{2}$ cups                   | $1\frac{1}{4}$ qt + $\frac{1}{4}$ cup   | $1\frac{3}{4}$ qt   |
| 2 cups  | 1 qt                                  | $1\frac{1}{2}$ qt                       | 2 qt                |
| $2\frac{1}{4}$ cups                             | 1 qt + $\frac{1}{2}$ cup              | $1\frac{1}{2}$ qt + $\frac{3}{4}$ cup   | $2\frac{1}{4}$ qt   |
| $2\frac{1}{2}$ cups                             | $1\frac{1}{4}$ qt                     | $1\frac{3}{4}$ qt + $\frac{1}{2}$ cup   | $2\frac{1}{2}$ qt   |
| $2\frac{3}{4}$ cups                             | $1\frac{1}{4}$ qt + $\frac{1}{2}$ cup | 2 qt + $\frac{1}{4}$ cup                | $2\frac{3}{4}$ qt   |
| 3 cups  | $1\frac{1}{2}$ qt                     | $2\frac{1}{4}$ qt                       | 3 qt                |
| $3\frac{1}{4}$ cups                             | $1\frac{1}{2}$ qt + $\frac{1}{2}$ cup | $2\frac{1}{4}$ qt + $\frac{3}{4}$ cup   | $3\frac{1}{4}$ qt   |
| $3\frac{1}{2}$ cups                             | $1\frac{3}{4}$ qt                     | $2\frac{1}{2}$ qt + $\frac{1}{2}$ cup   | $3\frac{1}{2}$ qt   |
| $3\frac{3}{4}$ cups                             | $1\frac{3}{4}$ qt + $\frac{1}{2}$ cup | $2\frac{3}{4}$ qt + $\frac{1}{4}$ cup   | $3\frac{3}{4}$ qt   |
| 1 qt  | 2 qt                                  | 3 qt                                    | 1 gal               |
| $1\frac{1}{4}$ qt                               | $2\frac{1}{2}$ qt                     | $3\frac{3}{4}$ qt                       | $1\frac{1}{4}$ gal  |
| $1\frac{1}{2}$ qt                               | 3 qt                                  | 1 gal + 2 cups                          | $1\frac{1}{2}$ gal  |
| $1\frac{3}{4}$ qt                               | $3\frac{1}{2}$ qt                     | $1\frac{1}{4}$ gal + 1 cup              | $1\frac{3}{4}$ gal  |
| 2 qt  | 1 gal                                 | $1\frac{1}{2}$ gal                      | 2 gal               |
| $2\frac{1}{4}$ qt                               | 1 gal + 2 cups                        | $1\frac{1}{2}$ gal + 3 cups             | $2\frac{1}{4}$ gal  |
| $2\frac{1}{2}$ qt                               | $1\frac{1}{4}$ gal                    | $1\frac{3}{4}$ gal + 2 cups             | $2\frac{1}{2}$ gal  |
| $2\frac{3}{4}$ qt                               | $1\frac{1}{4}$ gal + 2 cups           | 2 gal + 1 cup                           | $2\frac{3}{4}$ gal  |
| 3 qt  | $1\frac{1}{2}$ gal                    | $2\frac{1}{4}$ gal                      | 3 gal               |
| 3 qt + 1 cup                                    | $1\frac{1}{2}$ gal + 2 cups           | $2\frac{1}{4}$ gal + 3 cups             | $3\frac{1}{4}$ gal  |
| $3\frac{1}{2}$ qt                               | $1\frac{3}{4}$ gal                    | $2\frac{1}{2}$ gal + 2 cups             | $3\frac{1}{2}$ gal  |
| $3\frac{1}{2}$ qt + 1 cup                       | $1\frac{3}{4}$ gal + 2 cups           | $2\frac{3}{4}$ gal + 1 cup              | $3\frac{3}{4}$ gal  |
| 1 gal   | 2 gal                                 | 3 gal                                   | 4 gal               |
| 1 gal + 1 cup                                   | 2 gal + 2 cups                        | 3 gal + 3 cups                          | $4\frac{1}{4}$ gal  |
| 1 gal + 2 cups                                  | $2\frac{1}{4}$ gal                    | $3\frac{1}{4}$ gal + 2 cups             | $4\frac{1}{2}$ gal  |
| 1 gal + 3 cups                                  | $2\frac{1}{4}$ gal + 2 cups           | $3\frac{1}{2}$ gal + 1 cup              | $4\frac{3}{4}$ gal  |
| $1\frac{1}{4}$ gal                              | $2\frac{1}{2}$ gal                    | $3\frac{3}{4}$ gal                      | 5 gal               |
| $1\frac{1}{4}$ gal + 1 cup                      | $2\frac{1}{2}$ gal + 2 cups           | $3\frac{3}{4}$ gal + 3 cups             | $5\frac{1}{4}$ gal  |

TABLE 1.29 *continued*

| 200                                   | 300                         | 400                                   | 500                         |
|---------------------------------------|-----------------------------|---------------------------------------|-----------------------------|
| $1\frac{3}{4}$ qt + $\frac{1}{8}$ cup | $2\frac{3}{4}$ qt           | $3\frac{1}{2}$ qt + $\frac{2}{3}$ cup | 1 gal + $1\frac{2}{3}$ cups |
| $1\frac{3}{4}$ qt + $\frac{1}{2}$ cup | 3 qt + $\frac{1}{4}$ cup    | 1 gal                                 | 1 gal + $3\frac{3}{4}$ cups |
| 2 qt                                  | 3 qt                        | 1 gal                                 | $1\frac{1}{4}$ gal          |
| $2\frac{1}{2}$ qt                     | $3\frac{3}{4}$ qt           | $1\frac{1}{4}$ gal                    | $1\frac{1}{2}$ gal + 1 cup  |
| 3 qt                                  | 1 gal + 2 cups              | $1\frac{1}{2}$ gal                    | $1\frac{3}{4}$ gal + 2 cups |
| $3\frac{1}{2}$ qt                     | $1\frac{1}{4}$ gal + 1 cup  | $1\frac{3}{4}$ gal                    | 2 gal + 3 cups              |
| 1 gal                                 | $1\frac{1}{2}$ gal          | 2 gal                                 | $2\frac{1}{2}$ gal          |
| 1 gal + 2 cups                        | $1\frac{1}{2}$ gal + 3 cups | $2\frac{1}{4}$ gal                    | $2\frac{3}{4}$ gal + 1 cup  |
| $1\frac{1}{4}$ gal                    | $1\frac{3}{4}$ gal + 2 cups | $2\frac{1}{2}$ gal                    | 3 gal + 2 cups              |
| $1\frac{1}{4}$ gal + 2 cups           | 2 gal + 1 cup               | $2\frac{3}{4}$ gal                    | $3\frac{1}{4}$ gal + 3 cups |
| $1\frac{1}{2}$ gal                    | $2\frac{1}{4}$ gal          | 3 gal                                 | $3\frac{3}{4}$ gal          |
| $1\frac{1}{2}$ gal + 2 cups           | $2\frac{1}{4}$ gal + 3 cups | $3\frac{1}{4}$ gal                    | 4 gal + 1 cup               |
| $1\frac{3}{4}$ gal                    | $2\frac{1}{2}$ gal + 2 cups | $3\frac{1}{2}$ gal                    | $4\frac{1}{4}$ gal + 2 cups |
| $1\frac{3}{4}$ gal + 2 cups           | $2\frac{3}{4}$ gal + 1 cup  | $3\frac{3}{4}$ gal                    | $4\frac{1}{2}$ gal + 3 cups |
| 2 gal                                 | 3 gal                       | 4 gal                                 | 5 gal                       |
| $2\frac{1}{2}$ gal                    | $3\frac{3}{4}$ gal          | 5 gal                                 | $6\frac{1}{4}$ gal          |
| 3 gal                                 | $4\frac{1}{2}$ gal          | 6 gal                                 | $7\frac{1}{2}$ gal          |
| $3\frac{1}{2}$ gal                    | $5\frac{1}{4}$ gal          | 7 gal                                 | $8\frac{3}{4}$ gal          |
| 4 gal                                 | 6 gal                       | 8 gal                                 | 10 gal                      |
| $4\frac{1}{2}$ gal                    | $6\frac{3}{4}$ gal          | 9 gal                                 | $11\frac{1}{4}$ gal         |
| 5 gal                                 | $7\frac{1}{2}$ gal          | 10 gal                                | $12\frac{1}{2}$ gal         |
| $5\frac{1}{2}$ gal                    | $8\frac{1}{4}$ gal          | 11 gal                                | $13\frac{3}{4}$ gal         |
| 6 gal                                 | 9 gal                       | 12 gal                                | 15 gal                      |
| $6\frac{1}{2}$ gal                    | $9\frac{3}{4}$ gal          | 13 gal                                | $16\frac{1}{4}$ gal         |
| 7 gal                                 | $10\frac{1}{2}$ gal         | 14 gal                                | $17\frac{1}{2}$ gal         |
| $7\frac{1}{2}$ gal                    | $11\frac{1}{4}$ gal         | 15 gal                                | $18\frac{3}{4}$ gal         |
| 8 gal                                 | 12 gal                      | 16 gal                                | 20 gal                      |
| $8\frac{1}{2}$ gal                    | $12\frac{3}{4}$ gal         | 17 gal                                | $21\frac{1}{4}$ gal         |
| 9 gal                                 | $13\frac{1}{2}$ gal         | 18 gal                                | $22\frac{1}{2}$ gal         |
| $9\frac{1}{2}$ gal                    | $14\frac{1}{4}$ gal         | 19 gal                                | $23\frac{3}{4}$ gal         |
| 10 gal                                | 15 gal                      | 20 gal                                | 25 gal                      |
| $10\frac{1}{2}$ gal                   | $15\frac{3}{4}$ gal         | 21 gal                                | $26\frac{1}{4}$ gal         |

*continues*

**TABLE 1.29** *continued*

| <i>25</i>       | <i>50</i>       | <i>75</i>       | <i>100</i> |
|-----------------|-----------------|-----------------|------------|
| 1¼ gal + 2 cups | 2¾ gal          | 4 gal + 2 cups  | 5½ gal     |
| 1¼ gal + 3 cups | 2¾ gal + 2 cups | 4¼ gal + 1 cup  | 5¾ gal     |
| 1½ gal          | 3 gal           | 4½ gal          | 6 gal      |
| 1½ gal + 1 cups | 3 gal + 2 cups  | 4½ gal + 3 cups | 6½ gal     |
| 1½ gal + 2 cups | 3¼ gal          | 4¾ gal + 2 cups | 6½ gal     |
| 1½ gal + 3 cups | 3¼ gal + 2 cups | 5 gal + 1 cup   | 6¾ gal     |
| 1¾ gal          | 3½ gal          | 5¼ gal          | 7 gal      |

**TABLE 1.29** *continued*

| 200     | 300     | 400    | 500     |
|---------|---------|--------|---------|
| 11 gal  | 16½ gal | 22 gal | 27½ gal |
| 11½ gal | 17¼ gal | 23 gal | 28¾ gal |
| 12 gal  | 18 gal  | 24 gal | 30 gal  |
| 12½ gal | 18¾ gal | 25 gal | 31¼ gal |
| 13 gal  | 19½ gal | 26 gal | 32½ gal |
| 13½ gal | 20¼ gal | 27 gal | 33¾ gal |
| 14 gal  | 21 gal  | 28 gal | 35 gal  |

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### Directions for Using Table 1.30

Many quantity recipes can be expanded from home-size recipes. Table 1.30 is useful when enlarging small-quantity recipes. Instructions for using this table follow:

1. Locate column that corresponds to the yield of the recipe to be increased. For example, if the recipe yields 8 portions, use the figures in the first column under the heading 8.
2. Locate the ingredient amount for each ingredient to be adjusted. Example: The original recipe of 8 portions calls for 1 Tbsp sugar; find 1 Tbsp in the column marked 8.
3. Locate the amount on the same line under the heading for the desired yield. Example: To increase the original recipe for 8 servings to 24, locate under the 24 column heading the number on the same line with the 1 Tbsp in the 8 column. In the case of 1 Tbsp sugar for 8 portions the enlarged amount is 3 Tbsp.
4. Repeat this procedure for each ingredient in the recipe. Refer to Table 1.26 for rounding off awkward fractions and complicated measurements.

Abbreviations in this table include:

- tsp = teaspoon
- Tbsp = tablespoon
- qt = quart

- gal = gallon
- (b) = too small for accurate measure; use caution
- (r) = slightly rounded
- (s) = scant

Measuring spoon sizes are:

- 1 Tbsp
- 1 tsp
- ½ tsp
- ¼ tsp
- for ¾ tsp combine ½ tsp + ¼ tsp
- for ⅛ tsp use half of the ¼ tsp

Equivalent include:

- 3 tsp = 1 Tbsp
- 4 Tbsp = ¼ cup
- 5 Tbsp + 1 tsp = ⅓ cup
- 8 Tbsp = ½ cup
- 10 Tbsp + 2 tsp = ⅔ cup
- 12 Tbsp = ¾ cup
- 16 Tbsp = 1 cup
- 4 cups = 1 qt
- 4 qt = 1 gal

**TABLE 1.30** Direct-reading table for increasing home-size recipes with ingredient amounts given in volume measurement and divisible by 8 (pp. 64–67)

| 8                                      | 16                                      | 24                  | 32                                       |
|--|---|---------------------|--|
| (b)                                    | (b)                                     | $\frac{1}{8}$ tsp   | $\frac{1}{8}$ tsp (r)                    |
| (b)                                    | $\frac{1}{8}$ tsp (r)                   | $\frac{1}{4}$ tsp   | $\frac{1}{4}$ tsp(r)                     |
| $\frac{1}{4}$ tsp (s)                  | $\frac{1}{4}$ tsp (r)                   | $\frac{1}{2}$ tsp   | $\frac{3}{4}$ tsp (s)                    |
| $\frac{1}{4}$ tsp                      | $\frac{1}{2}$ tsp                       | $\frac{3}{4}$ tsp   | 1 tsp                                    |
| $\frac{1}{4}$ tsp (r)                  | $\frac{3}{4}$ tsp(r)                    | 1 tsp               | $1\frac{1}{4}$ tsp(r)                    |
| $\frac{1}{2}$ tsp (s)                  | $\frac{3}{4}$ tsp (r)                   | $1\frac{1}{4}$ tsp  | $1\frac{3}{4}$ tsp (s)                   |
| $\frac{1}{2}$ tsp                      | 1 tsp                                   | $1\frac{1}{2}$ tsp  | 2 tsp                                    |
| $\frac{1}{2}$ tsp (r)                  | $1\frac{1}{4}$ tsp (s)                  | $1\frac{3}{4}$ tsp  | $2\frac{1}{4}$ tsp (r)                   |
| $\frac{3}{4}$ tsp (s)                  | $1\frac{1}{4}$ tsp (r)                  | 2 tsp               | $2\frac{3}{4}$ tsp (r)                   |
| $\frac{3}{4}$ tsp                      | $1\frac{1}{2}$ tsp                      | $2\frac{1}{4}$ tsp  | 1 Tbsp                                   |
| $\frac{3}{4}$ tsp (r)                  | $1\frac{3}{4}$ tsp (s)                  | $2\frac{1}{2}$ tsp  | 1 Tbsp + $\frac{1}{4}$ tsp (r)           |
| 1 tsp (s)                              | $1\frac{3}{4}$ tsp (r)                  | $2\frac{3}{4}$ tsp  | 1 Tbsp + $\frac{3}{4}$ tsp (s)           |
| 1 tsp                                  | 2 tsp                                   | 1 Tbsp              | 1 Tbsp + 1 tsp                           |
| $1\frac{1}{2}$ tsp                     | 1 Tbsp                                  | $1\frac{1}{2}$ Tbsp | 2 Tbsp                                   |
| 2 tsp                                  | 1 Tbsp + 1 tsp                          | 2 Tbsp              | 2 Tbsp + 2 tsp                           |
| $2\frac{1}{2}$ tsp                     | 1 Tbsp + 2 tsp                          | $2\frac{1}{2}$ Tbsp | 3 Tbsp + 1 tsp                           |
| 1 Tbsp                                 | 2 Tbsp                                  | 3 Tbsp              | $\frac{1}{4}$ cup                        |
| 1 Tbsp + $\frac{1}{2}$ tsp             | 2 Tbsp + 1 tsp                          | $3\frac{1}{2}$ Tbsp | $\frac{1}{4}$ cup + 2 tsp                |
| 1 Tbsp + 1 tsp                         | 2 Tbsp + 2 tsp                          | $\frac{1}{4}$ cup   | $\frac{1}{3}$ cup                        |
| 1 Tbsp + $2\frac{1}{4}$ tsp            | 3 Tbsp + $2\frac{3}{4}$ tsp             | $\frac{1}{3}$ cup   | $\frac{1}{4}$ cup + 3 Tbsp               |
| 2 Tbsp + 2 tsp                         | $\frac{1}{3}$ cup                       | $\frac{1}{2}$ cup   | $\frac{2}{3}$ cup                        |
| 3 Tbsp + $1\frac{3}{4}$ tsp            | $\frac{1}{3}$ cup + 5 tsp               | $\frac{2}{3}$ cup   | $\frac{3}{4}$ cup + 2 Tbsp               |
| $\frac{1}{4}$ cup                      | $\frac{1}{2}$ cup                       | $\frac{3}{4}$ cup   | 1 cup                                    |
| $\frac{1}{3}$ cup                      | $\frac{2}{3}$ cup                       | 1 cup               | $1\frac{1}{3}$ cups                      |
| $\frac{1}{3}$ cup + 4 tsp              | $\frac{3}{4}$ cup + 4 tsp               | $1\frac{1}{4}$ cups | $1\frac{2}{3}$ cups                      |
| $\frac{1}{3}$ cup + $5\frac{1}{4}$ tsp | $\frac{2}{3}$ cup + $3\frac{1}{2}$ Tbsp | $1\frac{1}{3}$ cups | $1\frac{3}{4}$ cups + $1\frac{1}{4}$ tsp |
| $\frac{1}{2}$ cup                      | 1 cup                                   | $1\frac{1}{2}$ cups | 2 cups                                   |
| $\frac{1}{2}$ cup + $2\frac{1}{4}$ tsp | 1 cup + $5\frac{1}{4}$ tsp              | $1\frac{2}{3}$ cups | 2 cups + $3\frac{1}{2}$ Tbsp             |
| $\frac{1}{2}$ cup + 4 tsp              | 1 cup + 3 Tbsp                          | $1\frac{3}{4}$ cups | $2\frac{1}{3}$ cups                      |
| $\frac{2}{3}$ cup                      | $1\frac{1}{3}$ cups                     | 2 cups              | $2\frac{2}{3}$ cups                      |

TABLE 1.30 *continued*

| 48              | 64               | 96             |
|-----------------|------------------|----------------|
| ¼ tsp           | ¼ tsp (r)        | ½ tsp          |
| ½ tsp           | ¾ tsp (s)        | 1 tsp          |
| 1 tsp           | 1¼ tsp (r)       | 2 tsp          |
| 1½ tsp          | 2 tsp            | 1 Tbsp         |
| 2 tsp           | 2¾ tsp (s)       | 1 Tbsp + 1 tsp |
| 2½ tsp          | 1 Tbsp + ¼ tsp   | 1 Tbsp + 2 tsp |
| 1 Tbsp          | 1 Tbsp + 1 tsp   | 2 Tbsp         |
| 1 Tbsp + ½ tsp  | 1 Tbsp + ¾ tsp   | 2 Tbsp + 1 tsp |
| 1 Tbsp + 1 tsp  | 1 Tbsp + 2¼ tsp  | 2 Tbsp + 2 tsp |
| 1 Tbsp + 1½ tsp | 2 Tbsp           | 3 Tbsp         |
| 1 Tbsp + 2 tsp  | 2 Tbsp + ¾ tsp   | 3 Tbsp + 1 tsp |
| 1 Tbsp + 2½ tsp | 2 Tbsp + 1¼ tsp  | 3 Tbsp + 2 tsp |
| 2 Tbsp          | 2 Tbsp + 2 tsp   | ¼ cup          |
| 3 Tbsp          | ¼ cup            | ⅓ cup + 2 tsp  |
| ¼ cup           | ⅓ cup            | ½ cup          |
| ¼ cup + 1 Tbsp  | ⅓ cup + 4 tsp    | ½ cup + 2 Tbsp |
| ⅓ cup + 2 tsp   | ½ cup            | ¾ cup          |
| ¼ cup + 3 Tbsp  | ½ cup + 4 tsp    | ¾ cup + 2 Tbsp |
| ½ cup           | ⅔ cup            | 1 cup          |
| ⅔ cup           | ¾ cup + 2 Tbsp   | 1⅓ cups        |
| 1 cup           | 1⅓ cups          | 2 cups         |
| 1⅓ cups         | 1¾ cups          | 2⅔ cups        |
| 1½ cups         | 2 cups           | 3 cups         |
| 2 cups          | 2⅔ cups          | 1 qt           |
| 2½ cups         | 3⅓ cups          | 1¼ qt          |
| 2⅔ cups         | 3½ cups + 2½ tsp | 1¼ qt + ⅓ cup  |
| 3 cups          | 1 qt             | 1½ qt          |
| 3⅓ cups         | 4¼ cups + 3 Tbsp | 1½ qt + ⅔ cup  |
| 3½ cups         | 1 qt + ⅔ cups    | 1¾ qt          |
| 1 qt            | 1¼ qt + ⅓ cup    | 2 qt           |

*continues*

**TABLE 1.30** *continued*

| 8                                       | 16                                       | 24                  | 32                                       |
|---|--|---------------------|--|
| $\frac{3}{4}$ cup                       | $1\frac{1}{2}$ cups                      | $2\frac{1}{4}$ cups | 3 cups                                   |
| $\frac{3}{4}$ cup + $1\frac{1}{4}$ tsp  | $1\frac{1}{2}$ cups + $2\frac{3}{4}$ tsp | $2\frac{1}{3}$ cups | 3 cups + 2 Tbsp                          |
| $\frac{3}{4}$ cup + 4 tsp               | $1\frac{2}{3}$ cups                      | $2\frac{1}{2}$ cups | $3\frac{1}{3}$ cups                      |
| $\frac{2}{3}$ cup + $3\frac{1}{2}$ Tbsp | $1\frac{3}{4}$ cups + $1\frac{1}{4}$ tsp | $2\frac{2}{3}$ cups | $3\frac{1}{2}$ cups + 1 Tbsp             |
| $\frac{2}{3}$ cup + $\frac{1}{4}$ cup   | $1\frac{3}{4}$ cups + 4 tsp              | $2\frac{3}{4}$ cups | $3\frac{2}{3}$ cups                      |
| 1 cup                                   | 2 cups                                   | 3 cups              | 1 qt                                     |
| 1 cup + 4 tsp                           | 2 cups + $2\frac{1}{2}$ Tbsp             | $3\frac{1}{4}$ cups | 1 qt + $\frac{1}{3}$ cup                 |
| 1 cup + $5\frac{1}{4}$ tsp              | 2 cups + $3\frac{1}{2}$ Tbsp             | $3\frac{1}{3}$ cups | $4\frac{1}{4}$ cups + 3 Tbsp             |
| 1 cup + 2 Tbsp + 2 tsp                  | $2\frac{1}{4}$ cups + 4 tsp              | $3\frac{1}{2}$ cups | 1 qt + $\frac{2}{3}$ cup                 |
| 1 cup + $3\frac{1}{2}$ Tbsp             | $2\frac{1}{4}$ cups + 3 Tbsp             | $3\frac{2}{3}$ cups | $4\frac{3}{4}$ cups + 2 Tbsp             |
| $1\frac{1}{4}$ cups                     | $2\frac{1}{2}$ cups                      | $3\frac{3}{4}$ cups | $1\frac{1}{4}$ qt                        |
| $1\frac{1}{3}$ cups                     | $2\frac{2}{3}$ cups                      | 1 qt                | $1\frac{1}{4}$ qt + $\frac{1}{3}$ cup    |
| $1\frac{2}{3}$ cups                     | $3\frac{1}{3}$ cups                      | $1\frac{1}{4}$ qt   | $1\frac{1}{2}$ qt + $\frac{2}{3}$ cup    |
| 2 cups                                  | 1 qt                                     | $1\frac{1}{2}$ qt   | 2 qt                                     |
| $2\frac{1}{3}$ cups                     | 1 qt + $\frac{2}{3}$ cup                 | $1\frac{3}{4}$ qt   | $2\frac{1}{4}$ qt + $\frac{1}{3}$ cup    |
| $2\frac{2}{3}$ cups                     | $1\frac{1}{4}$ qt + $\frac{1}{3}$ cup    | 2 qt                | $2\frac{1}{2}$ qt + $\frac{2}{3}$ cup    |
| 3 cups                                  | $1\frac{1}{2}$ qt                        | $2\frac{1}{4}$ qt   | 3 qt                                     |
| $3\frac{1}{3}$ cups                     | $1\frac{1}{2}$ qt + $\frac{2}{3}$ cup    | $2\frac{1}{2}$ qt   | $3\frac{1}{4}$ qt + $\frac{1}{3}$ cup    |
| $3\frac{2}{3}$ cups                     | $1\frac{3}{4}$ qt + $\frac{1}{3}$ cup    | $2\frac{3}{4}$ qt   | $3\frac{1}{2}$ qt + $\frac{2}{3}$ cup    |
| 1 qt                                    | 2 qt                                     | 3 qt                | 1 gal                                    |
| 1 qt + $\frac{1}{3}$ cup                | 2 qt + $\frac{2}{3}$ cup                 | $3\frac{1}{4}$ qt   | 1 gal + $1\frac{1}{3}$ cups              |
| 1 qt + $\frac{2}{3}$ cup                | $2\frac{1}{4}$ qt + $\frac{1}{3}$ cup    | $3\frac{1}{2}$ qt   | 1 gal + $2\frac{2}{3}$ cup               |
| $1\frac{1}{4}$ qt                       | $2\frac{1}{2}$ qt                        | $3\frac{3}{4}$ qt   | $1\frac{1}{4}$ gal                       |
| $1\frac{1}{4}$ qt + $\frac{1}{3}$ cup   | $2\frac{1}{2}$ qt + $\frac{2}{3}$ cup    | 1 gal               | $1\frac{1}{4}$ gal + $1\frac{1}{3}$ cups |
| $1\frac{1}{2}$ qt + $\frac{2}{3}$ cup   | $3\frac{1}{4}$ qt + $\frac{1}{3}$ cup    | $1\frac{1}{4}$ gal  | $1\frac{1}{2}$ gal + $2\frac{2}{3}$ cups |
| 2 qt                                    | 1 gal                                    | $1\frac{1}{2}$ gal  | 2 gal                                    |

TABLE 1.30 *continued*

| 48              | 64                    | 96             |
|-----------------|-----------------------|----------------|
| 1 qt + ½ cup    | 1½ qt                 | 2¼ qt          |
| 1 qt + ⅔ cup    | 1½ qt + ¼ cup         | 2¼ qt + ⅓ cup  |
| 1¼ qt           | 1½ qt + ⅔ cup         | 2½ qt          |
| 1¼ qt + ⅓ cup   | 1¾ qt + 2 Tbsp        | 2½ qt + ⅔ cup  |
| 1¼ qt + ½ cup   | 1¾ qt + ⅓ cup         | 2¾ qt          |
| 1½ qt           | 2 qt                  | 3 qt           |
| 1½ qt + ½ cup   | 2 qt + ⅔ cup          | 3¼ qt          |
| 1½ qt + ⅔ cup   | 2 qt + ¾ cup + 2 Tbsp | 3¼ qt + ⅓ cup  |
| 1¾ qt           | 2¼ qt + ⅓ cup         | 3½ qt          |
| 1¾ qt + ⅓ cup   | 2¼ qt + ¾ cup         | 3 qt + 2⅔ cups |
| 1¾ qt + ½ cup   | 2½ qt                 | 3 qt + 3 cups  |
| 2 qt            | 2¾ qt + ⅓ cup         | 1 gal          |
| 2½ qt           | 3¼ qt + ⅓ cup         | 1¼ gal         |
| 3 qt            | 1 gal                 | 1½ gal         |
| 3½ qt           | 1 gal + 2⅔ cups       | 1¾ gal         |
| 1 gal           | 1¼ gal + 1⅓ cups      | 2 gal          |
| 1 gal + 2 cups  | 1½ gal                | 2¼ gal         |
| 1¼ gal          | 1½ gal + 2⅔ cups      | 2½ gal         |
| 1¼ gal + 2 cups | 1¾ gal + 1⅓ cups      | 2¾ gal         |
| 1½ gal          | 2 gal                 | 3 gal          |
| 1½ gal + 2 cups | 2 gal + 2⅔ cups       | 3¼ gal         |
| 1¾ gal          | 2¼ gal + 1⅓ cups      | 3½ gal         |
| 1¾ gal + 2 cups | 2½ gal                | 3¾ gal         |
| 2 gal           | 2½ gal + 2⅔ cups      | 4 gal          |
| 2½ gal          | 3¼ gal + 1⅓ cups      | 5 gal          |
| 3 gal           | 4 gal                 | 6 gal          |



## PART II



# Recipes

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## RECIPE INFORMATION

### Yield

The recipes in this book produce servings for 50 people unless otherwise stated. Factors that may affect yield include portioning, ingredient weighing error, mistakes in calculating increased or decreased quantities, abnormal handling loss, and variation in the edible portion (EP) and as purchased (AP) factors for food products such as fresh produce and meats.

A standard counter pan 12 × 20 inches has been indicated for many recipes. For baked desserts and some bread products, either a 12 × 18-inch or 18 × 26-inch pan is specified, as they are standard bakeware sizes. Weight of product per pan may need to be changed if pans other than those specified in the recipe are used. Care should be taken to scale products so that portion weight will be accurate and recipe yield remains correct. Tables 1.21 and 1.22 give capacities of baking and counter pans.

The number of servings per pan will depend on the portion size desired. Many standard-sized baking or counter pans will yield from 24 to 32 servings per pan, and where these size pans are indicated, the recipes generally are calculated for 48 or 64 servings. Yield adjustments may be made by cutting the servings into sizes that will yield the desired number of portions. Portion size is included in each recipe, and the yield is given in number of portions, volume produced, and/or number of pans. Some foodservices may wish to adjust the yield based on the clientele to be served.

### Ingredients

In most cases, the type of ingredient used in testing the recipes has been specified, for example, granulated, brown, or powdered sugar; and all-purpose or cake flour. High-ratio and/or hydrogenated shortenings were used in cake and pastry recipes; margarine or butter in cookies, some quick breads, and most sauce recipes. Solid fats such as margarine, butter, and hydrogenated fats were used interchangeably in recipes that specify “shortening.” Corn, soybean, or cottonseed oil was used in recipes that specify salad or vegetable oil. Sodium aluminum sulfate–type baking powder (double acting) and active dry yeast were used for leavening.

Fresh eggs, large size, weighing approximately 2 ounces unshelled (1¾ oz shelled) were used in the preparation of the recipes. Eggs are specified by both number and weight. In many foodservices, frozen eggs are used, in which case the eggs are weighed or measured. If the eggs are to be measured, the number and weight may easily be converted to volume by referring to Table 1.3.

Nonfat dry milk is indicated in some recipes, but in those specifying fluid milk, dry milk may be substituted. Table 1.24 gives a formula for conversion. In most cases, it is not necessary to rehydrate the dry milk, since it is mixed with other dry ingredients, and water is added in place of the fluid milk. The amount of fat in the recipe may need to be increased slightly.

Nutritional values are identified for most *Food for Fifty* recipes. Unless stated otherwise, values are for the portion listed at the top of each recipe. Percent Daily Values (%DV) are based on a 2000 calorie diet. Individuals’ daily values may be higher or lower depending on calorie need. FDA guidelines for Recommended Daily Intakes (RDIs) and the Daily Reference Values (DRVs) follow.

#### Recommended Daily Intakes (RDIs)

|                |            |
|----------------|------------|
| Vitamin A      | 5000 IU    |
| Vitamin C      | 60 mg      |
| Thiamin        | 1.5 mg     |
| Riboflavin     | 1.7 mg     |
| Niacin         | 20 mg      |
| Calcium        | 1 g        |
| Iron           | 18 mg      |
| Vitamin D      | 400 IU     |
| Vitamin E      | 30 IU      |
| Vitamin B      | 2 mg       |
| Folic acid     | 0.4 mg     |
| Vitamin B12    | 6 microg   |
| Phosphorous    | 1 g        |
| Iodine         | 150 microg |
| Magnesium      | 400 mg     |
| Zinc           | 15 mg      |
| Copper         | 2 mg       |
| Biotin         | 0.3 mg     |
| Panthenic acid | 10 mg      |

#### Daily Reference Values (DRVs) based on a 2000 calorie diet

|                     |         |
|---------------------|---------|
| Fat                 | 65 g    |
| Saturated Fat       | 20 g    |
| Cholesterol         | 300 mg  |
| Total Carbohydrates | 300 g   |
| Fiber               | 25 g    |
| Potassium           | 3500 mg |
| Protein             | 50 g    |
| Sodium              | 2400 mg |

Nutrient values for *Food for Fifty* recipes are approximate and are intended to be used as general guidelines. Values identified for recipes may vary from actual values if substitute ingredients are used. Differences may occur also if ingredient amounts are adjusted, portion sizes are altered, or production procedures are changed.

## Weights and Measures

Quantities of dry ingredients weighing more than 1 ounce are given by weight in ounces (oz) and pounds (lb). Weights are for foods as purchased (AP) unless otherwise stated. Liquid ingredients are indicated by measure: teaspoons (tsp), tablespoons (Tbsp), cups (cups), quarts (qt), and gallons (gal).

Accurate weighing and measuring of ingredients are essential for a satisfactory product. Weighing is more accurate than measuring and is recommended whenever possible, but reliable scales are essential. A table model scale with a 15- to 20-pound capacity and  $\frac{1}{4}$ - to  $\frac{1}{2}$ -ounce graduations (or an electronic digital readout scale with a 15- to 20-pound capacity) is suitable for weighing ingredients for 50 portions.

Standard measuring equipment should be used to ensure accuracy, and measurements should be level. Use the largest appropriate measure to reduce the possibility of error and to save time. For example, use a one-gallon measure once instead of a one-quart measure four times. Flour is the exception: Use measure no larger than one quart for flour.

## Cooking Time and Temperature

The cooking time given in each recipe is based on the size of pan and the amount of food in the pan. If a smaller or larger pan is used, an adjustment in cooking time may be necessary. The number of pans placed in the oven at one time also may affect the length of baking time; the larger the number of pans or the colder a product, the longer the cooking time. In convection ovens, the temperature as specified for a conventional oven should be reduced by 25°–50°F and the total bake/roast time by 10 to 15 percent.

## Critical Control Points

Monitoring cooking time and food temperature are important steps in the food production process because of their relationship to food contamination and foodborne illness. Time and temperatures are

designated as critical control points (CCPs) in all Hazard Analysis Critical Control Point (HACCP) plans. Recipes in this book provide production, service, and storage procedures which can prevent or reduce food safety hazards of potentially hazardous foods. Standards for reducing food safety hazards may be found in Tables 1.18 and 1.19 (p. 45–46). Safe temperatures for cooked foods are shown in Table 1.15 (p. 42). Cooling procedures for hot foods are shown in Table 1.17 (p. 44). Examples of potentially hazardous foods can be found on p. 733. Recipes that contain potentially hazardous foods are identified in the recipe notes.

## Abbreviations Used in Recipes

|       |                        |
|-------|------------------------|
| AP    | as purchased           |
| EP    | edible portion         |
| °F    | degrees Fahrenheit     |
| fl oz | fluid ounce            |
| gal   | gallon                 |
| g     | gram                   |
| lb    | pound                  |
| mg    | milligram              |
| oz    | ounce                  |
| psi   | pounds per square inch |
| pt    | pint                   |
| qt    | quart                  |
| tsp   | teaspoon               |
| Tbsp  | tablespoon             |

## Basic Recipes

*Food for Fifty* recipes are written to provide step-by-step guidelines for producing standard quality products. Many recipes printed in trade and popular magazines can be produced by adapting recipes in *Food for Fifty*, rather than standardizing new recipes. Adapting a *Food for Fifty* recipe may include only changing spices or adding a sauce. Creative presentations may be gleaned from trendy cookbooks and publications and with some modifications applied to the basic recipes in *Food for Fifty*.



## CHAPTER 2

# Appetizers, Hors d'oeuvres, and Special Event Foods

**A**ppetizers are foods served as a hot or cold first course before a meal and should complement the menu items that follow without duplicating flavors. Seafood cocktail (crab, lobster, oyster, shrimp), chunked fresh fruit cocktail, or soup is often served for an appetizer. *Hors d'oeuvres* may be served before a meal or may be the only food provided. They should be small (one or two bites), flavorful, and attractive. The style of service—whether buffet, served, or a combination of the two—will depend on the event and the expectations of the client or guest. *Hors d'oeuvres* and appetizers are similar and the terms are often used interchangeably.

Cold *hors d'oeuvres* may be canapés, crudités, or dips. *Canapés* are tiny sandwiches made by spreading a well-seasoned mixture on a bread or vegetable base. Canapé bases include toasted or untoasted bread slices cut into various shapes, crackers, quick breads, melba toast, tiny biscuits, puff pastry rounds, and small shells made from pastry or savory dough. Vegetable bases may be slices of cucumber, summer squash, or other vegetables that will support the weight of the spread. Spreads are the primary flavor ingredient. Flavorful spreads include mixtures made from flavored butters or cream cheese. A salad mixture made from eggs, fish, cheese, or meat is often used for a canapé spread. All canapés should be artfully garnished. Some canapés are made by holding an attractive garnish in place with a small amount of spread. Making canapés close to serving time will help keep the bases from becoming soggy. *Crudités* are raw

or slightly blanched vegetables (p. 467), cut into attractive shapes and artfully displayed and garnished. They are usually served with one or more dips. Presentation is important. Broad flat dishes, baskets, silver trays, and shallow decorative pans may be used for the container. Vegetables are arranged with consideration for shape, color, balance, and overall decorative appeal. *Dips* are accompaniments to chips, crackers, fruits, toasts, or vegetables. They should complement the foods being served with them. Dips may be served in attractive serving bowls or hollowed out vegetables, such as cabbages or squash. Hot dips are often served in chafing pans.

Hot *hors d'oeuvres* are especially good for late afternoon or evening events when a full meal is not served. Filled pastry or savory dough shells, skewered pieces of meat or vegetables, and chicken wings or small meatballs are popular hot *hors d'oeuvres*. Hot and cold *hors d'oeuvres* are usually served at the same event.

Table 2.1 is a general guideline for quantities of appetizers or *hors d'oeuvres* needed to serve 50 people. Table 2.2 suggests the number of appetizers or *hors d'oeuvres* needed per person during a reception or pre-dinner cocktail hour. Entree and vegetable tray guidelines may be found in Table 2.3. The characteristics of the group being served, time of day, type and duration of event, and number of different items offered may require increasing or decreasing the amount of food recommended. Historical data from similar events will be useful in planning food quantities. Table 2.4 suggests names for *hors d'oeuvres* and appetizers.

**TABLE 2.1 Suggestions for appetizers**

| <i>Food item</i>                   | <i>Guide to serving quantities for 50</i>                |
|------------------------------------|--|
| <b>BEVERAGES</b>                   |  |
| Punch                              | 2–2½ gal, recipes pp. 92–102                             |
| Wine                               | See Tables 17.1 and 17.2, pp. 714–716                    |
| <b>CANAPÉ SPREADS AND FILLINGS</b> |  |
| Chicken salad spread               | Recipe p. 536, prepare ¼ recipe                          |
| Ham salad spread                   | Recipe p. 536, prepare ¼ recipe                          |
| Tuna salad spread                  | Recipe p. 537, prepare ¼ recipe                          |
| Miniature puffs                    | Recipe p. 257, prepare ½ recipe                          |
| <b>COCKTAILS</b>                   |  |
| Broiled grapefruit                 | 25 fruit   |
| Fruit cup                          | 10 lb  |
| Melon balls or cubes               | 10 lb  |
| Punch                              | 2 gal, recipes pp. 92–102                                |
| Shrimp cocktail                    | Recipe for sauce p. 575                                  |
| <b>DIPS</b>                        |  |
| Artichoke, hot                     | Recipe p. 77   |
| Artichoke and crab, hot            | Recipe p. 77   |
| Basic, and variations              | Recipe p. 78   |
| Garden dressing (dip)              | Recipe p. 518  |
| Guacamole                          | Recipe p. 78, 80   |
| Layered Mexican                    | Recipe p. 79   |
| Nacho                              | Recipe p. 80   |
| Salsa                              | Recipe p. 568  |
| Summer fruit                       | Recipe p. 79   |
| Vegetable                          | Recipe p. 529  |
| Yogurt                             | Recipes p. 528   |
| <b>HORS D'OEUVRES</b>              |  |
| Apple and cheese wedges            | 1½ lb cheese, 8 apples, cut in wedges                    |
| Carrot curls                       | 3–4 lb   |
| Celery sticks                      | 3–4 lb   |
| Cheese ball, party, with crackers  | Recipe p. 81; 125–150 crackers                           |
| Cheese balls, hot                  | Recipe p. 282, prepare ½ recipe, use No. 40 dipper       |
| Cheese cubes                       | 5 lb   |
| Cheese olive puffs                 | Recipe p. 82   |
| Cherry tomatoes                    | 2 lb   |
| Chicken wings                      | Recipe p. 83   |
| Chips                              | 5 lb   |
| Cocktail sausages                  | 3–5 lb   |
| Crudités                           | 12–15 lb assorted vegetables pp. 76                      |
| Deviled eggs                       | Recipe p. 281, prepare ½ recipe                          |
| Fruit chunks                       | 8 lb   |
| Marinated mushrooms                | Recipe p. 480  |
| Meatballs in barbecue sauce        | Recipe p. 333, prepare ⅓ recipe, use No. 70 dipper       |
| Mixed nuts                         | 1–1½ lb  |
| Party mix                          | 3 lb   |
| Pinwheels                          | Recipe p. 85   |
| Quesadillas                        | Recipe p. 550  |
| Sausage balls                      | 100, recipe p. 82  |
| Shrimp                             | Recipe p. 84   |
| Caribbean shrimp                   | Recipe p. 306  |
| Vegetable relishes                 | See p. 76 for ideas                                      |
| Whole shrimp, with cocktail sauce  | 3–5 lb shrimp, recipe for sauce p. 575, prepare ½ recipe |

**TABLE 2.1** *continued*

| <i>Food item</i>           | <i>Guide to serving quantities for 50</i>   |
|----------------------------|---|
| <b>SOUPS</b>               |   |
| Bouillon                   | Recipe p. 600, prepare ½ recipe for 4-oz portion                                      |
| French onion               | Recipe p. 615, prepare ½ recipe for 4-oz portion                                      |
| Gazpacho                   | Recipe p. 626   |
| Vichyssoise                | Recipe p. 627, prepare ½ recipe for 4-oz portion                                      |
| <b>OTHER FINGER FOODS</b>  |   |
| Cheese ball and crackers   | 4 lb cheese, 40 oz crackers   |
| Cheese block and crackers  | 4 lb cheese, 40 oz crackers   |
| Fresh fruit platter        | 8–10 lb fruit   |
| Fresh vegetables and dip   | 8–10 lb vegetables, 1 qt dip  |
| Nut bread tea sandwiches   | 50–75 sandwiches  |
| Tea sandwiches             | 40–60 tuna, ham, or chicken salad sandwiches  |
| Petite rolls and cold cuts | 40–60 petite rolls served with 5 lb of assorted cold cuts and 2–3 lb of cheese slices |

**Notes**

- The quantity of appetizers needed for 50 portions will depend on the group being served, the type of function, and the number of different items offered. If food items are served in combination with other foods, adjust the amounts to yield the approximate total weight or total number recommended. Example: Carrot curls, in combination with celery sticks, require a total weight of 3–4 lb.
- Preparing appetizers for an attractive buffet requires careful planning. Choosing foods that need last-minute preparation, along with those that can be produced in advance, is suggested. Following are useful guidelines for production planning:

*Canapés, spreads, and fillings:* Highly perishable fillings should be made shortly before serving.

*Cocktails:* Prepare fruit a day in advance. Cook and chill shrimp a day in advance. Make and chill beverages 1 to 3 days in advance. *Dips:* Prepare and chill 1 to 3 days in advance. Store in glass or other inert-material container.

*Hors d'oeuvres:* Prepare vegetable relishes a day in advance; store in cold water. To freshen, cover with ice for 30 minutes before serving. Marinate vegetables a day in advance. Prepare cheese balls 1 to 5 days in advance; cover tightly. Cut cheese cubes no more than a day in advance; cover tightly.

*Soups:* Prepare cold soups 1 to 2 days in advance, hot soups soon before serving.

**TABLE 2.2** **Number of hors d'oeuvres and appetizers to prepare per person**

|            | <i>½ Hour</i> |             | <i>1 Hour</i> |             | <i>2–3 Hours</i> |             |
|------------|---------------|-------------|---------------|-------------|------------------|-------------|
|            | <i>Hot</i>    | <i>Cold</i> | <i>Hot</i>    | <i>Cold</i> | <i>Hot</i>       | <i>Cold</i> |
| Men only   | 6             | 4           | 8             | 6           | 10               | 8           |
| Women only | 3             | 2           | 5             | 4           | 6                | 5           |

**Notes**

- When serving shrimp, prepare five pieces per ½ hour per person for cold shrimp and four pieces per ½ hour per person for hot shrimp.
- If a dinner will follow, reduce by one-third the amount of appetizers suggested.

**TABLE 2.3** Entree party trays

| <i>Meat and cheese trays (approximate amount to serve 50)</i>               |   |  |  |
|---|---|--|--|
| <i>Meat<br/>(shaved or<br/>thinly sliced)</i>                               | <i>Cheese<br/>(thinly sliced)</i>           | <i>Bread<br/>(thinly sliced<br/>bread or buns)</i> | <i>Spreads/other</i>                     |
| Choose 10 lb (total):   | Choose 3 lb (total):                        | Choose 125 small<br>slices or 75 buns:             | Use suggested amount:                    |
| Cold cuts   | American                                    | Small buns   | Margarine or butter,<br>softened, 1 lb   |
| Corned beef   | Cheddar                                     | Sliced bread                                       | Mayonnaise or salad<br>dressing, 1½ cups |
| Roast beef  | Edam  | Pumpernickel                                       | Prepared mustard,<br>1 cup               |
| Ham   | Gouda                                       | Rye  | Horseradish, 1 cup                       |
| Pastrami  | Monterey Jack                               | White  | Leaf lettuce, 3 lb                       |
| Turkey  | Muenster                                    | Whole wheat  | Alfalfa sprouts, 1 lb                    |
|   | Provolone                                   |  | Tomatoes, sliced,<br>7 lb                |
|   | Swiss                                       |  | Onions, sliced, 2 lb                     |
|   | See p.269<br>for addi-<br>tional<br>cheeses |  |  |
| <i>Vegetable trays and dips (approximate amount to serve 50; see Notes)</i> |   |  |  |
| <i>Vegetables</i>   | <i>Relishes</i>                             | <i>Dips</i>  |  |
| Choose 5 lb (total):  | Choose 3 lb (total):                        | Choose 1–1½ qt (total):                            |  |
| Asparagus spears  | Black or green olives                       | Hot artichoke                                      |  |
| Broccoli florets  | Dill spears                                 | Blue cheese  |  |
| Baby carrots  | Pickled beets                               | Creamy herb  |  |
| Carrot sticks or slices   | Pickled eggs                                | Creamy onion                                       |  |
| Cauliflower florets   | Pickled vegetables                          | Dill   |  |
| Celery sticks   | Sweet pickles                               | Garden (prepare ½ recipe)                          |  |
| Cherry tomatoes   | Garnishes (p. 723)                          | Italian  |  |
| Cucumber spears or circles  | Chives                                      | Picante  |  |
| Green beans   | Flowers                                     | Seafood  |  |
| Green onions  | Herbs                                       | Summer fruit                                       |  |
| Jicama  | Scallions                                   | Yogurt   |  |
| Kohlrabi  |   |  |  |
| Mushrooms   |   |  |  |
| Pea pods  |   |  |  |
| Radish roses  |   |  |  |
| Red, green, or yellow bell<br>peppers                                       |   |  |  |
| Zucchini spears   |   |  |  |

**Notes**

- Meat and cheese may be rolled, folded, or stacked and garnished with leaf lettuce, parsley, and colorful vegetables. Vegetables look appealing when cut in creative shapes and garnished with crisp greens.
- Arranging food neatly so the tray will remain attractive is important. Including larger quantities of more-popular items will make food trays appear well supplied throughout the serving period. Color and flavor combinations also should be considerations for determining placement of food items.
- Crudit  trays may require two or three times the amount of vegetables for an attractive display to be arranged and garnished.
- Blanching asparagus, broccoli, cauliflower, and green beans heightens their flavor and appearance (p. 467).

**TABLE 2.4** Name suggestions for hors d'oeuvres and appetizers

| CHEESE   | SEAFOOD  | VEGETABLES                                  |
|--|--|---|
| Assorted domestic cheese and crackers                | Imported cheese and fruit tray with sweet crackers and hot fudge dip | Assorted fresh vegetables and dip           |
| Assorted imported cheese and crackers                | Fresh seasonal melon   | Fresh raw vegetable tray with dip           |
| Cheese ball with crackers                            |  | Open-faced vegetable canapés                |
| Cheese block and crackers                            |  | Belgian endive with herbed cheese           |
| Nacho dip and tortilla chips                         |  |   |
| FRUIT  | SEAFOOD  | MEAT/POULTRY                                |
| Fresh fruit platter                                  | Shrimp peel with cocktail sauce                                      | Chicken tenders with sauce                  |
| Fresh fruit platter with domestic or imported cheese | Iced peeled shrimp   | Prosciutto-wrapped melon                    |
| Fresh berries and dip                                | Hot spiced shrimp peel   | Sliced meat and cheese tray                 |
| Carved melon basket with summer fruits               | Smoked salmon with lavosh cracker bread                              | Roast tenderloin of beef and cocktail rolls |
|  | Whole poached salmon   | Mini puffs with white chicken salad         |
|  |  | Assorted decorated canapés                  |
|  |  | Stuffed pita pockets                        |

**Note** • *Food for Fifty* recipes will provide guidelines for making hors d'oeuvres and appetizer suggestions.

## APPETIZER RECIPES

### HOT ARTICHOKE DIP

*Yield:* 50 portions      *Portion:* 1½ oz  
*Oven:* 350°F      *Bake:* 20–25 minutes

| Ingredient               | Amount     | Procedure   |
|--------------------------|------------|---|
| Artichoke hearts, canned | 2 lb 10 oz | Drain and chop artichoke hearts.                  |
| Garlic clove, mashed     | 3 cloves   | Stir remaining ingredients into artichoke hearts. |
| Mayonnaise               | 2 cups     |   |
| Worcestershire sauce     | 1½ tsp     |   |
| Parmesan cheese, grated  | 3 cups     |   |
| Pepper, white            | ¼ tsp      |   |

Pour into 2 one-quart ovenproof bowls or pans.  
 Bake at 350°F until mixture reaches 165°F (20–25 minutes).  
 Serve warm (above 140°F) with chips or crackers.

#### Approximate nutritive values per portion

Calories 92

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|-----------------|-----|----------------|-----|
| Total Fat 7 g  | 11% | Cholest. 4 mg  | 1%  | Total Carb. 5 g | 2%  | Vitamin A      | 1%  |
| Sat. Fat 1 g   | 4%  | Sodium 148 mg  | 6%  | Fiber 1 g       | 5%  | Vitamin C      | 4%  |
| Protein 2 g    |     |                |     | Sugars 0.3 g    |     | Calcium        | 1%  |
|                |     |                |     |                 |     | Iron           | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

**Variation** • **Hot Crab and Artichoke Dip.** Add 1 lb chopped crabmeat before baking.

**BASIC DIP**

Yield: 50 portions

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>   |
|-------------------|---------------|--|
| Cream cheese      | 8 oz          | Mix cream cheese until softened, using flat beater.  |
| Sour cream        | 1 lb 8 oz     | Add sour cream. Mix until smooth.<br>Add ingredients for variations from following chart.<br>Mix until evenly distributed. Chill quickly (within 4 hours) to below 41°F. |

**Note** • Dip may be thinned by adding a small quantity of buttermilk or milk.

**BASIC DIP VARIATIONS**

| <i>Variation</i>                   | <i>Ingredients added to basic dip</i>  | <i>Serve with</i>   |
|------------------------------------|--|---|
| Avocado<br>(guacamole) (see Notes) | (Delete cream cheese; reduce sour cream to 8 oz)<br>1 lb 8 oz avocado pulp<br>1 Tbsp lemon juice<br>3 oz onion, finely chopped<br>2 Tbsp fresh cilantro, finely chopped<br>¼ tsp garlic powder<br>8 oz fresh tomatoes, diced | Tortilla chips<br>Nacho chips   |
| Blue Cheese                        | 8 oz blue cheese, crumbled<br>1½ tsp lemon juice<br>1 Tbsp onion, finely chopped<br>½ cup buttermilk or milk   | Crackers<br>Fresh vegetables<br>Chips                                   |
| Creamy Herb                        | ¼ cup fresh onion, finely chopped<br>¼ cup snipped fresh parsley<br>¼ cup chives, chopped<br>1 Tbsp Worcestershire sauce<br>¼ tsp garlic powder  | Fresh vegetables  |
| Creamy Onion                       | 2 oz dry onion soup mix<br>½ oz snipped fresh parsley or chives  | Chips   |
| Dill                               | 1½ Tbsp chopped onion<br>1 Tbsp dill weed<br>1½ tsp Beau Monde seasoning   | Fresh vegetables  |
| Italian                            | 1½ oz dry Italian salad dressing mix<br>½ oz snipped fresh parsley   | Fresh vegetables  |
| Picante                            | (Delete sour cream; increase cream cheese to 2 lb)<br>8 oz salsa (see Notes)<br>¼ cup fresh cilantro, chopped<br>1 oz stuffed olives, chopped  | Tortilla chips<br>Nacho chips<br>Fresh vegetables<br>Spread for canapés |
| Seafood                            | 8 oz cooked shrimp, clam, or crab, finely chopped<br>1 oz dry onion soup mix<br>2 oz chili sauce<br>1½ Tbsp horseradish  | Crackers<br>Toasted party bread   |

|                   |  |                  |
|-------------------|--|------------------|
| Summer Fruit      | (Delete cream cheese)<br>8 oz brown sugar or honey<br>1½ tsp vanilla | Fresh fruit      |
| Yogurt, Vegetable | see p. 529   | Fresh vegetables |
| Yogurt, Fruit     | see p. 528   | Fresh fruit      |

- Notes**
- Chunky avocado dip may be made by deleting sour cream and using 2 lb cubed fresh avocados.
  - More salsa may be added to Picante for a thinner dip.

## LAYERED MEXICAN DIP

*Yield:* 50 portions or 3 14-inch platters

*Portion:* 4 oz

| <i>Ingredient</i>           | <i>Amount</i>           | <i>Procedure</i>            |
|-----------------------------|-------------------------|-----------------------------|
| Bean dip                    | 4 lb<br>(6 10½-oz cans) |                             |
| Avocado pulp                | 3 lb                    | Blend. Save for later step. |
| Lemon juice                 | 6 Tbsp                  |                             |
| Salt                        | 1 tsp                   |                             |
| Pepper, black               | 1½ tsp                  |                             |
| Sour cream                  | 1 lb 8 oz               | Blend. Save for later step. |
| Mayonnaise                  | 1½ cups                 |                             |
| Taco seasoning              | ¾ oz                    |                             |
| Tomatoes, fresh,<br>diced   | 3 lb                    |                             |
| Green onions, sliced        | 9 oz                    |                             |
| Ripe olives, sliced         | 1 lb 4 oz               |                             |
| Cheddar cheese,<br>shredded | 12 oz                   |                             |

1. Spread 1 lb 5 oz bean dip on each of 3 14-inch round platters.
2. Spread 1 lb avocado mixture over bean dip layer.
3. Spread 12 oz sour cream mixture over avocado layer.
4. Sprinkle remaining ingredients over each platter in the following order: tomatoes, green onions, olives, and cheese. Chill quickly (within 4 hours) to below 41°F.
5. Serve with tortilla or nacho chips.

### Approximate nutritive values per portion

Calories 212

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 18 g | <b>28%</b> | <b>Cholest.</b> 14 mg | <b>5%</b>  | <b>Total Carb.</b> 8 g | <b>3%</b>  | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 5 g          | <b>24%</b> | <b>Sodium</b> 787 mg  | <b>33%</b> | Fiber 4 g              | <b>15%</b> | <b>Vitamin C</b> | <b>13%</b> |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 1 g             |            | <b>Calcium</b>   | <b>10%</b> |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Hold for service below 41°F. Discard partially used platters. Dip may be made a day ahead and kept below 41°F.
  - Refried beans (½ recipe, p. 640) may be substituted for purchased bean dip.
  - Salsa may be substituted for diced tomatoes, taco seasoning, and mayonnaise. Use 7½ cups salsa (2½ cups on each tray).

**GUACAMOLE**

Yield: 50 portions

Portion: 2 oz

| <i>Ingredient</i>                         | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Avocado                                   | 12 (6 lb)     | Peel, pit, and dice avocados.<br>Sprinkle lime juice on avocados. Stir lightly to mix. |
| Lime juice, freshly squeezed              | ½ cup         |  |
| Plain yogurt                              | 1 cup         | Mix yogurt and spices into avocado until well mixed.                                   |
| Ground cumin                              | 1 tsp         |  |
| Hot pepper sauce                          | 1 tsp         |  |
| Salt                                      | ½ tsp         |  |
| Pepper, ground black                      | ½ tsp         |  |
| Plum tomatoes, seeded and diced to ¼ inch | 2 lb (EP)     | Stir tomatoes, onion, and cilantro into avocado mixture.                               |
| Red onion, diced                          | 6 oz (EP)     |  |
| Fresh cilantro, chopped                   | 1 oz (EP)     |  |

Serve with tortilla chips or as a condiment.

*Approximate nutritive values per portion*

Calories 100

| Amount/portion       | %DV        | Amount/portion       | %DV       | Amount/portion        | %DV        | %DV              | %DV        |
|----------------------|------------|----------------------|-----------|-----------------------|------------|------------------|------------|
| <b>Total Fat</b> 8 g | <b>13%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 6g | <b>2%</b>  | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 1 g         | <b>7%</b>  | <b>Sodium</b> 38 mg  | <b>2%</b> | Fiber 3 g             | <b>12%</b> | <b>Vitamin C</b> | <b>15%</b> |
| <b>Protein</b> 1.5 g |            |                      |           | Sugars 1g             |            | <b>Calcium</b>   | <b>2%</b>  |
|                      |            |                      |           |                       |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note** • Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

**NACHOS**

Yield: 50 portions

Portion: 3½ oz sauce + 1 oz chips

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>  |
|------------------------------|---------------|---|
| Shortening                   | 1 oz          | Sauté onions in shortening until tender.  |
| Onions, chopped              | 3 oz          |   |
| Green chili peppers, chopped | 6 oz          | Add chilies and tomatoes to onions. Simmer for 15 minutes.  |
| Tomatoes, diced, canned      | 1 lb 8 oz     |   |
| Chicken Stock (p. 598)       | 2 qt          | Add stock and seasonings. Bring to a boil. Reduce heat to medium.                                       |
| Cumin, ground                | 1 Tbsp        |   |
| Garlic powder                | 2 tsp         |   |
| Processed cheese, shredded   | 6 lb 10 oz    | Add cheese to hot mixture. Stir until melted.   |
| Cornstarch                   | 3 oz          | Combine cornstarch and water to make a smooth paste. Add slowly to cheese mixture, stirring constantly. |
| Water                        | ½ cup         |   |
|                              |               | Cook and stir until mixture thickens.<br>Turn heat to low.  |

|                             |      |   |
|-----------------------------|------|---|
| Nacho chips                 | 4 lb | Place 12 nacho chips on dinner plate.<br>Using a 4-oz ladle, pour 3½ oz of sauce over chips.<br>Garnish with sliced jalapeño peppers. |
| Jalapeño peppers,<br>sliced | 8 oz |   |

*Approximate nutritive values per portion*

Calories 424

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 29 g | <b>44%</b> | <b>Cholest.</b> 58 mg | <b>19%</b> | <b>Total Carb.</b> 26 g | <b>9%</b>  | <b>Vitamin A</b> | <b>24%</b> | <b>Calcium</b> | <b>42%</b> |
| Sat. Fat 14 g         | <b>69%</b> | <b>Sodium</b> 1138 mg | <b>47%</b> | Fiber 3 g               | <b>10%</b> | <b>Vitamin C</b> | <b>18%</b> | <b>Iron</b>    | <b>5%</b>  |
| <b>Protein</b> 16 g   |            |                       |            | Sugars 1 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- The sauce may be thinned with chicken broth.
- Canned cheese sauce may be substituted for scratch prepared cheese sauce. Add green chili peppers and diced tomatoes if desired.

**Variation**

- **Quick Nacho Sauce.** In a steam-jacketed kettle combine 2 oz chopped onion, 4 oz canned green chilies (diced), 1½ cups diced tomatoes, 1 qt water, 2 tsp ground cumin, 2 tsp garlic powder, ½ tsp dried cilantro. Bring to boil, reduce heat and simmer 15–20 min. Stir in 3 lb 12 oz shredded processed cheese. Stir until melted. Return temperature to 150°F.

**PARTY CHEESE BALL**

Yield: 50 portions

Portion: 1½ oz

*Ingredient**Amount**Procedure*

|                                   |           |   |
|-----------------------------------|-----------|---|
| Cream cheese,<br>softened         | 1 lb      | Mix all ingredients until smooth, using flat beater.<br>Shape into two balls, 2 lb 4 oz each. Chill quickly (within 4 hours) to below 41°F. |
| Blue cheese,<br>crumbled          | 1 lb 8 oz |   |
| Sharp cheddar<br>cheese, shredded | 2 lb      |   |
| Onion, finely minced              | 3 oz      |   |
| Worcestershire sauce              | 1 tsp     |   |

*Approximate nutritive values per portion*

Calories 154

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV         |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|------------------------|-------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 39 mg | <b>13%</b> | <b>Total Carb.</b> 1 g | <b>0.3%</b> | <b>Vitamin A</b> | <b>12%</b> | <b>Calcium</b> | <b>21%</b> |
| Sat. Fat 8 g          | <b>42%</b> | <b>Sodium</b> 331 mg  | <b>14%</b> | Fiber 0 g              | <b>0%</b>   | <b>Vitamin C</b> | <b>0%</b>  | <b>Iron</b>    | <b>1%</b>  |
| <b>Protein</b> 8 g    |            |                       |            | Sugars 0.5 g           |             |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Hold for service below 41°F. Discard partially used cheese balls.
- Ball may be rolled in chopped pecans, snipped fresh parsley, or paprika.
- Cheese mixture may be shaped into a long roll. After chilling, slice and serve on crackers or other canapé base.

**SAUSAGE BALLS**

*Yield:* 50 portions      *Portion:* 2 balls  
*Oven:* 350°F      *Bake:* 20–25 minutes, both steps

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------|---------------|--|
| Pork sausage, bulk        | 2 lb          | Form sausage into 100 1-inch balls, using a No. 70 dipper.<br>Place on baking sheet.<br>Bake at 350°F for 15 minutes. Drain on paper towels. |
| Cheddar cheese,<br>grated | 1 lb          | Combine cheese, margarine, flour, and seasonings in mixer bowl, using flat beater.   |
| Margarine, softened       | 8 oz          |  |
| Flour, all-purpose        | 12 oz         |  |
| Salt                      | ½ tsp         |  |
| Paprika                   | 2 tsp         |  |

Wrap 2 Tbsp (No. 70 dipper) of dough around each sausage ball.  
Place on ungreased baking sheet.  
Bake at 350°F for 8–10 minutes.  
Serve hot, above 140°F.

*Approximate nutritive values per portion***Calories 145**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 21 mg | <b>7%</b>  | <b>Total Carb.</b> 6 g | <b>2%</b>  | <b>Vitamin A</b> | <b>4%</b>  |
| Sat. Fat 4 g          | <b>21%</b> | <b>Sodium</b> 296 mg  | <b>12%</b> | Fiber 0.2 g            | <b>1%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 0.3 g           |            | <b>Calcium</b>   | <b>7%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Balls may be frozen after wrapping with dough. Bake while still frozen at 400°F for 12–15 minutes.

**Variation**

- **Cheese Olive Puffs.** Wrap dough around large stuffed green olives. Bake same as for Sausage Balls.

## HOT BARBECUED WINGS

*Yield:* 50 portions      *Portion:* 6 wing pieces  
*Oven:* 400°F      *Bake:* 20–25 minutes

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------------|---------------|---|
| Barbecue Sauce (p. 567)           | 1¼ qt         | Mix barbecue sauce and crushed red pepper.  |
| Pepper, red, crushed              | 1 tsp         |   |
| Chicken wings, split, tip removed | 20 lb         | <p>Pour barbecue sauce over chicken wings and stir to coat evenly. Place chicken wings on a lightly greased rack that is set inside a baking pan. (Wings should not touch.)</p> <p>Bake at 400°F for 10 minutes. Remove from oven and brush with barbecue sauce.</p> <p>Bake another 10–15 minutes until browned and internal temperature is 170°F.</p> <p>Remove from oven and serve.</p> <p>Additional heated barbecue sauce may be poured on wings before service. (Do not use the barbecue sauce that was used to sauce the raw wings.)</p> |

### *Approximate nutritive values per portion*

**Calories 384**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 15 g | <b>23%</b> | <b>Cholest.</b> 156 mg | <b>52%</b> | <b>Total Carb.</b> 3 g | <b>1%</b>  | <b>Vitamin A</b>      | <b>5%</b>  |
| Sat. Fat 4 g          | <b>20%</b> | <b>Sodium</b> 316 mg   | <b>13%</b> | Fiber 0.2 g            | <b>1%</b>  | <b>Vitamin C</b>      | <b>3%</b>  |
| <b>Protein</b> 55 g   |            |                        |            | Sugars 2 g             |            | <b>Calcium</b>        | <b>2%</b>  |
|                       |            |                        |            |                        |            | <b>Iron</b>           | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

### Variations

- **Cajun Wings.** Seasoned chicken wings with Cajun Seasoning (p. 592). Serve with a Blue Cheese or Barbecue Sauce (p. 567) or bottled hot pepper sauces.
- **Sweet and Sour Wings.** Substitute Sweet and Sour Sauce (p. 577) for Barbecue Sauce.

**SHRIMP PEEL**

Yield: 50 portions

Portion: 2 oz

| <i>Ingredient</i>                          | <i>Amount</i>                    | <i>Procedure</i>  |
|--|----------------------------------|---|
| Water                                      | 3 <sup>3</sup> / <sub>4</sub> qt | Bring water, lemon juice, lemons, and seasonings to a rolling boil in steam-jacketed or large kettle.   |
| Lemon juice                                | 1/2 cup                          |   |
| Lemons, quartered                          | 2 lemons                         |   |
| Allspice, whole                            | 1 Tbsp                           |   |
| Bay leaves                                 | 8 leaves                         |   |
| Pepper, cayenne                            | 2 tsp                            |   |
| Cloves, whole                              | 1 Tbsp                           |   |
| Coriander, ground                          | 1 tsp                            |   |
| Dill weed                                  | 2 tsp                            |   |
| Mustard seed                               | 2 tsp                            |   |
| Parsley, dried                             | 3 Tbsp                           |   |
| Salt                                       | 1 Tbsp                           |   |
| Shrimp, thawed<br>(medium to medium large) | 7 lb                             | Add shrimp and bring to a full rolling boil. Cook only until shrimp turn pink, approximately 3 minutes. Remove from heat and drain immediately. Chill quickly (4 hours or less) to below 41°F. (See p. 44 for cooling procedures.) To serve, arrange shrimp on top of shaved ice. Serve with Cocktail Sauce on p. 575. Garnish with lemon wedges and fresh herbs. |

*Approximate nutritive values per portion***Calories 71**

| Amount/portion       | %DV       | Amount/portion        | %DV        | Amount/portion         | %DV       | Amount/portion   | %DV       |
|----------------------|-----------|-----------------------|------------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 1 g | <b>2%</b> | <b>Cholest.</b> 96 mg | <b>32%</b> | <b>Total Carb.</b> 1 g | <b>1%</b> | <b>Vitamin A</b> | <b>3%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 225 mg  | <b>9%</b>  | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>6%</b> |
| <b>Protein</b> 13 g  |           |                       |            | Sugars 0 g             |           | <b>Calcium</b>   | <b>4%</b> |
|                      |           |                       |            |                        |           | <b>Iron</b>      | <b>9%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature below 41°F.
- Frozen unthawed shrimp may be used. Stir after adding to boiling water.
- Shrimp may be served hot.
- A commercial shrimp boil may be substituted for spices.

## TOMATO, BASIL, AND CHEESE PINWHEELS

Yield: 50 portions

Portion: 2 pinwheels

| Ingredient  | Amount | Procedure  |
|---|--------|--|
| Cream cheese  | 3 lb   | Soften cream cheese to room temperature. Place in mixer bowl.  |
| Parsley, minced   | 4 oz   | Add fresh herbs, garlic, tomatoes, pimento, and black olives to softened cream cheese.   |
| Basil, minced   | 2 oz   |  |
| Thyme, minced   | ½ oz   | Mix until well blended.  |
| Rosemary, finely minced   | ½ oz   |  |
| Garlic, minced  | 1 Tbsp |  |
| Rehydrated dried tomatoes, minced   | 6 oz   |  |
| Pimento, diced (well drained)   | 4 oz   |  |
| Black olives, coarsely chopped or thinly sliced (well drained)                                | 4 oz   |  |
| Flour tortillas, 12 inch  | 10     | Place tortillas on work surface. Smooth 6 oz cream cheese mixture over tortillas.<br>Roll very tightly (as for a jelly roll) to create a pinwheel effect. Cover and refrigerate until well chilled, 4–6 hours. |
| Cut off ends of tortilla roll and discard.<br>Portion remaining roll into 10 slices per roll. |        |  |

### Approximate nutritive values per portion

Calories 150

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 30 mg | <b>10%</b> | <b>Total Carb.</b> 10 g | <b>3%</b> | <b>Vitamin A</b> | <b>13%</b> |
| Sat. Fat 6 g          | <b>31%</b> | <b>Sodium</b> 208 mg  | <b>9%</b>  | Fiber 1 g               | <b>4%</b> | <b>Vitamin C</b> | <b>11%</b> |
| <b>Protein</b> 3.6 g  |            |                       |            | Sugars .5g              |           | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature below 41°F.

**FOCACCIA WITH HERB CHEESE SPREAD***Yield:* 4 Focaccia rounds with spread

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------------|---------------|---|
| Focaccia                        | Recipe p. 142 | Prepare Focaccia.   |
| Nonfat cream cheese, softened   | 2 cups        | Combine cream cheese, sour cream, and mayonnaise in a mixer bowl. Beat on low speed until smooth. |
| Low-fat sour cream              | 1½ cups       |   |
| Low-fat mayonnaise              | ¼ cup         |   |
| Parmesan cheese, freshly grated | 3 oz          | Add cheese, herbs, and pepper. Mix until just combined.   |
| Basil, fresh, chopped           | ⅓ cup         |   |
| Chives, fresh, minced           | ⅓ cup         |   |
| Garlic, minced                  | ½ tsp         |   |
| Pepper, black                   | ½ tsp         |   |

Spread 6–8 oz of spread on top of Focaccia rounds and broil 6 inches from heat until spread melts (1–2 minutes).  
Cut into narrow strips or wedges.  
Serve warm.

*Approximate nutritive values per loaf***Calories** 2158

| Amount/portion         | %DV         | Amount/portion        | %DV         | Amount/portion           | %DV        | %DV              | %DV        |
|------------------------|-------------|-----------------------|-------------|--------------------------|------------|------------------|------------|
| <b>Total Fat</b> 100 g | <b>154%</b> | <b>Cholest.</b> 50 mg | <b>17%</b>  | <b>Total Carb.</b> 242 g | <b>81%</b> | <b>Vitamin A</b> | <b>70%</b> |
| Sat. Fat 12 g          | <b>59%</b>  | <b>Sodium</b> 2759 mg | <b>115%</b> | Fiber 9 g                | <b>35%</b> | <b>Vitamin C</b> | <b>4%</b>  |
| <b>Protein</b> 61 g    |             |                       |             | Sugars 0 g               |            | <b>Calcium</b>   | <b>88%</b> |
|                        |             |                       |             |                          |            | <b>Iron</b>      | <b>74%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Serve within 2 hours after heating cheese topping. If not used within 2 hours, refrigerate at below 41°F, or discard.
- Serve as an appetizer or as an accompaniment to soup or salad.

## CHAPTER 3

# Beverages

### COFFEE

The type of coffee-making equipment used in a food-service determines the method of preparation and the grind of coffee. Urns or modular brewers are used when large quantities of coffee are required, as on a rapidly moving cafeteria line or for a large catered function. Where the service is spread over a longer period, coffee may be prepared in small batches in a drip coffee maker, or for single servings in an espresso machine.

The equipment selected should make a clear, rich brew, hold the coffee at a consistent temperature, and provide the quantity needed at an appropriate speed with minimal labor. Regardless of the method used, certain guidelines should be observed:

1. Select a blend of coffee that is appropriate to the clientele and type of event. High-altitude beans from Central and South America produce lively, light-bodied coffee with high concentrations of natural acids. Coffees made from Central or South American beans pair well with cheeses, vegetables, and hot and spicy foods, and are good for breakfast service. Beans grown in Africa are robust, with fewer natural acids. They are good served with desserts, full-flavored foods, chocolates, rich desserts, and as an after-dinner coffee. Pacific beans feature moderate acidity and rich, mellow overtones. Pacific beans are good served with Asian foods, rich, creamy foods, or breakfast.  
Light/pale and medium/city roast are all-purpose roasts. French/dark and Italian/espresso roasts are especially suited for after-dinner coffee and with desserts and chocolate. The roast style should suit the kind of bean being used.
2. Select a grind that is designed for the brewing equipment. Fine or vacuum grind is suitable for equipment that brews in 1–4 minutes (espresso machines), medium grind for drip makers that brew in 4–6 minutes, and coarse grind for urns that brew in 6–8 minutes.
3. Use fresh coffee. Coffee loses its strength and flavor rapidly after it is ground and exposed to air. Large amounts should not be stored. To maintain good coffee flavor, store ground coffee or whole beans in an airtight container at cool room temperature. To keep coffee for more than 2–3 weeks, store in the freezer in an airtight container.
4. Use a proportion of fresh, cold water to coffee that makes a brew of the strength preferred by the clientele. A proportion of 2½ gal of water per pound of coffee (20 oz of water to 1 oz of coffee) makes a commonly accepted brew. See p. 89 for coffee recipes. For a stronger brew, use 1 lb of coffee per 2 gal of water.
5. Have the water cold, freshly drawn, accurately measured, and brought to a temperature of 195°–200°F. Water that is too hot will extract bitter solids. Water that is too cold will not extract enough color or flavor. Bottled or filtered water may be used to brew coffee.
6. Hold brewed coffee at 185°F. Urn coffee can be held for up to 1 hour. Coffee brewed in small pots and kept warm by a heat source under the pot should be served within 20 minutes of brewing. Carafes that hold brewed coffee in an insulated serving decanter will hold the coffee for 2 hours or more. Reheating coffee results in a bitter brew.
7. Clean the coffee-making equipment after each use, following instructions that come with the equipment.

*Specialty coffee* refers to coffee made from flavored beans, espresso and espresso-based drinks, or coffee flavored with syrups or other post-brew flavorings. See Table 3.1 for espresso-based coffee drinks.

Flavored syrups are added to individual servings in a proportion of approximately 1 ounce per cup. Popular syrup flavorings include almond, caramel, chocolate, hazelnut, raspberry, and vanilla. Shakers for dry flavorings such as allspice, chocolate, cinnamon, malt, nutmeg, and vanilla may be provided for self-service. Other condiments for coffee include brown sugar; chocolate sprinkles or shavings, cinnamon sticks, citrus peel, and whipped cream.

## TEA

Three main types of tea are available, produced by variations in processing. *Black* tea derives its color from a special processing treatment that allows the leaves to oxidize. This turns the leaves black and produces a rich brew. English Breakfast and Orange Pekoe are familiar black teas. *Oolong* tea is semioxidized. Its leaves are brown and green, and it brews light in color. *Green* tea is made from leaves that are dried without fermenting. The brew is pale green in color. Flavored and other specialty teas are also available. Tea is packaged in bulk as loose tea and in tea bags of various sizes.

Tea is brewed by the process of infusion, in which boiling water is poured over tea leaves or bags. The following brewing guidelines should be followed.

- Start with fresh, high-quality tea.
- Start with fresh, cold water and bring it to a rolling boil. Do not boil the water for a long period of time.

- Use a stainless steel, earthenware, or porcelainlike pot that has been preheated with a small amount of hot water.
- Add tea bags or loose tea (in a strainer or infuser) to the pot. A generally acceptable brew is made by using 1 Tbsp of loose tea or one tea bag per cup of water.
- Pour boiling water directly over the tea and allow to steep 3–5 minutes. Remove the tea bag or leaves from the water after the tea has steeped or it becomes bitter.

For iced tea, make the brew stronger than for hot tea to compensate for the ice that melts. Pour tea over ice just before serving.

A suggested selection of teas includes a black, green, and Oolong variety, and a specialty or flavored tea such as black currant or raspberry. Caffeine-free and herbal tea selections also should be available.

## PUNCH

Punch may be made easily from frozen or canned juices in various combinations. Lemonade (p. 94) or Basic Fruit Punch (p. 92) make good bases for many other fruit drinks when combined with fresh, frozen, canned, or powdered juices of the desired flavor.

The amount of sugar needed varies with the sugar concentration of the juices and individual preference. A recipe for Simple Syrup for sweetening punch is given on p. 93. If time does not allow making the syrup, the sugar may be added directly to the punch and stirred until the sugar is dissolved.

For punch that is to be served iced, the ingredients should be refrigerated. The chilled ingredients may be combined several hours in advance of service.

**TABLE 3.1 Espresso-based coffee drinks**

| <i>Espresso drink</i> | <i>Ingredients</i>  |
|-----------------------|---|
| Espresso              | 1½ oz of espresso coffee, served in a demitasse cup.  |
| Americano             | 1½ oz of espresso, served over hot water to make a 6 oz cup.<br>Usually served with milk and/or sugar.                      |
| Cappuccino            | 1½ oz espresso, topped by equal parts of hot milk and foam.<br>Served in a 6 oz cup (⅓ espresso, ⅓ hot milk, ⅓ foam).       |
| Latte                 | A single (1½ oz) or double (3 oz) espresso, topped by frothed milk, in a ratio of one part of espresso to three parts milk. |
| Mocha                 | 1½ oz espresso mixed with 5 oz steamed milk and chocolate syrup to taste. Serve topped with whipped cream.                  |

**Note**

- Espresso is made by forcing superheated water under pressure through a dark-roasted, finely ground coffee. The process extracts more of the solids and flavor than conventional drip brewing.

If ginger ale or other carbonated beverage is to be used, however, it should be chilled and added just before serving. Hot punch should be served at 180°F. If wine or other liquor is an ingredient in hot punch recipes, the temperature should not exceed 180°F.

Punch may be served from a bowl and kept cold by adding ice cubes, or it may be poured over an ice mold (p. 93). It may also be served as a nonalcoholic cocktail in appropriate glassware and garnished. See p. 103 for a few suggestions for nonalcoholic cocktails that use recipes in this book. Hot punch may be served from a punch bowl or hot-holding equipment. Preheat a glass punch bowl with a small amount of hot water before filling with hot punch.

The amount of punch or iced beverage to prepare depends on the size of the punch cup or glass, the number of guests to be served, and whether second servings will be offered. Service from a punch bowl requires slightly more punch than if it is to be poured from a pitcher for individual service. It is always de-

sirable to have extra chilled, unopened cans of the main punch ingredients to facilitate serving a larger crowd than anticipated.

Most recipes in this book were developed for 2–2½ gallons of punch. Each gallon will yield 32 ½-cup portions. Punch cups vary in size from 3–6 oz, so it is important that the size be considered in determining the correct amount of punch to prepare.

## WINE

Pairing wine with food is a matter of individual preference and usually requires some experimentation. Table 17.1 (pp. 714–715) provides guidelines helpful for selecting wine. The amount of wine to serve depends on glass size and the type of meal or event. The volumes of different sized wine bottles are located in Table 17.2 (p. 716).

## BEVERAGE RECIPES

### COFFEE

*Yield:* 50 portions or 2½ gal      *Portion:* 6 oz (¾ cup)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Coffee            | 1 lb          | Use proper blend and grind for the coffee maker used.           |
| Water, cold       | 2½ gal        | Use method recommended by the manufacturer of the coffee maker. |

**Note** • The amount of water will vary with the brand of coffee and the strength preferred.

- Variations**
- **Iced Coffee.** Increase coffee to 2 lb. Pour over ice in glasses. Coffee may be cooled to room temperature but should not be refrigerated. Flavorings (e.g., vanilla or almond) may be added for variety.
  - **Instant Coffee.** Use 3 oz instant coffee or 2 oz freeze-dried to 2½ gal boiling water. Dissolve the coffee in a small amount of boiling water and add to the remaining hot water. Keep hot just below the boiling point, 185°–190°F.
  - **Steeped Coffee.** Tie regular grind coffee loosely in a cloth bag. Immerse bag in cold water, which has been measured into a stainless steel kettle or stock pot. Heat to boiling point. Boil 3 minutes or until of desired strength. Remove coffee bag. Cover container and hold over low heat to keep at serving temperature.

**HOT TEA**

Yield: 50 portions or 2½ gal      Portion: 6 oz (¾ cup)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Tea bags, 1oz     | 2             | Place tea bags in a stainless steel, enamel, or earthenware container.  |
| Water, cold       | 2½ gal        | Bring water to a boil, pour over tea. Steep for 3 minutes. Remove bags. |

- Notes**
- If bulk tea is used, tie loosely in a bag.
  - The amount of tea to be used will vary with the quality.
  - Instant tea (¾–1 oz) may be used in place of the tea bags. The exact amount will vary according to the strength desired.

**SPICED TEA**

Yield: 48 portions or 1½ gal      Portion: 4 oz (½ cup)

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---------------------|---------------|---|
| Water, boiling      | 1½ gal        | Mix all ingredients except tea.   |
| Sugar, granulated   | 1 lb 8 oz     | Simmer 20 minutes.  |
| Lemon juice         | ¼ cup         | Strain.   |
| Lemon peel, grated  | 1 lemon       |   |
| Orange juice        | 1 cup         |   |
| Orange peel, grated | 1 orange      |   |
| Cloves, whole       | 4 tsp         |   |
| Cinnamon sticks     | 8             |   |
| Tea bag, 1oz        | 1             | Add tea bag to hot liquid. Steep for 5 minutes. Remove tea bags. Serve hot. |

*Approximate nutritive values per portion***Calories 60**

| Amount/portion       | %DV       | Amount/portion       | %DV         | Amount/portion          | %DV       | Amount/portion   | %DV       |
|----------------------|-----------|----------------------|-------------|-------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>   | <b>Total Carb.</b> 16 g | <b>5%</b> | <b>Vitamin A</b> | <b>0%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 7 mg   | <b>0.3%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>8%</b> |
| <b>Protein</b> 0.1 g |           |                      |             | Sugars 14 g             |           | <b>Calcium</b>   | <b>0%</b> |
|                      |           |                      |             |                         |           | <b>Iron</b>      | <b>0%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variation**
- **Russian Tea.** Use only 1¼ gal water. Add 1 qt grape juice when adding other juice.

## ICED TEA

*Yield:* 48 portions or 3 gal      *Portion:* 8 oz (1 cup)

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------|---------------|--|
| Tea bags, 1 oz        | 6             | Place tea bags in enamel, stainless steel, or earthenware container. |
| Water, boiling        | 1 gal         | Pour boiling water over tea bags. Steep 4–6 minutes. Remove bags.    |
| Water, cold           | 2 gal         | Pour hot tea into cold water.  |
| Ice, chipped or cubed | 10–15 lb      | Fill 12 oz glasses with ice. Pour tea over ice just before serving.  |

- Notes**
- Always pour the hot tea concentrate into the cold water. Do not refrigerate or ice the tea prior to service. Cloudiness develops in tea that has been refrigerated.
  - Instant tea (1–1½ oz) may be used in place of the tea bags.
  - Six to seven lemons, cut in eighths, may be served with the tea.
  - Iced tea may be garnished with lemon or orange slices or mint leaves.

## COCOA

*Yield:* 50 portions or 2½ gal      *Portion:* 6 oz (¾ cup)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Sugar, granulated | 1 lb 8 oz     | Mix sugar, cocoa, and salt.<br><br>Add water and mix until smooth.<br>Boil approximately 3 minutes or to form a thin syrup. |
| Cocoa             | 8 oz          |   |
| Salt              | ½ tsp         |   |
| Water             | 1 qt          |   |
| Milk              | 2½ gal        | Heat milk to scalding. Stir in syrup.   |
| Vanilla           | 1 tsp         | Just before serving, add vanilla and stir until well mixed.   |

### *Approximate nutritive values per portion*

**Calories 182**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 26 mg | <b>9%</b>  | <b>Total Carb.</b> 25 g | <b>8%</b>  | <b>Vitamin A</b> | <b>7%</b>  |
| Sat. Fat 4 g          | <b>21%</b> | <b>Sodium</b> 121 mg  | <b>5%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 7 g    |            |                       |            | Sugars 23 g             |            | <b>Calcium</b>   | <b>24%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. *Food Safety Standards:* Hold for service at 185°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 185°F. Reheat product only once; discard if not used.
  - A marshmallow or 1 tsp whipped cream may be added to each cup if desired.
  - Cocoa syrup may be made in amounts larger than this recipe and stored in the refrigerator for 3 or 4 days. To serve, add 1 qt cocoa syrup to each 2 gal hot milk.

- Variations**
- **Hot Chocolate.** Substitute 10 oz unsweetened baking chocolate for cocoa. Add to water and stir until melted.
  - **Instant Hot Cocoa.** Dissolve 2½ lb instant cocoa powder in 2 gal boiling water.
  - **Mexican Chocolate.** Follow hot chocolate recipe. Substitute 1 gal of hot coffee for 1 gal of milk. Add 1 oz (¼ cup) ground cinnamon.
  - **Amaretto Cocoa.** Add ¾ cup amaretto along with the milk. Delete vanilla. For a nonalcoholic version, substitute 1½ Tbsp of almond extract for the amaretto.

## FRENCH CHOCOLATE

*Yield:* 64 portions or 3 gal      *Portion:* 6 oz ( $\frac{3}{4}$  cup)

| <i>Ingredient</i>     | <i>Amount</i>       | <i>Procedure</i>  |
|-----------------------|---------------------|---|
| Unsweetened chocolate | 1 lb 2 oz           | Combine chocolate and water.<br>Cook over direct heat, stirring constantly, for 5 minutes or until chocolate is melted.   |
| Water, cold           | 3 cups              | Remove from heat. Beat with a wire whip until smooth.   |
| Sugar, granulated     | 2 lb 8 oz           | Add sugar and salt to chocolate mixture.  |
| Salt                  | $\frac{1}{2}$ tsp   | Return to heat. Cook over hot water 20–30 minutes or until thick. Chill.  |
| Whipping cream        | $3\frac{1}{2}$ cups | Whip cream. Fold into cold chocolate mixture.   |
| Milk                  | $2\frac{1}{2}$ gal  | Heat milk to scalding.<br>To serve, place 1 Tbsp (rounded) chocolate mixture in each serving cup.<br>Add hot milk to fill cup. Stir until well blended.<br>Serve immediately. |

### *Approximate nutritive values per portion*

**Calories 247**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 14 g | <b>22%</b> | <b>Cholest.</b> 38 mg | <b>13%</b> | <b>Total Carb.</b> 28 g | <b>9%</b>  | <b>Vitamin A</b> | <b>11%</b> |
| Sat. Fat 8 g          | <b>39%</b> | <b>Sodium</b> 97 mg   | <b>4%</b>  | Fiber 1 g               | <b>2%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 26 g             |            | <b>Calcium</b>   | <b>19%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold for service at 185°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 185°F. Reheat product only once; discard if not used.
- The milk must be kept at 185°F during the serving period.
- The chocolate mixture may be stored for 24 hours in the refrigerator.
- To make in quantity, prepare chocolate syrup and add hot milk. Whip cream to soft peaks and fold into hot chocolate. Keep hot.

## BASIC FRUIT PUNCH

*Yield:* 80 portions or  $2\frac{1}{2}$  gal      *Portion:* 4 oz ( $\frac{1}{2}$  cup)

| <i>Ingredient</i>               | <i>Amount</i>            | <i>Procedure</i>                             |
|---------------------------------|--------------------------|--|
| Sugar, granulated               | 2 lb 8 oz                | Mix sugar and water.                         |
| Water                           | 1 qt                     | Bring to boil. Cool.                         |
| Orange juice, frozen, undiluted | 3 cups<br>(2 12-oz cans) | Combine juices and water.                    |
| Lemon juice, frozen, undiluted  | 3 cups<br>(2 12-oz cans) | Add sugar syrup and stir until mixed. Chill. |
| Water, cold                     | $1\frac{1}{2}$ gal       |  |

*Approximate nutritive values per portion*

Calories 74

| Amount/portion  | %DV  | Amount/portion | %DV  | Amount/portion   | %DV | %DV       | %DV |
|-----------------|------|----------------|------|------------------|-----|-----------|-----|
| Total Fat 0.1 g | 0.1% | Cholest. 0 mg  | 0%   | Total Carb. 19 g | 6%  | Vitamin A | 0%  |
| Sat. Fat 0 g    | 0%   | Sodium 3 mg    | 0.1% | Fiber 0 g        | 0%  | Vitamin C | 31% |
| Protein 0.3 g   |      |                |      | Sugars 14 g      |     | Calcium   | 0%  |
|                 |      |                |      |                  |     | Iron      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- If time does not allow making and cooling syrup, the sugar may be added to the cold punch and stirred until dissolved. Increase cold water to 1 $\frac{3}{4}$  gal.
- Ginger ale may be substituted for part or all of the water. Chill and add just before serving.

**Variations**

- **Golden Punch.** Reduce orange and lemon juice to one 12-oz can each. Add two 46-oz cans pineapple juice.
- **Ginger Ale Fruit Punch.** Use 1 $\frac{1}{2}$  qt lemon juice, 1 $\frac{1}{2}$  qt orange juice, 1 qt pineapple juice, and 1 gal water. Increase sugar to 3 lb. Add 2 qt ginger ale just before serving. Lime, orange, lemon or raspberry sherbet may be added to punch just before serving.
- **Sparkling Grape Punch.** Reduce orange and lemon juice to one 12-oz can each. Add two 12-oz cans frozen grape juice. Just before serving, add two 20-oz bottles of ginger ale.

**ICE MOLD**

Yield: 1 mold

| Ingredient             | Amount    | Procedure   |
|------------------------|-----------|---|
| Ice mold               | 1         | Select mold that will fit in punch bowl.  |
| Punch, juice, lemonade |           | Fill mold with liquid, half to two-thirds full. Freeze.   |
| Garnishes              | See Notes | Add garnishes and enough liquid to partially cover garnishes. Freeze.   |
|                        |           | After thin layer of liquid and fruit are frozen, fill mold with liquid and freeze until firm.   |
|                        |           | To unmold ice ring, dip the mold in warm water until the ice slips out easily. Place the ring in very cold punch, garnished side up. Replace mold as necessary. |

**Notes**

- Some attractive garnishes include strawberries, cherries, pineapple, grapes, orange or lemon or lime slices, mint, ivy, and fresh flowers. (See Appendix B for flower garnishes.)
- If water is the liquid, use distilled or boiled tap water. Allow boiled water to sit and de-aerate about 15 minutes.
- For a decorative ice mold, use two or three layers of garnish between layers of ice. Freeze the garnish in place before adding the layers of liquid.

**SIMPLE SYRUP**

Yield: 2 qt

| Ingredient        | Amount | Procedure                    |
|-------------------|--------|------------------------------|
| Sugar, granulated | 2 lb   | Mix sugar and water.         |
| Water             | 1 qt   | Boil for 3 minutes.          |
|                   |        | Chill before using in punch. |

**Notes**

- For a thicker syrup, increase sugar to 2 lb 8 oz and add 1 Tbsp corn syrup.
- May be stored in the refrigerator for use in beverages or where recipe specifies Simple Syrup.

**LEMONADE**

Yield: 48 portions or 3 gal      Portion: 8 oz (1 cup)

| <i>Ingredient</i> | <i>Amount</i>                         | <i>Procedure</i>                                 |
|-------------------|---------------------------------------|--|
| Lemon juice       | 1¼ qt<br>(approximately<br>30 lemons) | Mix lemon juice and sugar.                       |
| Sugar, granulated | 2 lb 8 oz                             |  |
| Water, cold       | 2¼ gal                                | Add water. Stir until sugar is dissolved. Chill. |

*Approximate nutritive values per portion*

Calories 97

| Amount/portion | %DV | Amount/portion | %DV  | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|------|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%   | Total Carb. 25 g | 8%  | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 11 mg   | 0.5% | Fiber 0 g        | 0%  | Vitamin C | 10% | Iron    | 0%  |
| Protein 0 g    |     |                |      | Sugars 24 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Three 6-oz cans undiluted frozen lemon juice may be substituted for fresh lemon juice. Increase water to 2½ gal.
- Three 32-oz cans frozen lemonade concentrate, diluted 1:4 parts water, will yield 60 1-cup portions.
- Lemonade makes a good base for fruit punch.

**BANANA PUNCH**

Yield: 64 portions or 2 gal      Portion: 4 oz (½ cup)

| <i>Ingredient</i>                  | <i>Amount</i>            | <i>Procedure</i>                    |
|------------------------------------|--------------------------|-------------------------------------|
| Sugar, granulated                  | 2 lb                     | Mix sugar and water.                |
| Water, hot                         | 1½ qt                    | Boil for 3 minutes. Cool.           |
| Orange juice, frozen,<br>undiluted | 1½ cups<br>(1 12-oz can) | Combine juices, fruits, and water.  |
| Lemon juice, frozen,<br>undiluted  | ¾ cup<br>(1 6-oz can)    | Add cooled sugar syrup. Chill.      |
| Water, cold                        | 1 qt                     |                                     |
| Pineapple, crushed                 | 3 qt<br>(1 No. 10 can)   |                                     |
| Bananas, ripe, mashed              | 6 medium                 |                                     |
| Ginger ale, chilled                | 1 qt                     | Add ginger ale just before serving. |

*Approximate nutritive values per portion*

Calories 105

| Amount/portion | %DV | Amount/portion | %DV  | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|------|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%   | Total Carb. 27 g | 9%  | Vitamin A | 0%  | Calcium | 1%  |
| Sat. Fat 0 g   | 0%  | Sodium 3 mg    | 0.1% | Fiber 1 g        | 2%  | Vitamin C | 25% | Iron    | 1%  |
| Protein 1 g    |     |                |      | Sugars 27 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Mixture may be frozen before ginger ale is added and held for use later.
- Two 46-oz cans of unsweetened pineapple juice and one 12-oz can lemonade may be substituted for the crushed pineapple and lemon juice.

**Variation**

- **Banana Slush Punch.** Mix and freeze juices, syrup, and mashed bananas. To serve, fill glass about half full of partially frozen slush and add chilled ginger ale.

**CRANBERRY PUNCH**

Yield: 80 portions or 2½ gal      Portion: 4 oz (½ cup)

| Ingredient                     | Amount                 | Procedure                           |
|--------------------------------|------------------------|-------------------------------------|
| Cranberry juice                | 3 qt                   | Mix juices and water. Chill.        |
| Pineapple juice                | 3 qt<br>(2 46-oz cans) |                                     |
| Lemonade, frozen,<br>undiluted | 1 qt<br>(1 32-oz can)  |                                     |
| Water, cold                    | 1 qt                   |                                     |
| Ginger ale, chilled            | 3 28-oz bottles        | Add ginger ale just before serving. |

*Approximate nutritive values per portion*

Calories 76

| Amount/portion | %DV | Amount/portion | %DV  | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|------|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%   | Total Carb. 19 g | 6%  | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 5 mg    | 0.2% | Fiber 0.3 g      | 1%  | Vitamin C | 34% | Iron    | 1%  |
| Protein 0 g    |     |                |      | Sugars 17 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**SANGRIA SIPPER**Yield: 80 portions or 3<sup>3</sup>/<sub>4</sub> gal Portion: 6 oz

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------------|---------------|--|
| Grape juice, frozen, undiluted  | 3 12-oz cans  | Combine juices and water. Stir well.                                     |
| Orange juice, frozen, undiluted | 3 12-oz cans  |  |
| Lemonade, frozen, undiluted     | 3 12-oz cans  | Refrigerate until time of service.                                       |
| Water                           | 5 qt          |  |
| Club soda                       | 7 qt          |  |
| Oranges, thinly sliced          | 10            | Just before service, combine juice mixture, club soda, and sliced fruit. |
| Lemons, thinly sliced           | 9             |  |
| Limes, thinly sliced            | 6             |  |

Serve punch and sliced fruit in a stemmed goblet.

*Approximate nutritive values per portion*

Calories 80

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|------------------|-----|----------------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 21 g | 7%  | Vitamin A      | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 21 mg   | 1%  | Fiber 1 g        | 4%  | Vitamin C      | 85% |
| Protein 0.7 g  |     |                |     | Sugars 12 g      |     | Calcium        | 2%  |
|                |     |                |     |                  |     | Iron           | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • May be garnished with skewered fruit.**WHITE WINE SANGRIA**Yield: 80 portions or 3<sup>3</sup>/<sub>4</sub> gal Portion: 6 oz

| <i>Ingredient</i>                            | <i>Amount</i>                    | <i>Procedure</i>   |
|--|----------------------------------|--|
| White wine                                   | 2 gal                            | Mix until sugar dissolves.   |
| Orange juice                                 | 1 <sup>1</sup> / <sub>2</sub> qt |  |
| Sugar  | 1 lb                             |  |
| Oranges, thinly sliced                       | 3 lb                             | Mix fruit with wine-juice mixture. Let stand at room temperature for 3 hours, then refrigerate until cold. |
| Peaches, peeled, thinly sliced<br>(See note) | 4 lb                             |  |
| Apples, thinly sliced                        | 3 lb                             |  |
| Limes, thinly sliced                         | 1 lb                             |  |

Pour 6 oz of sangria (liquid and fruit) over ice in a stemmed goblet.

*Approximate nutritive values per portion*

Calories 95

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|-----------------|-----|----------------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 8 g | 3%  | Vitamin A      | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 5 mg    | 0%  | Fiber 0 g       | 0%  | Vitamin C      | 16% |
| Protein 0 g    |     |                |     | Sugars 8 g      |     | Calcium        | 1%  |
|                |     |                |     |                 |     | Iron           | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Mango and kiwi can be substituted for some or all of the peaches.

## SPARKLING APRICOT–PINEAPPLE PUNCH

*Yield:* 80 portions or 2½ gal      *Portion:* 4 oz (½ cup)

| <i>Ingredient</i>                         | <i>Amount</i>       | <i>Procedure</i>                    |
|---|---------------------|-------------------------------------|
| Apricot nectar                            | 3 qt (2 46-oz cans) | Combine juices and water.<br>Chill. |
| Pineapple juice,<br>unsweetened           | 3 qt (2 46-oz cans) |                                     |
| Lemon or lime juice,<br>frozen, undiluted | 1½ cups             |                                     |
| Water, cold                               | 2 qt                |                                     |
| Ginger ale, chilled                       | 2 qt                | Add ginger ale just before serving. |

### *Approximate nutritive values per portion*

**Calories 55**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i>  | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|-------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>   | <b>Total Carb.</b> 14 g | <b>5%</b>  | <b>Vitamin A</b> | <b>4%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 4 mg    | <b>0.2%</b> | Fiber 0.3 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>16%</b> |
| <b>Protein</b> 0.3 g  |            |                       |             | Sugars 7 g              |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |             |                         |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## MOCK PIÑA COLADA

*Yield:* 96 portions or 3 gal      *Portion:* 4 oz (½ cup)

| <i>Ingredient</i>                          | <i>Amount</i> | <i>Procedure</i>  |
|--|---------------|---|
| Vanilla ice cream mix,<br>liquid, unfrozen | 2 gal         | Combine, using wire whip.   |
| Milk                                       | 3 qt          | Place in punch bowl.  |
| Coconut extract                            | ½ cup         |   |
| Rum extract                                | 5 Tbsp        |   |
| Pineapple juice                            | 1 qt          |   |
| Maraschino cherries,<br>with stems         | 50            | Serve in punch cup or stemmed glass.<br>Garnish with maraschino cherry. |

### *Approximate nutritive values per portion*

**Calories 200**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>18%</b> | <b>Cholest.</b> 77 mg | <b>26%</b> | <b>Total Carb.</b> 21 g | <b>7%</b>  | <b>Vitamin A</b> | <b>13%</b> |
| Sat. Fat 7 g          | <b>33%</b> | <b>Sodium</b> 64 mg   | <b>3%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>14%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Softened vanilla ice cream may be substituted for ice cream mix.

**PINK CHAMPAGNE-STYLE PUNCH**

Yield: 96 portions or 3 gal      Portion: 4 oz (½ cup)

| <i>Ingredient</i>                | <i>Amount</i> | <i>Procedure</i>  |
|----------------------------------|---------------|---|
| Water                            | 2 qt          | Heat water and sugar until sugar dissolves.<br>Remove from heat and cool.   |
| Sugar                            | 1 lb 4 oz     |   |
| Unsweetened red grapefruit juice | 2 qt          | Mix juices and grenadine syrup with water-sugar mixture.<br>Refrigerate until ready to serve.   |
| Fresh lemon juice                | ½ cup         |   |
| Grenadine syrup                  | 1¼ cups       |   |
| Ginger ale                       | 7 qt          | Just before service combine chilled juice mixture with chilled ginger ale.<br>Ladle the punch into champagne glasses. Garnish with a strip of lemon peel. |

*Approximate nutritive values per portion*

Calories 65

| Amount/portion | %DV | Amount/portion | %DV  | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|------|------------------|-----|----------------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%   | Total Carb. 17 g | 6%  | Vitamin A      | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 0 mg    | 0.2% | Fiber 0 g        | 0%  | Vitamin C      | 10% |
| Protein 0 g    |     |                |      | Sugars 16 g      |     | Calcium        | 0%  |
|                |     |                |      |                  |     | Iron           | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**BLUSHING PINEAPPLE PUNCH**

Yield: 50 portions or 1¾ gal      Portion: 4 oz (½ cup)

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------------|---------------|--|
| Sugar, granulated           | 6 oz          | Cook sugar, water, and cinnamon candies over low heat, stirring until candies are dissolved. |
| Water                       | 1½ cups       |  |
| Cinnamon candies (red-hots) | 6 oz          |  |
| Pineapple juice             | 1 gal         | Combine pineapple juice and cinnamon candy syrup.  |
| Ginger ale                  | 2 qt          | Add ginger ale and ice just before serving.  |
| Ice                         | 8 oz          |  |

*Approximate nutritive values per portion*

Calories 84

| Amount/portion | %DV | Amount/portion | %DV  | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|------|------------------|-----|----------------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%   | Total Carb. 21 g | 7%  | Vitamin A      | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 4 mg    | 0.2% | Fiber 0 g        | 1%  | Vitamin C      | 14% |
| Protein 0.3 g  |     |                |      | Sugars 20 g      |     | Calcium        | 1%  |
|                |     |                |      |                  |     | Iron           | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variation** • **Red-Hot Tea.** Use following ingredients in place of those in recipe: 12 oz cinnamon candies dissolved in 5½ qt hot water. Add 16 oz concentrated orange juice and lemon juice to taste. Serve hot.

**WASSAIL**

Yield: 80 portions or 2½ gal      Portion: 4 oz (½ cup)

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------------|---------------|---|
| Sugar, granulated               | 2 lb 8 oz     | Mix sugar, water, and spices.<br>Boil 10 minutes.<br>Cover and let stand 1 hour in a warm place.<br>Strain.   |
| Water                           | 2½ qt         |   |
| Cloves, whole                   | 1½ tsp        |   |
| Cinnamon sticks                 | 10            |   |
| Allspice berries                | 10            |   |
| Crystallized ginger,<br>chopped | 2 oz          |   |
| Orange juice, strained          | 2 qt          | When ready to serve, add juices and cider.<br>Heat quickly to boiling point.  |
| Lemon juice, strained           | 1¼ qt         |   |
| Apple cider                     | 5 qt          |   |
| Crabapples or small<br>oranges  | 6–10          | To serve, pour hot mixture over fruit, studded with cloves,<br>in a punch bowl.<br>If using a glass bowl, temper by filling with warm water to<br>prevent cracking when hot punch is poured in. |
| Cloves, whole                   |               |   |

*Approximate nutritive values per portion*

Calories 105

| Amount/portion       | %DV       | Amount/portion       | %DV         | Amount/portion          | %DV       |                  | %DV        |                | %DV       |
|----------------------|-----------|----------------------|-------------|-------------------------|-----------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>   | <b>Total Carb.</b> 27 g | <b>9%</b> | <b>Vitamin A</b> | <b>0%</b>  | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 3 mg   | <b>0.1%</b> | Fiber 0.5 g             | <b>0%</b> | <b>Vitamin C</b> | <b>36%</b> | <b>Iron</b>    | <b>1%</b> |
| <b>Protein</b> 0.4 g |           |                      |             | Sugars 24 g             |           |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**TOMATO JUICE COCKTAIL**

Yield: 72 portions or 2¼ gal      Portion: 4 oz (½ cup)

| <i>Ingredient</i>    | <i>Amount</i>           | <i>Procedure</i>            |
|----------------------|-------------------------|-----------------------------|
| Tomato juice         | 8½ qt<br>(6 46-oz cans) | Mix all ingredients. Chill. |
| Lemon juice          | ¾ cup                   |                             |
| Worcestershire sauce | 3 Tbsp                  |                             |
| Hot pepper sauce     | ½ tsp                   |                             |
| Celery salt          | 3 Tbsp                  |                             |

*Approximate nutritive values per portion*

Calories 21

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion         | %DV       |                  | %DV        |                | %DV       |
|----------------------|-----------|----------------------|------------|------------------------|-----------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 5 g | <b>2%</b> | <b>Vitamin A</b> | <b>6%</b>  | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 644 mg | <b>27%</b> | Fiber 1 g              | <b>6%</b> | <b>Vitamin C</b> | <b>38%</b> | <b>Iron</b>    | <b>3%</b> |
| <b>Protein</b> 0.9 g |           |                      |            | Sugars 4 g             |           |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**HOT SPICED TOMATO JUICE**

Yield: 64 portions or 2 gal      Portion: 4 oz (½ cup)

| <i>Ingredient</i>                   | <i>Amount</i>           | <i>Procedure</i>   |
|-------------------------------------|-------------------------|--|
| Tomato juice                        | 4¼ qt<br>(3 46-oz cans) | Add onions, celery, and seasonings to tomato juice. Simmer for about 15 minutes. |
| Onions, chopped                     | 8 oz                    | Strain.  |
| Celery stalks, cut in 1-inch pieces | 6                       |  |
| Bay leaves                          | 3                       |  |
| Cloves, whole                       | 12                      |  |
| Salt                                | 1 tsp                   |  |
| Dry mustard                         | 1 Tbsp                  |  |
| Consommé                            | 1 gal                   | Add consommé to tomato mixture and reheat. Serve hot.                            |

*Approximate nutritive values per portion*

Calories 21

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion         | %DV       | Amount/portion   | %DV        |
|----------------------|-----------|----------------------|------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 4 g | <b>1%</b> | <b>Vitamin A</b> | <b>3%</b>  |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 430 mg | <b>18%</b> | Fiber 1 g              | <b>4%</b> | <b>Vitamin C</b> | <b>21%</b> |
| <b>Protein</b> 2 g   |           |                      |            | Sugars 2 g             |           | <b>Calcium</b>   | <b>1%</b>  |
|                      |           |                      |            |                        |           | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Two 50-oz cans condensed beef or chicken consommé, diluted with 2 qt water, may be used.

**FRESH CRANBERRY WARMER**

Yield: 50 portions or 3 gal      Portion: 8 oz

| <i>Ingredient</i>               | <i>Amount</i>               | <i>Procedure</i>   |
|---------------------------------|-----------------------------|--|
| Cranberries, fresh              | 2 lb 4 oz<br>(3 12-oz pkgs) | Cook cranberries until soft.   |
| Water                           | 2 qt                        | Strain, forcing pulp through sieve. Reserve strained liquid for next step. |
| Water                           | 2 qt                        | Combine. Cook until red-hots dissolve.                                     |
| Sugar, granulated               | 1 lb                        |  |
| Red-hots<br>(cinammon candies)  | 1 lb                        |  |
| Cloves, whole                   | 24                          |  |
| Orange juice, frozen, undiluted | 12 oz                       | Add undiluted concentrate and water.                                       |
| Lemonade frozen, undiluted      | 12 oz                       | Strain and heat before serving.  |
| Water                           | 1½ gal                      |  |
| Red food coloring               | few drops                   |  |

*Approximate nutritive values per portion*

Calories 93

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       | Amount/portion   | %DV        |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 24 g | <b>8%</b> | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 0 mg   | <b>0%</b> | Fiber 1 g               | <b>4%</b> | <b>Vitamin C</b> | <b>39%</b> |
| <b>Protein</b> 0 g   |           |                      |           | Sugars 15 g             |           | <b>Calcium</b>   | <b>0%</b>  |
|                      |           |                      |           |                         |           | <b>Iron</b>      | <b>0%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## SPICED CIDER

*Yield:* 80 portions or 2½ gal      *Portion:* 4 oz (½ cup)

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------|---------------|--|
| Cinnamon sticks         | 10            | Tie cinnamon, cloves, and allspice loosely in a clean white cloth to make a spice bag. |
| Cloves, whole           | 2½ Tbsp       |  |
| Allspice berries        | 2½ Tbsp       |  |
| Apple cider             | 2½ gal        | Add spice bag, sugar, and mace to cider.   |
| Sugar, brown (see Note) | 12 oz         | Bring slowly to the boiling point. Simmer for about 15 minutes.                        |
| Mace                    | ½ tsp         | Remove spices. Serve hot or chilled.   |

### *Approximate nutritive values per portion*

**Calories 75**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i>  | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|-------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>   | <b>Total Carb.</b> 19 g | <b>6%</b>  | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 5 mg    | <b>0.2%</b> | Fiber 0.3 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 0 g    |            |                       |             | Sugars 14 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |             |                         |            | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • If a very sweet cider is used, omit or reduce brown sugar.

- Variations**
- **Cider Punch.** Omit spices. Substitute 1 qt reconstituted frozen orange juice and 1 qt pineapple juice for an equal amount of cider. Garnish with thin slices of orange.
  - **Hot Mulled Orange Cider.** Combine 2 gal apple cider, 1½ qt reconstituted frozen orange juice, and 1 cup reconstituted frozen lemon juice. Add 2 sticks cinnamon, 1½ tsp ground cinnamon, 1½ tsp whole cloves, and 10 oz sliced fresh orange peels, which have been tied in a clean white cloth. Bring to a boil. Reduce heat and simmer for 15 minutes. Remove spice bag.
  - **Spiced Cranberry Juice.** Substitute cranberry juice for apple cider. Reduce brown sugar to 4 oz.

**SPICED ROSÉ WARMER**

Yield: 80 portions or 2½ gal

Portion: 4 oz

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------|---------------|--|
| Apple juice               | 2 qt          | Combine juices, lemon peel, water, sugar and spices in a steam-jacketed or other kettle. Stir to dissolve sugar. |
| Cranberry juice           | 2 qt          |  |
| Lemon peel strips (fresh) | 2 lemons      | Bring to a boil. Reduce heat and simmer for 10 minutes. Remove and discard lemon peel.                           |
| Water                     | 2 qt          |  |
| Sugar                     | 1 lb 12 oz    |  |
| Cinnamon sticks           | 12 inches     |  |
| Cloves, whole             | ½ tsp         |  |
| Rosé wine                 | 1 gal         | Add wine and lemon juice to juice mixture. Heat to 180°F. Garnish with lemon slices.                             |
| Lemon juice (fresh)       | 1 cup         |  |

*Approximate nutritive values per portion*

Calories 99

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       |                  | %DV        |                | %DV       |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 17 g | <b>6%</b> | <b>Vitamin A</b> | <b>0%</b>  | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 0 mg   | <b>0%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>28%</b> | <b>Iron</b>    | <b>1%</b> |
| <b>Protein</b> 0 g   |           |                      |           | Sugars 17 g             |           |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Care should be taken when pouring hot liquid into a glass punch bowl. Heat punch bowl first with warm water, then pour hot beverage slowly into warm bowl.

**RUBY WINE PUNCH**

Yield: 80 portions or 2½ gal

Portion: 4 oz

| <i>Ingredient</i>    | <i>Amount</i> | <i>Procedure</i>   |
|----------------------|---------------|--|
| Water                | 1 qt          | Combine water, sugar, and spices in a steam-jacketed or other kettle.  |
| Sugar                | 1 lb 12 oz    |  |
| Cinnamon sticks      | 15 inches     | Bring to a boil. Reduce heat and simmer for 10 minutes. Discard spices. (Chill water-sugar mixture if using for cold punch.) |
| Cloves, whole        | 1 Tbsp        |  |
| Cran-Raspberry juice | 1½ gal        | Combine water-sugar mixture with juice and wine. Heat to 180°F.  |
| Burgundy wine        | 3 qt          |  |

*Approximate nutritive values per portion*

Calories 106

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|------------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 21 g | <b>7%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 34 mg  | <b>34%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>1%</b> | <b>Iron</b>    | <b>1%</b> |
| <b>Protein</b> 0 g   |           |                      |            | Sugars 10 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- For cold wine punch, heat water, sugar, and spices. Chill. Combine with cold juice and wine.
- Care should be taken when pouring hot liquid into a glass punch bowl. Heat punch bowl first with warm water, then pour hot beverage slowly into warm bowl.

## NONALCOHOLIC COCKTAILS

| <i>Cocktail</i>          | <i>Beverage to use</i>                    | <i>Garnish</i>  | <i>Glassware</i> |
|--------------------------|---|---|------------------|
| Apple Cooler             | Spiced Cider, Chilled<br>(p. 101)         | Apple on a skewer   | Goblet           |
| Citrus Spritzer          | Ginger Ale Fruit<br>Punch<br>(p. 93)      | Orange and lemon on<br>skewer with mara-<br>schino cherry | Stemmed glass    |
| Champale<br>Punch        | Pink Champagne-<br>Style Punch<br>(p. 98) | Lemon peel strip  | Stemmed glass    |
| Chocolate Mint<br>Warmer | French Chocolate<br>(p. 92)               | Crème de menthe syrup<br>Mint leaf                        | Cup or mug       |
| Hot Apple Toddy          | Spiced Cider, hot<br>(p. 101)             | Cinnamon stick  | Mug              |
| Piña Colada              | Mock Piña Colada<br>(p. 97)               | Pineapple and mara-<br>schino cherry on<br>skewer         | Stemmed glass    |
| Sangria Sipper           | Sangria Sipper<br>(p. 96)                 | Sliced fruit  | Stemmed goblet   |
| Tomato Juice<br>Cocktail | Tomato Juice Cock-<br>tail (p. 99)        | Celery stalk  | Tumbler          |

**Note** • Recipe yields may need to be adjusted, depending on the size of glassware used.



## CHAPTER 4

# Breads

### QUICK BREADS

Basic ingredients in all quick breads are flour, liquid, a leavening agent, and flavorings. Fat and eggs are usually included also. The type and quantity of each of these ingredients and their interaction affect the characteristics of the finished product. They may be classified, according to the proportion of flour to liquid, as:

- *pour batter*: pancakes, waffles, popovers, crepes
- *drop batter*: muffins, pan breads, drop biscuits
- *soft dough*: rolled and cut biscuits

Quick breads are leavened by baking power, baking soda, or steam, which act quickly, requiring them to be baked at once. If a double-acting baking power is used, quick breads may be mixed, panned, refrigerated, and then baked as needed during the serving period, although they will have slightly decreased volume. A variety of sweet and savory quick breads may be made from basic biscuit and muffin recipes by adding fruits, nuts, and other flavorings.

Quick-bread mixes may be prepared by sifting together the dry ingredients, which generally include nonfat dry milk, and then cutting in the shortening. Such a mix may be made on days when the work load is light and stored for periods up to 6 weeks without refrigeration, or longer if refrigerated. Many foodservices use some type of commercial mix. The decision to purchase a mix or to prepare from scratch depends on the amount of time and skilled labor available, food inventories, and the cost and quality of the mix.

Pans for quick breads should be greased on the bottoms only. A coating mixture may be prepared and brushed on (p. 165), or the pans may be coated with a vegetable spray. Muffin pans with paper baking cups

are often used. See p. 107 for quality standards for quick breads.

### Methods of Mixing

Ingredients for most quick breads are combined by the muffin or biscuit method, although the conventional cake method, described on p. 155, is used for some loaf breads. Most quick-bread ingredients should be mixed only to blend, with as little handling as possible.

#### Muffin Method

The muffin method is used for muffins, pancakes, waffles, and popovers.

1. Mix the dry ingredients in a mixer bowl. If dry milk is used, add it to the other dry ingredients.
2. Combine beaten eggs, milk, and melted or liquid fat and add to the dry ingredients all at once.
3. Mix at low speed only enough to dampen the dry ingredients.

The mixture should be slightly lumpy and appear undermixed when put into the pan. Excess mixing causes gluten to develop and carbon dioxide to be lost, resulting in the formation of long “tunnels” in the baked product. Effects of overmixing are less evident in rich muffins and loaf breads that contain a high proportion of fat and sugar, or when the batter is made with cake or pastry flour. The batter should be dipped into pans carefully to avoid additional mixing.

#### Biscuit Method

The biscuit method is used mainly for baking powder biscuits.

1. Combine dry ingredients in a mixer bowl.
2. Cut fat into the flour with flat beater or pastry knife.
3. Add liquid and mix to form a soft dough.
4. Knead dough on low speed for 15–30 seconds (or on a lightly floured board for 15–20 strokes) to develop the gluten. Kneading contributes to making a good volume biscuit with a crumb that peels off in flakes. Overkneading or working in extra flour when kneading by hand may result in a biscuit that is compact and less tender. The volume can be affected also by the temperature of the liquid used and the amount of standing time before baking.

### Conventional Cake Method

The conventional method, described on p. 155, may be used for coffee cakes, loaf breads, and rich muffins.

## YEAST BREADS

### Ingredients

An understanding of the functions of the main ingredients in yeast-raised doughs is essential to the production of good bread and rolls.

#### Flour

Flour used for baked products must contain enough protein to make an elastic framework of gluten that will stretch and hold the air bubbles of carbon dioxide gas formed as the dough ferments. *Bread flour* is made from hard wheat and contains more protein than other flour. It is used for making breads and pasta when strength and elasticity are required. *All-purpose flour* is milled from a blend of hard and soft wheats and contains enough protein to provide the gluten essential to make good rolls and yeast breads. An all-purpose flour, unless otherwise noted, was used in testing the recipes in this book. *Whole wheat, rye, and specialty flours* add variety to breads. These flours should be combined with a high-protein flour because they do not have enough protein to effect proper gluten formation.

#### Yeast

Yeast is added to dough for its leavening effect, as well as to enhance the flavor and texture of the finished product. In the fermentation process, sugar in the dough is fermented, and carbon dioxide, ethanol, and other by-products such as lactic acid and acetic acid are released. Fermentation is controlled very carefully by monitoring time, temperature, and humidity throughout the mixing and rising process. When the yeast cells reach about 140°F, as they do

soon after baking begins, the cells are destroyed and fermentation ceases. The continued rising is a result of heat expanding the gases trapped within the gluten structure.

The three types of yeast used for yeast bread doughs are compressed, active dry, and instant active dry. *Compressed yeast*, often referred to as fresh yeast, may be purchased in 1-lb cakes or 0.6 oz cubes. It is highly perishable and may be held under refrigeration (30°–40°F) for 2 to 3 weeks. The longer the storage time, the more the yeast activity is lost. Compressed yeast is softened in lukewarm water (95°F) before it is added to the other ingredients.

*Active dry yeast* differs from compressed yeast in that the moisture is removed by dehydrating at a low temperature. The yeast does not require refrigeration and can be stored for several months in a cool, dry environment. It is recommended that yeast be stored for as short a time as possible because some yeast activity is lost during storage. Active dry yeast must be rehydrated before using in water that ranges in temperature between 105°–115°F. When substituting active dry yeast for compressed yeast, use 60 percent of the compressed yeast weight plus enough water to make up the difference.

*Instant or quick-rise dry yeast* differs from active dry yeast in its genetics and method of processing. Instant dry yeast is less sensitive to temperature extremes than active dry yeast and can be added to the dry ingredients without first reconstituting. Water at 125°F is recommended for hydrating the yeast and other dry ingredients. Water above about 138°F will destroy the living yeast organism. Instant dry yeast is vacuum packed and can be stored unopened for several months.

#### Liquid

The amount of liquid necessary to produce an optimum dough varies with the flour and generally is related to the flour's protein content. Flours with high protein values absorb more water than low-protein flour.

The liquid used for yeast breads generally is milk or water, although potato water and fruit juice may be used. Milk improves the browning and nutritive value of the bread and tends to delay staling. If fresh milk is used, it is scaled to stop enzyme action that may produce undesirable characteristics, then cooled to the appropriate temperature. Nonfat dry milk may be mixed with the dry ingredients or reconstituted and used in liquid form. The nutritive value of bread may be increased by the addition of extra quantities of dry milk.

The temperature of the liquid used has an effect on the end-point dough temperature after mixing. When using high-speed mixers or making large quantities, it is necessary to calculate the water temperature based on factors such as friction heat generated by the equipment, flour temperature, and room tempera-

## QUALITY STANDARDS FOR QUICK BREADS

**Quality standard:** Golden brown color, slightly rounded with pebbly top, well-proportioned shape; tender crust, even grain, with no tunnels; moist crumb, breaks easily without crumbling; light and tender; good flavor.

### *Deviation*

### *Possible Cause*

|                          |  |
|--------------------------|--|
| Pale color               | Overmixing, oven temperature too low   |
| Rough surface            | Undermixing, too much flour  |
| Peaked shape             | Wrong size pans, overmixing, incorrect liquid measurement, oven temperature too high   |
| Undersized               | Incorrect proportion of ingredients, inaccurate measurements, improper mixing, too hot water (leavening gone), oven temperature too low, too large a proportion of acidic ingredients (blueberries, oranges, etc.) or dough held too long before baking when using acidic ingredients, too much flour used when rolling biscuits |
| Texture coarse, tunneled | Incorrect proportion of ingredients, inaccurate measurements, overmixing   |
| Dry                      | Too much flour or too little liquid, oven temperature too low, overbaking  |
| Tough, elastic           | Overmixing, too little liquid  |
| Unpleasant flavor        | Not enough salt, too much baking powder or soda, poor-quality fat or flavorings  |

ture. For quantities used in this book, however, the following guidelines for water temperature are recommended: lukewarm (95°F) for compressed yeast, warm (105°–115°F) for active dry yeast, and very warm (125°F) for instant active dry yeast that is mixed with flour and other ingredients.

### Other Ingredients

Although used in small quantities, other ingredients influence the quality of the finished product. Salt is added for flavor and also helps to control the rate of fermentation. Sugar, a ready source of food for the yeast, accelerates the action of the yeast. Although the addition of a small amount of sugar makes the dough rise faster, too much sugar inhibits yeast activity. Granulated sugar generally is used for bread making, but honey, corn syrup, brown sugar, and molasses are also used, especially in dark whole-grain bread, sweet rolls, or coffee cake. Fat is added to improve flavor, tenderness, browning, and keeping quality. Fat in large amounts, or fat added directly to the yeast, will slow its action. Eggs affect flavor, richness, tenderness, and color.

### Bread Bases

Commercially available bread bases may include ingredients for dough conditioning, flavoring, and coloring, as well as flour, salt, eggs, and seeds or nuts. These bases generally require mixing with flour, yeast, and liquid. Mixing and proofing time and techniques may differ from standard procedures, so the manufacturer's instructions should be followed.

### Mixing the Dough

Mixing and kneading of dough has three important functions: to uniformly distribute the ingredients into a homogeneous mass, develop the gluten structure that will entrap the carbon dioxide gas, and develop the dough into a continuous gluten network that will have maximum gas-holding capacity. A repeated stretching-and-folding motion, performed always in the same direction, is the most effective way to produce quality bread with high volume; a soft, silky, and uniform grain and texture; and good keeping quality.

Dividing, rounding, sheeting, and shaping all have a beneficial effect on bread quality because they too contribute to the mixing functions.

The mixing speed and length of time will vary with the size of mixer and amount of dough. Overmixing and allowing the dough temperature to get too high will produce a product with a dense texture and low volume. Generally dough is mixed only until it leaves the sides and bottom of the bowl. When mixed adequately, a small piece of dough may be stretched, without tearing, to resemble a membrane (sometimes referred to as the membrane test).

Moisture content of the flour may vary, making it necessary to adjust slightly the amount of flour called for in the recipe. Reserving some of the flour specified and adding it as needed toward the end of the mixing process is suggested. Enough flour should be added to produce a soft—but not sticky—dough. Dough for rolls is usually softer than for loaf bread.

## Fermentation of Dough

The flavor and texture of the bread depend on the fermentation process. Fermentation begins when the dough is mixed and continues until the yeast is killed by the heat of the oven (approximately 140°F). After mixing is completed, the dough should be set in a warm place (80°–85°F), with a relative humidity near 75 percent. The length of the fermentation period depends on the type of product, amount of yeast, strength of the flour, amount of sugar, and temperature of the dough and proofing area. Usually 1 to 1½ hours are required for the dough to double in bulk for the first time.

After the dough has doubled, air must be forced out and the dough returned to its original bulk. This may be done with a mixer using a dough arm or by hand for small amounts of dough. This process continues to decrease the size of the air bubbles and helps form a good grain and texture in the finished product. Dough at this stage may be retarded by chilling and held in a refrigerator for use at a later time. It is important to cover the dough tightly so that moisture is not lost and a dry, tough skin does not develop on the surface.

## Shaping, Proofing, and Baking

After the dough has fermented until double and the air bubbles are forced out, it is time to form it into the desired shape. A rest period of 10–15 minutes allows the gluten structure to relax and makes shaping easier (see pp. 136–137 for recipes and directions for shaping). When panning rolls or bread, the distance between pieces will affect the shape, size, and amount of crust in the final product. Individual preference should be considered.

Panned bread or rolls should rise (proof) at 90°–100°F and 80 to 85 percent humidity until double in bulk. A general test for assessing how long to proof is to press the dough lightly with a finger. When proofed for the correct length of time, a slight indentation remains. When not proofed long enough, the dough will spring back, leaving no indentation. Overproofed dough will collapse when pressed with a finger. Too short a proofing period will produce a dense, undersized product with a tough crust; too long a proofing period will cause an open, crumbly, texture with low volume and unpleasant flavor.

Crust texture may be determined partly by the treatment applied prior to baking and during the early stages in the oven. For a crisp crust, spray loaves or rolls with cold water before baking and again after about 10 minutes in the oven. An egg-white glaze (one slightly beaten egg white with 1 tsp water) also may be used to produce a crisp crust. For a shiny, golden crust, brush loaves or rolls with egg or egg-yolk glaze (one slightly beaten egg or egg yolk with 1 Tbsp water or milk) prior to baking. For a soft or tender crust, brush with melted butter or margarine immediately after baking; and to give baked sweet rolls a shiny, glossy appearance brush with simple syrup, then glaze as usual.

Most bread is baked at 375°–400°F. Rich and sweet doughs may overbrown quickly and may need to be baked at a slightly lower temperature, 350°F. Generally, small rolls, spaced apart, are baked at a higher temperature than larger loaves so that they become browned in the short time it takes to bake them. For best volume and texture, preheat the oven before baking yeast breads. The final expansion of the dough, called “oven spring,” occurs in the first 10–15 minutes of baking in a hot oven. The bread is usually done when tapping the crust produces a hollow sound and the sides, bottom, and top are golden brown. Remove bread from the pans immediately and place on a wire rack to prevent steaming and softening of the crust. Cool the loaves uncovered.

## Freezing Yeast Doughs and Breads

Yeast doughs can be frozen up to 6 weeks before or after shaping. Sugar and yeast are usually increased slightly. It is important that the dough be frozen quickly and covered tightly. Some quality loss can be expected when freezing dough using techniques available in most bakeries. Commercial processors are able to achieve better results.

To freeze baked bread and rolls, allow to cool to room temperature, then wrap and freeze. Frozen baked products should be allowed to return to room temperature before being warmed or used.

## QUALITY STANDARDS FOR YEAST BREADS

**Quality standard:** Symmetrical, uniform shape, rounded top, good volume; smooth, tender crust; golden brown color; fine, even grain, free from large air bubbles, thin cell walls; moist, silky, elastic crumb; nutlike flavor.

### *Deviation*

### *Possible Cause*

|                  |  |
|------------------|--|
| Excessive volume | Too much yeast, too little salt, oven temperature too low, protein content of flour too high, overproofing   |
| Poor volume      | Protein content of flour too low, not enough yeast, over- or underdeveloped gluten, over- or underproofing, too much salt  |
| Pale color       | Not enough sugar, overfermented dough, oven temperature too low, crust formed before baking  |
| Dark color       | Excessive sugar or milk, oven temperature too high, baking time too long   |
| Cracked          | Overmixing, improper shaping, formation of dried crust before baking, cooling too fast   |
| Coarse texture   | Not enough flour, slack dough, underkneading, proofing period too long or at too high a temperature, oven temperature too low, temperature of dough out of mixer too high                  |
| Heavy texture    | Yeast partially killed, not enough yeast, underkneading, poor distribution of ingredients, too-cool proofing temperature, too-short proofing period, excessive dough in pan, too much salt |
| Crumbly, dry     | Too-stiff dough, oven temperature too low, underkneading   |
| Poor flavor      | Flat: too little salt<br>Yeasty: too-long proofing period, proofing temperature too warm<br>Sour: too-long proofing period, poor-quality ingredients                                       |

## QUICK BREAD RECIPES

### BAKING POWDER BISCUITS

*Yield:* 100 2½-inch biscuits or 130 2-inch biscuits

*Oven:* 425°F      *Bake:* 15 minutes

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------|---------------|---|
| Flour, all-purpose       | 5 lb          | Combine flour, baking powder, and salt in mixer bowl. Mix on low speed until blended, approximately 10 seconds, using flat beater.                          |
| Baking powder            | 5 oz          |   |
| Salt                     | 2 Tbsp        |   |
| Shortening, hydrogenated | 1 lb 4 oz     | Add shortening to flour mixture. Mix on low speed for 1 minute. Stop and scrape sides and bottom of bowl. Mix 1 minute longer. The mixture will be crumbly. |
| Milk                     | 1¾ qt         | Add milk. Mix on low speed to form a soft dough, about 30 seconds. Do not overmix. Dough should be as soft as can be handled.                               |

1. Place one-half of dough on lightly floured board or table. Knead lightly 15–20 times.
2. Roll to ¾-inch thickness. Biscuits will approximately double in height during baking. Cut with a 2½-inch (or 2-inch) cutter; or cut into 2-inch squares with a knife. When using round hand cutters, cut straight down and do not twist to produce the best shape. Space the cuts close together to minimize scraps. Use of a roller cutter or cutting the dough into squares eliminates or reduces scraps. The scraps can be rerolled, but the biscuits may not be as tender.
3. Place on ungreased baking sheets ½ inch apart for crusty biscuits, just touching for softer biscuits. Repeat, using remaining dough.
4. Bake at 425°F for 15 minutes, or until golden brown. (See Exhibit V in the color insert.)
5. Biscuits may be held 2–3 hours in the refrigerator until time to bake.

#### *Approximate nutritive values per portion*

**Calories 145**

| Amount/portion       | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|----------------------|------------|----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total fat</b> 6 g | <b>10%</b> | <b>Cholest.</b> 2 mg | <b>1%</b>  | <b>Total Carb.</b> 18 g | <b>6%</b> | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 2 g         | <b>9%</b>  | <b>Sodium</b> 278 mg | <b>12%</b> | Fiber 1 g               | <b>2%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 3 g   |            |                      |            | Sugars 1 g              |           | <b>Calcium</b>   | <b>11%</b> |
|                      |            |                      |            |                         |           | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- 7 oz nonfat dry milk and 1¾ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 1 lb 6 oz.
- Variations**
- **Buttermilk Biscuits.** Substitute cultured buttermilk (or 7 oz dry buttermilk and 1¾ qt water) for milk. Add 1 Tbsp baking soda to dry ingredients.
  - **Butterscotch Biscuits.** Divide dough into eight parts. Roll each part into a rectangle ¼ inch thick. Spread with melted margarine or butter and brown sugar. Roll the dough as for jelly roll. Cut off slices ¾ inch thick. Bake at 375°F for 15 minutes.
  - **Cheese Biscuits.** Reduce shortening to 1 lb and add 1 lb grated cheddar cheese.
  - **Cinnamon Raisin Biscuits.** Substitute 2 lb 8 oz margarine for shortening. Combine 8 oz sugar and 2½ Tbsp cinnamon with dry ingredients. Add 1 lb 12 oz raisins to mixture after margarine has been mixed in. When baked, ice with Powdered Sugar Glaze (p. 196).
  - **Drop Biscuits.** Increase milk to 2 qt. Drop by spoon or No. 30 dipper onto greased baking sheets.

- **Orange Biscuits.** Proceed as for Butterscotch Biscuits. Spread with orange marmalade.
- **Raisin Biscuits.** Reduce shortening to 14 oz and use ½ cup less milk; add 4 whole eggs, beaten, 3 Tbsp grated orange rind, 8 oz sugar, and 8 oz chopped raisins.
- **Scotch Scones.** Add 10 oz sugar and 7 oz currants to dry ingredients. Add 5 eggs, beaten, mixed with the milk. Cut dough in squares and then cut diagonally to form triangles. Brush lightly with milk before baking. (See Exhibit V in the color insert.)
- **Shortcake.** Increase shortening to 1 lb 12 oz. Add 8 oz sugar.
- **Whole Wheat Biscuits.** Substitute 2 lb whole wheat flour for 2 lb all-purpose flour.

## BASIC MUFFINS (CAKE METHOD)

*Yield:* 50 3-oz muffins or 70 2¼-oz muffins

*Oven:* 350°F      *Bake:* 18–20 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Sugar, granulated  | 1 lb 3 oz     | Cream sugar and shortening until fluffy, about 10 minutes, using flat beater.             |
| Shortening         | 14 oz         |   |
| Eggs               | 5 (9 oz)      | Add eggs slowly to creamed mixture. Mix until blended. Scrape sides of bowl.              |
| Flour, all-purpose | 3 lb 3 oz     | Combine dry ingredients.  |
| Baking powder      | 3 oz          |   |
| Salt               | 1 Tbsp        |   |
| Milk               | 1½ qt         | Add milk and vanilla alternately with dry ingredients to creamed mixture. Do not overmix. |
| Vanilla            | 1 Tbsp        |   |

Grease bottoms of muffin pans or line with paper baking cups. Portion batter into pans with No. 12 dipper for 3-oz muffins or No. 16 dipper for 2¼-oz muffins. Bake at 350°F for 18–20 minutes.

### *Approximate nutritive values per portion*

**Calories 245**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 10 g | <b>15%</b> | <b>Cholest.</b> 26 mg | <b>9%</b>  | <b>Total Carb.</b> 35 g | <b>12%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 3 g          | <b>14%</b> | <b>Sodium</b> 320 mg  | <b>13%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 12 g             |            | <b>Calcium</b>   | <b>14%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** ● 6 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with flour.

- Variations**
- **Chocolate Chip Muffins.** Add 1 lb chocolate chips to batter.
  - **Coconut Muffins.** Add 1 lb flaked coconut to batter.
  - **Honey Streusel Topping for Muffins.** Combine 8 oz brown sugar, 8 oz margarine or butter, 2 Tbsp honey, and ¼ tsp salt. Stir in 1 lb all-purpose flour. Sprinkle on top of muffins before baking.
  - For other variations, see Basic Muffins (Muffin method), p. 112.

**BASIC MUFFINS (MUFFIN METHOD)**

Yield: 50 muffins      Portion: 2¼ oz  
 Oven: 400°F      Bake: 20–25 minutes

| Ingredient               | Amount       | Procedure  |
|--------------------------|--------------|--|
| Flour, all-purpose       | 2 lb 8 oz    | Combine dry ingredients in mixer bowl. Blend on low speed for 10 seconds, using flat beater.   |
| Baking powder            | 2 oz         |  |
| Salt                     | 1 Tbsp       |  |
| Sugar, granulated        | 6 oz         |  |
| Eggs, beaten             | 4 (7 oz)     | Combine eggs, milk, and melted shortening. Add to dry ingredients. Mix on low speed only long enough to blend, about 15 seconds. Batter will still be lumpy. |
| Milk                     | 1½ qt        |  |
| Oil or melted shortening | 8 oz (1 cup) |  |
|                          |              |  |

Portion batter with No. 16 dipper into greased muffin pans, about ⅔ full. Batter should be dipped all at once with as little handling as possible. The dipped muffin batter may be refrigerated for up to 24 hours and baked as needed. See Notes. Bake at 400°F for 20–25 minutes, or until golden brown. Remove muffins from pans as soon as baked.

*Approximate nutritive values per portion*

Calories 161

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|------------------|-----|----------------|-----|
| Total fat 6 g  | 9%  | Cholest. 21 mg | 7%  | Total Carb. 22 g | 7%  | Vitamin A      | 1%  |
| Sat. Fat 2 g   | 10% | Sodium 261 mg  | 11% | Fiber 1 g        | 2%  | Vitamin C      | 0%  |
| Protein 4 g    |     |                |     | Sugars 5 g       |     | Calcium        | 11% |
|                |     |                |     |                  |     | Iron           | 6%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- 6 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase fat to 9 oz.
  - No. 24 dipper yields 6½ dozen muffins.
  - For best results, bake muffins immediately. If refrigerated, let come to room temperature before baking or they will have peaks formed or exploding tops.
  - If adding acidic fruits, bake immediately. Acidic fruits will affect the leavening action.

- Variations**
- **Apple Muffins.** Add 1 lb chopped, peeled apples. Fold into batter.
  - **Apricot Muffins.** Add 1 lb cooked apricots, drained and chopped. Fold into batter.
  - **Blueberry Muffins.** Carefully fold 1 lb well-drained blueberries into the batter. Increase sugar to 10 oz. Bake immediately.
  - **Cherry Muffins.** Add 1 lb well-drained, cooked cherries. Fold into batter.
  - **Cornmeal Muffins.** Substitute 1 lb white cornmeal for 1 lb flour.
  - **Cranberry Muffins.** Sprinkle 4 oz granulated sugar over 1 lb chopped raw cranberries. Fold into batter. Bake immediately.
  - **Currant Muffins.** Add 8 oz chopped currants. Fold into batter.
  - **Date Muffins.** Add 1 lb chopped dates. Fold into batter.
  - **Jelly Muffins.** Drop ¼–½ tsp jelly on top of each muffin just before placing in the oven.
  - **Nut Muffins.** Add 10 oz chopped nuts. Fold into batter.
  - **Raisin Nut Muffins.** Add 6 oz chopped nuts and 6 oz chopped raisins. Fold into batter.
  - **Spiced Muffins.** Add 1½ tsp cinnamon, 1 tsp ginger, and ½ tsp allspice to dry ingredients.
  - **Whole Wheat Muffins.** Substitute 12 oz whole wheat flour for 12 oz white flour. Add ¼ cup molasses with liquid ingredients.

## BANANA WHOLE WHEAT MUFFINS

*Yield:* 50 muffins      *Portion:* 2¼ oz.  
*Oven:* 350°F      *Bake:* 35–40 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--|---------------|---|
| Sugar, granulated  | 1 lb 9 oz     | Cream sugar and shortening on medium speed until fluffy, using flat beater.       |
| Shortening   | 13 oz         |   |
| Eggs   | 7 (12 oz)     | Add eggs and vanilla to creamed mixture and mix thoroughly. Scrape sides of bowl. |
| Vanilla  | 1 Tbsp        |   |
| Bananas, mashed  | 2 lb 11 oz    | Add bananas. Mix on medium speed for 10 minutes.                                  |
| Flour, whole wheat   | 10 oz         | Combine dry ingredients.  |
| Flour, all-purpose   | 1 lb 8 oz     | Add to banana mixture.  |
| Baking soda  | 3½ tsp        | Mix on low speed only until blended. Scrape sides of bowl as needed.              |
| Salt   | 1½ tsp        |   |
| Portion batter into greased muffin pans with No. 16 dipper. Bake at 350°F for 35–40 minutes. |               |   |

### *Approximate nutritive values per portion*

**Calories 224**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total fat</b> 8 g  | <b>13%</b> | <b>Cholest.</b> 29 mg | <b>10%</b> | <b>Total Carb.</b> 35 g | <b>12%</b> | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 2 g          | <b>11%</b> | <b>Sodium</b> 161 mg  | <b>7%</b>  | Fiber 1 g               | <b>4%</b>  | <b>Vitamin C</b>      | <b>3%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 18 g             |            | <b>Calcium</b>        | <b>0%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variation** • **Banana Muffins.** Delete whole wheat flour. Increase all-purpose flour to 2 lb 2 oz.

**OATMEAL MUFFINS**

*Yield:* 50 muffins      *Portion:* 2¼ oz  
*Oven:* 400°F      *Bake:* 15–20 minutes

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------|---------------|--|
| Rolled oats              | 14 oz         | Combined rolled oats and buttermilk in mixer bowl. Let stand 1 hour.   |
| Buttermilk               | 1¼ qt         |  |
| Eggs, beaten             | 5 (9 oz)      | Combine eggs, sugar, and shortening. Add to rolled-oat mixture. Mix 30 seconds. Scrape sides of bowl.                            |
| Sugar, brown             | 1 lb 4 oz     |  |
| Oil or melted shortening | 1 lb          |  |
| Flour, all-purpose       | 1 lb 4 oz     | Combine dry ingredients. Add to rolled-oat mixture. Mix on low speed only until dry ingredients are moistened, about 15 seconds. |
| Baking powder            | 5 tsp         |  |
| Salt                     | 2½ tsp        |  |
| Baking soda              | 2½ tsp        |  |

Portion batter with No. 16 dipper into greased muffin pans (¾ full).  
 Bake at 400°F for 15–20 minutes.  
 Remove from pans as soon as baked.

*Approximate nutritive values per portion***Calories 213**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV       |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|-----------|
| <b>Total fat</b> 10 g | <b>16%</b> | <b>Cholest.</b> 23 mg | <b>8%</b>  | <b>Total Carb.</b> 26 g | <b>9%</b> | <b>Vitamin A</b> | <b>1%</b> |
| Sat. Fat 3 g          | <b>13%</b> | <b>Sodium</b> 236 mg  | <b>10%</b> | Fiber 0.3 g             | <b>1%</b> | <b>Vitamin C</b> | <b>0%</b> |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 1 g              |           | <b>Calcium</b>   | <b>6%</b> |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>6%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 4 oz dry buttermilk and 1¼ qt water may be substituted for liquid buttermilk.
- Flavor may be varied by the addition of 1 tsp cinnamon to the dry ingredients.
- No. 24 dipper yields 7 dozen muffins.

**Variation**

- **Oatmeal Fruit Muffins.** Add 1 lb raisins, chopped dates, or other fruit. Fold into batter.

## POPPY SEED-YOGURT MUFFINS

*Yield:* 50 muffins      *Portion:* 2¼ oz  
*Oven:* 400°F      *Bake:* 18–22 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Flour, all-purpose | 2 lb 8 oz     | Blend. Set aside for later step.   |
| Poppy seeds        | ¼ cup         |  |
| Salt               | 2 tsp         |  |
| Baking soda        | 3½ tsp        |  |
| Sugar, granulated  | 1 lb 12 oz    | Cream sugar and margarine on medium speed until light and fluffy, using flat beater.   |
| Margarine          | 12 oz         |  |
| Eggs               | 1 lb (9)      | Combine and add gradually to creamed mixture. Mix until smooth.  |
| Vanilla            | 4 tsp         |  |
| Lemon juice        | 1½ tsp        |  |
| Yogurt, plain      | 2 lb 3 oz     | Add yogurt alternately with dry ingredients from first step, blending after each addition.<br>Portion into prepared muffin pans, using No. 16 dipper.<br>Bake at 400°F for 18–22 minutes.<br>Cool briefly before removing from pans. |

### *Approximate nutritive values per portion*

**Calories 222**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 38 mg | <b>13%</b> | <b>Total Carb.</b> 35 g | <b>12%</b> | <b>Vitamin A</b> | <b>8%</b>  |
| Sat. Fat 1 g          | <b>7%</b>  | <b>Sodium</b> 273 mg  | <b>11%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 16 g             |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variation** • **Glazed Poppy Seed–Yogurt Muffins.** Combine ¾ cup lemon juice and 2 Tbsp granulated sugar. Brush on baked muffins.

## FRENCH BREAKFAST PUFFS

Yield: 50 puffs

Portion: 2¼ oz

Oven: 350°F

Bake: 20–25 minutes

| Ingredient         | Amount     | Procedure  |
|--------------------|------------|--|
| Margarine          | 1 lb 2 oz  | Cream margarine and sugar on medium speed until light and fluffy, using flat beater.                   |
| Sugar, granulated  | 1 lb 10 oz |  |
| Eggs               | 6 (10 oz)  | Add eggs to creamed mixture.<br>Blend on low speed, then beat on medium speed for 3–5 minutes.         |
| Flour, all-purpose | 2 lb 8 oz  | Combine dry ingredients.   |
| Baking powder      | 2½ Tbsp    |  |
| Salt               | 1 Tbsp     |  |
| Nutmeg, ground     | 1½ tsp     |  |
| Nonfat dry milk    | 3 oz       |  |
| Water              | 3⅓ cups    | Add dry ingredients and water alternately, on low speed, to creamed mixture.                           |
|                    |            | Portion batter into greased muffin pans with No. 16 dipper.<br>Bake at 350°F for 20–25 minutes.        |
| Sugar, granulated  | 1 lb 10 oz | Mix sugar and cinnamon.  |
| Cinnamon, ground   | 2 Tbsp     |  |
| Margarine, melted  | 1 lb 4 oz  | When muffins are baked, remove from pans.<br>Roll in melted margarine, then in sugar-cinnamon mixture. |

### Approximate nutritive values per portion

Calories 368

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total fat 18 g | 28% | Cholest. 24 mg | 8%  | Total Carb. 48 g | 16% | Vitamin A | 8%  | Calcium | 6%  |
| Sat. Fat 4 g   | 18% | Sodium 393 mg  | 16% | Fiber 1 g        | 2%  | Vitamin C | 0%  | Iron    | 7%  |
| Protein 4 g    |     |                |     | Sugars 30 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- 3½ cups fluid milk may be used in place of the nonfat dry milk and water.
  - For small, tea-sized muffins, dip batter with No. 40 dipper into small (1½-inch) muffin pans.
- Variations**
- **Apple Nut Muffins.** Add 1 lb chopped apples and 8 oz chopped nuts.
  - **Plain Cake Muffins.** Delete nutmeg. Do not roll in sugar and cinnamon.

**BISHOP'S BREAD**

*Yield:* 64 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 365°F *Bake:* 35–45 minutes

*Portion:* 3 × 2¼ inches

| <i>Ingredient</i>   | <i>Amount</i>                 | <i>Procedure</i>  |
|---|-------------------------------|---|
| Shortening<br>Sugar, brown  | 1 lb<br>3 lb 2 oz             | Cream shortening and sugar on medium speed for 5 minutes, using flat beater.  |
| Flour, all-purpose<br>Salt<br>Cinnamon, ground  | 2 lb 14 oz<br>2 tsp<br>1 Tbsp | Combine flour, salt, and cinnamon. Add to creamed mixture and mix until well blended. Remove 1 lb 12 oz of the mixture to sprinkle on top later.                            |
| Flour, all-purpose<br>Baking powder<br>Baking soda  | 1 lb 2 oz<br>5 tsp<br>1½ tsp  | Combine flour, baking powder, and soda.   |
| Eggs, beaten<br>Buttermilk  | 5 (9 oz)<br>1½ qt             | Combine eggs and buttermilk. Add alternately with dry ingredients to creamed mixture. Scrape sides of bowl. Mix on low speed about 30 seconds. (Batter will not be smooth.) |
| <p>Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan.<br/>           Sprinkle 14 oz of the reserved topping over batter in each pan.<br/>           Bake at 365°F for 35–45 minutes.<br/>           Cut 4 × 8.</p> |                               |   |

*Approximate nutritive values per portion***Calories 265**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total fat</b> 8 g  | <b>12%</b> | <b>Cholest.</b> 18 mg | <b>6%</b>  | <b>Total Carb.</b> 44 g | <b>15%</b> | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 157 mg  | <b>7%</b>  | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>        | <b>6%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- 4 oz dry buttermilk and 1 qt water may be substituted for fluid buttermilk.

**BLUEBERRY COFFEE CAKE**

*Yield:* 64 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 350°F *Bake:* 45 minutes

*Portion:* 3 × 2¼ inches

| <i>Ingredient</i>                                       | <i>Amount</i> | <i>Procedure</i>  |
|---|---------------|---|
| Sugar, brown  | 12 oz         | Combine sugars, flour, cinnamon, and margarine. Mix on low speed to a coarse crumb consistency, about 5 minutes, using flat beater. Set aside for final step. |
| Sugar, granulated                                       | 4 oz          |   |
| Flour, all-purpose                                      | 4 oz          |   |
| Cinnamon, ground  | 2 tsp         |   |
| Margarine, soft   | 4 oz          |   |
| Shortening  | 14 oz         | Cream shortening and sugar on medium speed for about 10 minutes.  |
| Sugar, granulated                                       | 2 lb 10 oz    |   |
| Eggs  | 7 (12 oz)     | Add eggs to creamed mixture and continue mixing, 3–5 minutes.   |
| Flour, all-purpose                                      | 3 lb 6 oz     | Combine flour, baking powder, and salt.   |
| Baking powder   | 2 oz          |   |
| Salt  | 1 Tbsp        |   |
| Milk  | 3½ cups       | Add dry ingredients and milk alternately to creamed mixture. Mix on low speed for 3 minutes. Scrape sides of bowl. Mix on medium speed 10 seconds.            |
| Blueberries, frozen or canned (well-drained and rinsed) | 2 lb          | Carefully fold blueberries into batter. (Berries may be sprinkled on top of batter.)  |

Scale into two greased 12 × 18 × 2-inch baking pans, 4 lb 12 oz per pan.  
 Crumble topping mixture evenly over top of batter, 10 oz per pan.  
 Bake at 350°F for 45 minutes.  
 Cut 4 × 8.

*Approximate nutritive values per portion***Calories 220**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 9 g  | <b>14%</b> | <b>Cholest.</b> 24 mg | <b>8%</b>  | <b>Total Carb.</b> 31 g | <b>10%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 2 g          | <b>12%</b> | <b>Sodium</b> 222 mg  | <b>9%</b>  | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>8%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>8%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- 3 oz nonfat dry milk and 3½ cups water may be substituted for fluid milk. Add dry milk to other dry ingredients. Increase shortening to 15 oz.
- After cake is baked, thin Powdered Sugar Glaze (p. 196) may be drizzled in a fine stream over the top to form an irregular design.
- Recipe can be used for blueberry muffins. Sprinkle blueberries on top.

**DUTCH APPLE COFFEE CAKE**

*Yield:* 64 portions or 2 pans 12 × 20 × 2-inch  
*Oven:* 365°F      *Bake:* 50–60 minutes

*Portion:* 3 × 2½ inches

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------|---------------|--|
| Sugar, granulated        | 2 lb 8 oz     | Cream sugar, shortening, and eggs on medium speed for 10 minutes, using flat beater.   |
| Shortening               | 12 oz         |  |
| Eggs                     | 8 (14 oz)     |  |
| Flour, all-purpose       | 2 lb 8 oz     | Combine dry ingredients and mix until well blended.  |
| Baking powder            | 2 oz          |  |
| Salt                     | 2 tsp         |  |
| Milk                     | 1 qt          | Add milk and dry ingredients alternately to creamed mixture. Mix on low speed for 3 minutes. Scrape sides of bowl. Mix on medium speed for 10 seconds. |
| Apples, frozen or canned | 2 lb 8 oz     | Drain apples and chop. Combine with margarine, sugar, and cinnamon.  |
| Margarine, melted        | 2 oz          |  |
| Sugar, granulated        | 1 lb 2 oz     |  |
| Cinnamon, ground         | 2 Tbsp        |  |

Scale batter into two greased 12 × 20 × 2-inch baking pans, 4 lb 6 oz per pan.  
 Spread 1 lb 14 oz apple mixture over batter in each pan.  
 Bake at 365°F for 50–60 minutes.  
 Cut 4 × 8.

*Approximate nutritive values per portion***Calories 246**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 28 mg | <b>9%</b>  | <b>Total Carb.</b> 43 g | <b>14%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 180 mg  | <b>8%</b>  | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 26 g             |            | <b>Calcium</b>   | <b>8%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Cake batter may be mixed and panned the day before using. Refrigerate overnight, then add topping and bake.
- 4 oz nonfat dry milk and 1 qt water may be substituted for fluid milk.

**COFFEE CAKE**

*Yield:* 64 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 350°F

*Portion:* 3 × 2¼ inches

*Bake:* 25 minutes

| <i>Ingredient</i>             | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------------|---------------|--|
| Margarine                     | 10 oz         | Place margarine, sugar, flour, cinnamon, and salt in mixer bowl.<br>Mix on low speed until crumbly, using flat beater. Set aside, to be used later as topping. |
| Sugar, granulated             | 1 lb 4 oz     |  |
| Flour, all-purpose            | 3 oz          |  |
| Cinnamon, ground              | 1 oz          |  |
| Salt                          | 1½ tsp        |  |
| Flour, all-purpose            | 3 lb 6 oz     | Combine dry ingredients in mixer bowl.   |
| Baking powder                 | 2 oz          |  |
| Sugar, granulated             | 2 lb          |  |
| Salt                          | 1⅔ Tbsp       |  |
| Eggs, beaten                  | 6 (10 oz)     | Combine eggs and milk.<br>Add to dry ingredients.<br>Mix on low speed until dry ingredients are just moistened.  |
| Milk                          | 1¼ qt         |  |
| Shortening, melted and cooled | 1 lb 10 oz    | Add shortening and mix on low speed for 1 minute.  |

Scale dough into two greased 12 × 18 × 2-inch baking pans, 4 lb 2 oz per pan.

Sprinkle with reserved topping mixture, 1 lb per pan.

Bake at 350°F for 25 minutes or until done.

Cut 4 × 8.

*Approximate nutritive values per portion***Calories 335**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 16 g | <b>25%</b> | <b>Cholest.</b> 21 mg | <b>7%</b>  | <b>Total Carb.</b> 44 g | <b>15%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 4 g          | <b>21%</b> | <b>Sodium</b> 363 mg  | <b>15%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 24 g             |            | <b>Calcium</b>   | <b>9%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 5 oz nonfat dry milk and 1¼ qt water may be substituted for the fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 1 lb 12 oz.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 2½ inches.
- If used for breakfast, may be mixed and panned the day before. Refrigerate until morning, then bake. Allow 5–10 minutes extra time because batter will be cold.

**WALNUT COFFEE CAKE**

*Yield:* 4 cakes      *Portion:* 16 slices per cake  
*Oven:* 350°F      *Bake:* 45–50 minutes

| <i>Ingredient</i>  | <i>Amount</i>   | <i>Procedure</i>  |
|--------------------|-----------------|---|
| Sugar, granulated  | 3 lb            | Cream sugar and margarine on medium speed until light and fluffy, using flat beater.                  |
| Margarine          | 1 lb            |   |
| Eggs               | 16 (1 lb 12 oz) | Add eggs slowly to creamed mixture, beating well after each addition.<br>Add vanilla.                 |
| Vanilla            | 1 Tbsp          |   |
| Flour, all-purpose | 3 lb            | Mix flour, baking powder, and salt together.  |
| Baking powder      | 4 Tbsp          |   |
| Salt               | 2 tsp           |   |
| Milk               | 1 qt            | Add milk alternately with dry ingredients to creamed mixture. Combine thoroughly after each addition. |
| Sugar, brown       | 2 lb            | Combine brown sugar, margarine, flour, cinnamon, and walnuts for crumb mixture.                       |
| Margarine          | 4 oz            |   |
| Flour, all-purpose | 2 oz            |   |
| Cinnamon, ground   | 1 Tbsp          |   |
| Walnuts, chopped   | 1 lb            |   |

Scale 1 lb 4 oz batter into each of 4 greased 10-inch tube pans.  
 Sprinkle 6 oz crumb mixture over batter.  
 Spread with 1 lb 4 oz batter.  
 Top with 6 oz crumb mixture.  
 Bake at 350°F for 45–50 minutes.  
 Cool slightly. Remove from pans.  
 Ice with Powdered Sugar Glaze (p. 196) if desired.  
 Slice 16 servings per cake.

*Approximate nutritive values per portion***Calories 350**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 54 mg | <b>18%</b> | <b>Total Carb.</b> 54 g | <b>18%</b> | <b>Vitamin A</b>      | <b>12%</b> |
| Sat. Fat 2 g          | <b>11%</b> | <b>Sodium</b> 193 mg  | <b>8%</b>  | Fiber 1 g               | <b>4%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 21 g             |            | <b>Calcium</b>        | <b>8%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • 4 oz nonfat dry milk and 1 qt water may be substituted for the fluid milk.

**CORN BREAD**

Yield: 64 portions or 2 pans 12 × 18 × 2 inches Portion: 3 × 2¼ inches

Oven: 350°F Bake: 35 minutes

| Ingredient                    | Amount    | Procedure  |
|-------------------------------|-----------|--|
| Cornmeal, yellow              | 2 lb 3 oz | Combine dry ingredients in mixer bowl. Blend on low speed, using flat beater.  |
| Flour, all-purpose            | 2 lb 5 oz |  |
| Baking powder                 | 3½ oz     |  |
| Salt                          | 2½ Tbsp   |  |
| Sugar, granulated             | 10 oz     |  |
| Eggs, beaten                  | 9 (1 lb)  | Combine eggs, milk, and shortening. Add to dry ingredients. Mix on low speed only until dry ingredients are moistened. |
| Milk                          | 1¾ qt     |  |
| Shortening, melted and cooled | 10 oz     |  |

Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan.  
Bake at 350°F for 35 minutes.  
Cut 4 × 8.

*Approximate nutritive values per portion*

Calories 196

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|------------------|-----|----------------|-----|
| Total fat 7 g  | 10% | Cholest. 34 mg | 11% | Total Carb. 30 g | 10% | Vitamin A      | 3%  |
| Sat. Fat 2 g   | 10% | Sodium 432 mg  | 18% | Fiber 3 g        | 11% | Vitamin C      | 0%  |
| Protein 5 g    |     |                |     | Sugars 6 g       |     | Calcium        | 13% |
|                |     |                |     |                  |     | Iron           | 7%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- 7 oz nonfat dry milk and 1¾ qt water may be substituted for fluid milk. Mix dry milk with other dry ingredients. Increase shortening to 11 oz.
  - May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions 3 × 3½ inches.
  - May be baked in corn stick or muffin pans. Reduce baking time to 15–20 minutes.
  - White cornmeal may be used.

**SPOON BREAD**

Yield: 50 portions or 2 pans 12 × 20 × 2 inches Portion: 4 oz

Oven: 350°F Bake: 45–60 minutes

| Ingredient        | Amount          | Procedure  |
|-------------------|-----------------|--|
| Milk              | 5¾ qt           | Scald milk by heating to point just below boiling.   |
| Cornmeal, yellow  | 1 lb 12 oz      | Add cornmeal and salt to milk, stirring briskly with a wire whip. Cook 10 minutes, or until thick. |
| Salt              | 1 oz (1½ Tbsp)  |  |
| Eggs, beaten      | 25 (2 lb 12 oz) | Add eggs slowly to cornmeal mixture, while stirring.   |
| Margarine, melted | 6 oz            | Add margarine and baking powder to cornmeal mixture. Stir to blend.                                |
| Baking powder     | 2 oz            |  |

Pour batter into two greased 12 × 20 × 2-inch baking pans, 8 lb per pan.  
Place in pans of hot water.  
Bake at 250°F for 45–60 minutes or until set.

*Approximate nutritive values per portion*

Calories 190

| Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total fat</b> 10g | 15% | <b>Cholest.</b> 122 mg | 41% | <b>Total Carb.</b> 18 g | 6%  | <b>Vitamin A</b> | 10% | <b>Calcium</b> | 22% |
| Sat. Fat 4 g         | 19% | <b>Sodium</b> 430 mg   | 18% | Fiber 2 g               | 10% | <b>Vitamin C</b> | 1%  | <b>Iron</b>    | 5%  |
| <b>Protein</b> 8 g   |     |                        |     | Sugars 6 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Serve with crisp bacon, Creamed Chicken (p. 450), or Creamed Ham (p. 355).

**BOSTON BROWN BREAD**

*Yield:* 64 portions or 8 round loaves,  $3\frac{1}{4} \times 4\frac{1}{2}$  inches      *Portion:*  $\frac{1}{2}$ -inch slice

*Steam Pressure:* 5 lb      *Steam:*  $1\frac{1}{4}$ – $1\frac{1}{2}$  hours

| <i>Ingredient</i>  | <i>Amount</i>               | <i>Procedure</i>   |
|--------------------|-----------------------------|--|
| Cornmeal, yellow   | 1 lb                        | Combine dry ingredients in mixer bowl.   |
| Flour, whole wheat | 12 oz                       | Blend on low speed for 10 seconds, using flat beater.                                |
| Flour, all-purpose | 12 oz                       |  |
| Salt               | 1 oz ( $1\frac{1}{2}$ Tbsp) |  |
| Baking soda        | $1\frac{1}{2}$ Tbsp         |  |
| Buttermilk         | $1\frac{1}{2}$ qt           | Blend buttermilk and molasses.   |
| Molasses           | $\frac{2}{4}$ cups          | Add all at once to dry ingredients.  |
|                    |                             | Mix on low speed only until ingredients are blended.                                 |
|                    |                             | Fill eight greased $3\frac{1}{4} \times 4\frac{1}{2}$ -inch cans $\frac{3}{4}$ full. |
|                    |                             | Cover tightly with aluminum foil.  |
|                    |                             | Steam for $1\frac{1}{4}$ – $1\frac{1}{2}$ hours.                                     |
|                    |                             | Cut eight slices per loaf.   |

*Approximate nutritive values per portion*

Calories 99

| Amount/portion       | %DV  | Amount/portion       | %DV  | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|------|----------------------|------|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total fat</b> 1 g | 1%   | <b>Cholest.</b> 1 mg | 0.3% | <b>Total Carb.</b> 21 g | 7%  | <b>Vitamin A</b> | 0%  | <b>Calcium</b> | 10% |
| Sat. Fat 0.2 g       | 0.9% | <b>Sodium</b> 275 mg | 11%  | Fiber 1 g               | 6%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 14% |
| <b>Protein</b> 2 g   |      |                      |      | Sugars 6 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 12 oz raisins may be added.
- May be baked as loaves. Add 3 Tbsp melted fat. Scale into three  $5 \times 9$ -inch loaf pans, 2 lb 8 oz per pan. Bake at  $375^{\circ}\text{F}$  for 1 hour.

**NUT BREAD**

*Yield:* 80 portions or 5 loaves 5 × 9 inches  
*Oven:* 350°F *Bake:* 50 minutes

*Portion:* ½-inch slice

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------|---------------|--|
| Flour, all-purpose         | 3 lb          | Combine dry ingredients and nuts in mixer bowl. Mix on low speed until blended, using flat beater. |
| Baking powder              | 1 oz          |  |
| Salt                       | 1 Tbsp        |  |
| Sugar, granulated          | 1 lb 8 oz     |  |
| Pecans or walnuts, chopped | 1 lb          |  |
| Eggs, beaten               | 6 (10 oz)     | Combine eggs, milk, and shortening. Add to dry ingredients. Mix on low speed only until blended.   |
| Milk                       | 1½ qt         |  |
| Oil or melted shortening   | 4 oz          |  |

Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 1 lb 14 oz per pan.

Bake at 350°F for about 50 minutes. Cut 16 slices per loaf.

*Approximate nutritive values per portion***Calories 159**

| Amount/portion       | %DV       | Amount/portion        | %DV       | Amount/portion          | %DV       | %DV              | %DV       |
|----------------------|-----------|-----------------------|-----------|-------------------------|-----------|------------------|-----------|
| <b>Total fat</b> 6 g | <b>9%</b> | <b>Cholest.</b> 18 mg | <b>6%</b> | <b>Total Carb.</b> 23 g | <b>8%</b> | <b>Vitamin A</b> | <b>1%</b> |
| Sat. Fat 1 g         | 5%        | <b>Sodium</b> 129 mg  | 5%        | Fiber 1 g               | 3%        | <b>Vitamin C</b> | <b>0%</b> |
| <b>Protein</b> 4 g   |           |                       |           | Sugars 10 g             |           | <b>Calcium</b>   | <b>5%</b> |
|                      |           |                       |           |                         |           | <b>Iron</b>      | <b>5%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note** • 5 oz nonfat dry milk and 1½ qt water may be substituted for fluid milk. Combine dry milk with other dry ingredients. Increase shortening to 6 oz.

**DATE NUT BREAD**

*Yield:* 64 portions or 4 loaves 5 × 9 inches  
*Oven:* 350°F *Bake:* 50 minutes

*Portion:* ½-inch slice

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>  |
|----------------------------|---------------|---|
| Dates, chopped             | 1 lb 8 oz     | Add water and soda to dates. Let stand 20 minutes.  |
| Baking soda                | 1½ Tbsp       |   |
| Water, boiling             | 3¼ cups       |   |
| Shortening                 | 3 oz          | Cream shortening and sugar on medium speed for 5 minutes, using flat beater.  |
| Sugar, granulated          | 1 lb 12 oz    |   |
| Eggs                       | 4 (7 oz)      | Add eggs and vanilla to creamed mixture. Mix on medium speed for 2 minutes.   |
| Vanilla                    | 1½ Tbsp       |   |
| Flour, all-purpose         | 2 lb          | Combine flour, salt, and nuts. Add alternately with dates to creamed mixture. Scale batter into four greased loaf pans (5 × 9 × 2¾ inches), approximately 2 lb per pan. Bake at 350°F for about 50 minutes. Cut 16 slices per loaf. |
| Salt                       | 1½ tsp        |   |
| Pecans or walnuts, chopped | 8 oz          |   |
|                            |               |   |

*Approximate nutritive values per portion*

Calories 168

| Amount/portion       | %DV       | Amount/portion        | %DV       | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|----------------------|-----------|-----------------------|-----------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total fat</b> 4 g | <b>6%</b> | <b>Cholest.</b> 13 mg | <b>4%</b> | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 1 g         | 3%        | <b>Sodium</b> 144 mg  | 6%        | Fiber 1 g               | 6%         | <b>Vitamin C</b> | 0%        | <b>Iron</b>    | 5%        |
| <b>Protein</b> 3 g   |           |                       |           | Sugars 19 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**BANANA NUT BREAD***Yield:* 64 portions or 4 loaves 5 × 9 inches*Portion:* 1/2-inch slice*Oven:* 350°F*Bake:* 50 minutes*Ingredient**Amount**Procedure*

|                            |            |   |
|----------------------------|------------|---|
| Margarine                  | 10 oz      | Cream margarine and sugar on medium speed for 5 minutes, using flat beater.     |
| Sugar, granulated          | 1 lb 10 oz |   |
| Eggs                       | 5 (9 oz)   | Add eggs to creamed mixture. Beat 2 minutes.                                    |
| Bananas, mashed            | 1 lb 10 oz | Add bananas. Beat 1 minute.   |
| Flour, all-purpose         | 2 lb       | Combine dry ingredients and nuts.   |
| Baking powder              | 4 Tbsp     |   |
| Salt                       | 2 tsp      |   |
| Baking soda                | 1/2 tsp    |   |
| Pecans or walnuts, chopped | 8 oz       |   |
| Milk                       | 3/4 cup    | Add dry ingredients and milk to creamed mixture. Mix on low speed for 1 minute. |

Scale batter into four greased loaf pans (5 × 9 × 2<sup>3</sup>/<sub>4</sub> inches), approximately 2 lb per pan.

Bake at 350°F for 50 minutes. Cut 16 slices per loaf.

*Approximate nutritive values per portion*

Calories 171

| Amount/portion       | %DV        | Amount/portion        | %DV       | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|------------|-----------------------|-----------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total fat</b> 7 g | <b>10%</b> | <b>Cholest.</b> 17 mg | <b>6%</b> | <b>Total Carb.</b> 26 g | <b>9%</b> | <b>Vitamin A</b> | <b>2%</b> | <b>Calcium</b> | <b>4%</b> |
| Sat. Fat 1 g         | 6%         | <b>Sodium</b> 175 mg  | 7%        | Fiber 1 g               | 3%        | <b>Vitamin C</b> | 1%        | <b>Iron</b>    | 4%        |
| <b>Protein</b> 2 g   |            |                       |           | Sugars 14 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**CRANBERRY NUT BREAD**

*Yield:* 80 portions or 5 loaves 5 × 9 inches  
*Oven:* 350°F *Bake:* 50 minutes

*Portion:* ½-inch slice

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---|---------------|---|
| Cranberries, raw  | 1 lb 4 oz     | Wash and sort cranberries.  |
| Orange peel   | 7 oz          | Coarsely grind cranberries and orange peel.   |
| Flour, all-purpose  | 2 lb 8 oz     | Combine dry ingredients in mixer bowl.  |
| Sugar, granulated   | 2 lb 4 oz     | Blend on low speed for 10 seconds or until mixed, using flat beater.                              |
| Baking powder   | 1 oz          |   |
| Salt  | 2 tsp         |   |
| Baking soda   | 2 tsp         |   |
| Eggs, beaten  | 5 (9 oz)      | Combine and add to dry ingredients.   |
| Orange juice  | 1½ cups       | Mix on low speed only until dry ingredients are moistened.  |
| Water   | 3¾ cups       |   |
| Vegetable oil   | ½ cup         |   |
| Pecans or walnuts, chopped  | 1 lb          | Add nuts and cranberry mixture to batter.<br>Mix on low speed until blended. Batter may be lumpy. |
| Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 2 lb per pan.<br>Bake at 350°F for about 50 minutes.<br>Cut 16 slices per loaf. |               |   |

*Approximate nutritive values per portion***Calories 164**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 14 mg | <b>5%</b>  | <b>Total Carb.</b> 27 g | <b>9%</b>  | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 1 g          | 4%         | <b>Sodium</b> 125 mg  | 5%         | Fiber 1 g               | 5%         | <b>Vitamin C</b> | <b>10%</b> |
| <b>Protein</b> 2 g    |            |                       |            | Sugars 13 g             |            | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**PUMPKIN BREAD**

*Yield:* 80 portions or 5 loaves 5 × 9 inches  
*Oven:* 350°F *Bake:* 50 minutes

*Portion:* ½-inch slice

**Ingredient****Amount****Procedure**

Sugar, granulated 2 lb 12 oz  
 Vegetable oil 2 cups  
 Pumpkin, canned 2 lb 6 oz  
 Eggs 9 (15 oz)

Combine sugar, oil, pumpkin, and eggs in mixer bowl. Cream on medium speed for 10 minutes, using flat beater. Scrape sides of bowl and beater.

Flour, all-purpose 2 lb 2 oz  
 Baking soda 4 tsp  
 Baking powder 2 tsp  
 Salt 1 Tbsp  
 Cinnamon, ground 1 Tbsp  
 Nutmeg, ground 1 tsp

Combine dry ingredients.

Water 1¼ cups

Add dry ingredients and water alternately to creamed mixture. Mix 3 minutes on low speed. Scrape sides of bowl.

Scale batter into five greased loaf pans (5 × 9 × 2¾ inches), approximately 1 lb 15 oz per pan.

Bake at 350°F for 50 minutes or until done.

Cool 30 minutes before removing from pans.

Cut 16 slices per loaf.

**Approximate nutritive values per portion****Calories 165**

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total fat</b> 6 g | 9%  | <b>Cholest.</b> 23 mg | 8%  | <b>Total Carb.</b> 26 g | 9%  | <b>Vitamin A</b> | 30% | <b>Calcium</b> | 1%  |
| Sat. Fat 2 g         | 8%  | <b>Sodium</b> 158 mg  | 7%  | Fiber 1 g               | 3%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 4%  |
| <b>Protein</b> 2 g   |     |                       |     | Sugars 15 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • 8 oz raisins or chopped nuts may be added.

## PANCAKES

*Yield:* 7 qt batter of 100 cakes (50 portions)

*Portion:* 2 4-inch cakes

| <i>Ingredient</i>                               | <i>Amount</i>  | <i>Procedure</i>  |
|---|----------------|---|
| Flour, all-purpose                              | 4 lb 8 oz      | Place dry ingredients in mixer bowl.<br>Mix on low speed until well blended, using flat beater.   |
| Baking powder                                   | 4 oz           |   |
| Salt  | 2 Tbsp         |   |
| Sugar, granulated                               | 12 oz          |   |
| Eggs  | 12 (1 lb 5 oz) | In another bowl, beat eggs until light.   |
| Milk  | 3½ qt          | Add milk and melted shortening to eggs.<br>Add to dry ingredients. Mix on low speed for 30 seconds.<br>If necessary, thin with milk.<br>Refrigerate batter, removing from refrigerator small amounts as needed.<br>Use No. 16 dipper to place batter on griddle, which has been preheated to 350°F.<br>Cook until surface of cake is full of bubbles and golden brown.<br>Turn pancakes and finish cooking. |
| Shortening, melted and cooled, or vegetable oil | 12 oz          |   |

### *Approximate nutritive values per portion*

**Calories 297**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 11 g | <b>16%</b> | <b>Cholest.</b> 60 mg | <b>20%</b> | <b>Total Carb.</b> 42 g | <b>14%</b> | <b>Vitamin A</b> | <b>4%</b>  |
| Sat. Fat 4 g          | <b>18%</b> | <b>Sodium</b> 532 mg  | <b>22%</b> | Fiber 1 g               | <b>4%</b>  | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 8 g    |            |                       |            | Sugars 11 g             |            | <b>Calcium</b>   | <b>23%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 14 oz nonfat dry milk and 3½ qt water may be substituted for the fluid milk. Add dry milk to other dry ingredients. Increase shortening to 1 lb.

### Variations

- **Apple Pancakes.** Add 1 lb chopped cooked apples and 1 tsp cinnamon or nutmeg.
- **Blueberry Pancakes.** Fold 1 lb individually quick frozen (IQF) blueberries or well-drained and rinsed canned blueberries carefully into batter after cakes are mixed. Handle carefully to avoid mashing berries. If a large batch is being prepared, add berries to a small portion of the batter at one time. Serve with Blueberry Syrup, p. 588.
- **Buttermilk Pancakes.** Substitute buttermilk for milk. Add 1 Tbsp baking soda to dry ingredients; 14 oz dry buttermilk and 3½ qt water may be substituted for fluid buttermilk. Add dry buttermilk and soda to other dry ingredients. Increase shortening to 1 lb.
- **Pecan Pancakes.** Add 1 lb chopped pecans.
- **Silver Dollar Pancakes.** Portion 1–2 Tbsp of batter onto hot grill and cook as directed above. Garnish with powdered sugar sprinkled on top of pancakes and fresh blueberries or raspberries.

**WHOLE WHEAT PANCAKES**

*Yield:* 2½ gal batter or 100 cakes (50 portions)  
*Griddle:* 350°F

*Portion:* 2 cakes

| <i>Ingredient</i>  | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------|----------------|--|
| Flour, whole wheat | 3 lb           | Combine dry ingredients in mixer bowl. Mix, using flat beater, until blended.  |
| Flour, all-purpose | 2 lb 12 oz     |  |
| Sugar, granulated  | 8 oz           |  |
| Salt               | 2 oz (3 Tbsp)  |  |
| Baking powder      | 4 oz           |  |
| Baking soda        | 5½ tsp         |  |
| Nonfat dry milk    | 1 lb 2 oz      |  |
| Vegetable oil      | 3 cups         | Add to dry ingredients, mixing just until large lumps disappear.   |
| Water              | 1 gal + 2 cups | Refrigerate batter, removing from refrigerator small amounts as needed.  |
| Eggs               | 2 lb (18 eggs) | Portion batter with No. 12 dipper onto greased preheated griddle.<br>Bake until edges start to dry and bubbles appear on top surface.<br>Flip and bake other side. |

*Approximate nutritive values per portion*

Calories 383

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total fat 16 g | 24% | Cholest. 79 mg | 26% | Total Carb. 49 g | 16% | Vitamin A | 10% | Calcium | 29% |
| Sat. Fat 4 g   | 21% | Sodium 832 mg  | 35% | Fiber 4 g        | 16% | Vitamin C | 0%  | Iron    | 13% |
| Protein 12 g   |     |                |     | Sugars 11 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 1¼ gal fluid milk may be substituted for nonfat dry milk and water. Add milk along with vegetable oil and eggs.

**PANCAKE MIX**

*Yield:* 12 lb mix

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Flour, all-purpose | 9 lb          | Combine ingredients in mixer bowl. Blend well, using flat beater or whip. Store in covered container. |
| Baking powder      | 8 oz          |   |
| Salt               | ¼ cup         |   |
| Sugar, granulated  | 1 lb 8 oz     |   |
| Nonfat dry milk    | 1 lb 8 oz     |   |

- Variation** • **Buttermilk Pancake Mix.** Substitute 1 lb 8 oz dry buttermilk for nonfat dry milk and add 2 Tbsp baking soda.

**PANCAKES FROM MIX**

| <i>Ingredient</i>        | <i>30 cakes</i> | <i>50 cakes</i> | <i>100 cakes</i> | <i>200 cakes</i> |
|--------------------------|-----------------|-----------------|------------------|------------------|
| Pancake mix              | 2 lb            | 3 lb            | 6 lb             | 12 lb            |
| Eggs, beaten             | 4 (7 oz)        | 6 (10 oz)       | 12 (1 lb 5 oz)   | 24 (2 lb 10 oz)  |
| Water                    | 1 qt            | 1½ qt           | 3 qt             | 1½ gal           |
| Oil or melted shortening | 4 oz            | 6 oz            | 12 oz            | 1 lb 8 oz        |

To use mix:

1. Weigh appropriate amount of mix (p. 129) as given in the table.
2. Add beaten eggs, water, and cooled melted fat.
3. Stir only until mix is dampened.
4. Place on hot griddle with No. 16 dipper.
5. Cook until cake is full of bubbles. Turn and finish cooking.

**WAFFLES**

*Yield:* 6 qt batter or 50–60 waffles      *Portion:* 1 waffle

| <i>Ingredient</i>        | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------------|----------------|--|
| Flour, all-purpose       | 3 lb           | Combine dry ingredients in mixer bowl.                     |
| Baking powder            | 3 oz           | Blend on low speed for 10 seconds, using flat beater.      |
| Salt                     | 2 Tbsp         |  |
| Sugar, granulated        | 4 oz           |  |
| Egg yolks                | 18 (11 oz)     | Combine egg yolks, milk, and melted shortening.            |
| Milk                     | 2¼ qt          | Add to dry ingredients.                                    |
| Oil or melted shortening | 1 lb (2 cups)  | Mix on low speed just enough to moisten dry ingredients.   |
| Egg whites               | 18 (1 lb 5 oz) | Beat egg whites until stiff but not dry. Fold into batter. |

Refrigerate batter, removing from refrigerator small amounts as needed.  
Use No. 10 dipper to place batter on preheated waffle iron.  
Bake about 4 minutes.

*Approximate nutritive values per portion***Calories 223**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 12 g | <b>18%</b> | <b>Cholest.</b> 78 mg | <b>26%</b> | <b>Total Carb.</b> 23 g | <b>8%</b>  | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 3 g          | <b>17%</b> | <b>Sodium</b> 428 mg  | <b>18%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>15%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 9 oz nonfat dry milk and 2¼ qt water may be substituted for fluid milk. Mix dry milk with dry ingredients. Increase shortening to 1 lb 2 oz.

**Variation**

- **Pecan Waffles.** Add 6 oz chopped pecans.

**CREPES**

Yield: 50 portions or 5 qt batter      Portion: 2 crepes

| <i>Ingredient</i>          | <i>Amount</i>               | <i>Procedure</i>  |
|----------------------------|-----------------------------|---|
| Flour, all purpose<br>Salt | 2 lb 8 oz<br>1 oz (1½ Tbsp) | Combine flour and salt in mixer bowl.   |
| Eggs                       | 24 (2 lb 10 oz)             | Beat eggs until fluffy.   |
| Milk<br>Margarine, melted  | 2¾ qt<br>6 oz               | Add milk and margarine to eggs.<br>Add to flour and mix until smooth. Batter will be thinner than pancake batter. |

Refrigerate batter, removing from refrigerator small amounts as needed.  
Portion batter with No. 20 (1¾ oz) dipper onto lightly greased hot griddle.  
Brown lightly on both sides. Crepes will roll best if they are not overbrowned.  
Stack, layered with waxed paper, until ready to use.

*Approximate nutritive values per portion***Calories 176**

| Amount/portion       | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|------------|------------------------|------------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total fat</b> 7 g | <b>11%</b> | <b>Cholest.</b> 109 mg | <b>36%</b> | <b>Total Carb.</b> 20 g | <b>7%</b> | <b>Vitamin A</b> | <b>7%</b> | <b>Calcium</b> | <b>8%</b> |
| Sat. Fat 2 g         | <b>12%</b> | <b>Sodium</b> 281 mg   | <b>12%</b> | Fiber 1 g               | <b>2%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>7%</b> |
| <b>Protein</b> 7 g   |            |                        |            | Sugars 3 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- Crepes may be folded or rolled around desired filling. (See recipe for Chicken Crepes, p. 449).
- If used for dessert crepes, add 3 Tbsp sugar to dry ingredients. Fill with fruit filling.

## CAKE DOUGHNUTS

*Yield:* 8 dozen doughnuts      *Portion:* 1 doughnut  
*Deep-fat fryer:* 375°F      *Fry:* 3–4 minutes

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------|---------------|--|
| Eggs                     | 6 (10 oz)     | Beat eggs until light.   |
| Sugar, granulated        | 1 lb 4 oz     | Add sugar and melted shortening to eggs. Mix on medium speed about 10 minutes.   |
| Oil or melted shortening | 3 oz          |  |
| Flour, all-purpose       | 3 lb 4 oz     | Combine dry ingredients.   |
| Baking powder            | 3 oz          |  |
| Salt                     | 2½ tsp        |  |
| Nutmeg, ground           | 2 tsp         |  |
| Ginger, ground           | ¼ tsp         |  |
| Orange peel, grated      | 1 Tbsp        |  |
| Milk                     | 1 qt          | Add dry ingredients and milk alternately to egg mixture. Mix to form a soft dough. Add more flour if dough is too soft to handle. Chill. |
|                          |               | Roll dough to ⅜-inch thickness on floured board or table. Cut with floured 2½-inch doughnut cutter. Fry in deep fat for 3–4 minutes.     |
| Sugar, granulated        | 8 oz          | Sprinkle with sugar when partially cool.   |

### *Approximate nutritive values per portion (plus frying fat)*

**Calories 176**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 2 g  | 3%         | <b>Cholest.</b> 14 mg | 5%         | <b>Total Carb.</b> 21 g | 7%         | <b>Vitamin A</b> | 0%         |
| Sat. Fat 1 g          | 3%         | <b>Sodium</b> 153 mg  | 6%         | Fiber 0.4 g             | 2%         | <b>Vitamin C</b> | 0%         |
| <b>Protein</b> 2 g    |            |                       |            | Sugars 9 g              |            | <b>Calcium</b>   | 7%         |
|                       |            |                       |            |                         |            | <b>Iron</b>      | 4%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • 4 oz nonfat dry milk and 1 qt water may be substituted for fluid milk. Mix dry milk with the dry ingredients. Increase shortening to 4 oz.

**Variation** • **Chocolate doughnuts.** Substitute 2 oz cocoa for 2 oz flour.

## DUMPLINGS

*Yield:* 50 portions      *Portion:* 2 dumplings  
*Steam pressure:* 5 lb      *Steam:* 12–15 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Flour, all-purpose | 2 lb 8 oz     | Combine dry ingredients in mixer bowl. Mix on low speed until blended, using flat beater.   |
| Baking powder      | 3 oz (6 Tbsp) |   |
| Salt               | 2 Tbsp        |   |
| Eggs, beaten       | 6 (10 oz)     | Combine eggs and milk. Add to dry ingredients. Mix on low speed only until blended.         |
| Milk               | 5½ cups       |   |
|                    |               | Portion batter with No. 24 dipper, onto trays. Do not cover trays. Steam for 12–15 minutes. |

*Approximate nutritive values per portion*

Calories 109

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total fat 2 g  | 3%  | Cholest. 28 mg | 9%  | Total Carb. 19 g | 6%  | Vitamin A | 2%  | Calcium | 10% |
| Sat. Fat 1 g   | 4%  | Sodium 381 mg  | 16% | Fiber 1 g        | 2%  | Vitamin C | 0%  | Iron    | 6%  |
| Protein 4 g    |     |                |     | Sugars 2 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 5 oz nonfat dry milk and 5½ cups water may be substituted for the fluid milk. Add dry milk to other dry ingredients.
- Serve with meat stew or stewed chicken. Mixture may be dropped onto hot meat mixture in counter pans and steamed.

**Variation**

- **Spaetzles (Egg Dumplings).** Use 1 lb 4 oz flour, 1 tsp baking powder, 1½ tsp salt, 6 eggs, and 3 cups milk. Mix as above. Drop small bits of dough or press through a colander into 3 gal simmering soup. Cook approximately 5 minutes. Soup must be very hot to cook dumplings.

**FRENCH TOAST**

Yield: 50 slices

Portion: 1 slice

| Ingredient            | Amount          | Procedure   |
|-----------------------|-----------------|---|
| Eggs                  | 24 (2 lb 10 oz) | Beat eggs.  |
| Milk                  | 1½ qt           | Add milk, salt, and sugar to eggs. Mix well.  |
| Salt                  | 1 Tbsp          | Refrigerate batter, removing from refrigerator small amounts as needed.   |
| Sugar, granulated     | 4 oz            |   |
| Bread slices, day old | 50              | Dip bread into egg mixture. Do not let bread soak.<br>(Care should be taken to avoid getting raw eggs on the cooked food.)<br>Fry on a well-greased griddle or in deep fat at 360°F until golden brown.<br>Serve sprinkled with powdered sugar. |

*Approximate nutritive values per portion (plus frying fat)*

Calories 124

| Amount/portion | %DV | Amount/portion  | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|-----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total fat 4 g  | 7%  | Cholest. 105 mg | 35% | Total Carb. 15 g | 5%  | Vitamin A | 5%  | Calcium | 6%  |
| Sat. Fat 1 g   | 7%  | Sodium 331 mg   | 14% | Fiber 3 g        | 11% | Vitamin C | 0%  | Iron    | 6%  |
| Protein 6 g    |     |                 |     | Sugars 5 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.

**Variations**

- **Batter-Fried French Toast.** Use 1-inch-thick bread slices. Cut into triangles or leave whole. Dip in mixture made from 18 eggs (2 lb), 1¼ qt milk, ⅓ cup vegetable oil, 2 lb 8 oz all-purpose flour, 1 oz (1½ Tbsp) salt, and 1 oz (2⅓ Tbsp) baking powder. Fry in deep fat at 350°–375°F until golden brown. Dredge in powdered sugar. Serve with warm maple syrup.
- **Cinnamon French Toast.** Add 1 tsp cinnamon to egg mixture.

## FRITTERS

Yield: 50 portions  
Deep-fat fryer: 375°F

Portion: 2 fritters  
Fry: 4–6 minutes

| Ingredient               | Amount                    | Procedure  |
|--------------------------|---------------------------|--|
| Flour, all-purpose       | 4 lb                      | Combine dry ingredients in mixer bowl. Mix on low speed for 10 seconds or until mixed, using flat beater.      |
| Baking powder            | 4 oz                      |  |
| Salt                     | 1 Tbsp                    |  |
| Sugar, granulated        | 2 oz                      |  |
| Eggs, beaten             | 12 (1 lb 5 oz)            | Combine eggs, milk, and melted shortening. Add to dry ingredients. Mix only enough to moisten dry ingredients. |
| Milk                     | 2 qt                      |  |
| Oil or melted shortening | 6 oz ( $\frac{3}{4}$ cup) |  |

Portion batter with No. 30 dipper into hot deep fat. Fry at 375°F for 4–6 minutes.  
Serve with syrup.

## Approximate nutritive values per portion (plus frying fat)

Calories 211

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total fat 6 g  | 10% | Cholest. 56 mg | 19% | Total Carb. 31 g | 10% | Vitamin A | 3%  | Calcium | 20% |
| Sat. Fat 2 g   | 10% | Sodium 390 mg  | 16% | Fiber 1 g        | 4%  | Vitamin C | 0%  | Iron    | 10% |
| Protein 7 g    |     |                |     | Sugars 4 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## Notes

- Potentially hazardous food. Keep batter at an internal temperature below 41°F.
- 8 oz nonfat dry milk and 2 qt water may be substituted for fluid milk. Add dry milk to other ingredients.

## Variations

- **Apple Fritters.** Add 3 lb tart raw apple, peeled and finely chopped, and 1 tsp cinnamon (optional).
- **Banana Fritters.** Add 3 lb bananas, mashed.
- **Corn Fritters.** Add 2 qt whole kernel corn, drained.
- **Fruit Fritters.** Add 1 qt drained fruit: peach, pineapple, or other fruit.
- **Green Chili Fritters.** Add 2 lb 8 oz chopped green chilies, drained. Serve with nacho sauce (Nachos, p. 80). Make  $\frac{1}{4}$  recipe.

## CHEESE STRAWS

*Yield:* 6 dozen 4 × 1-inch straws

*Oven:* 350°F      *Bake:* 10–15 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--|---------------|---|
| Butter or margarine  | 6 oz          | Cream butter on medium speed until soft.<br>Blend in cheese.                    |
| Cheddar cheese,<br>sharp, shredded   | 8 oz          |   |
| Flour, all-purpose   | 8 oz          | Combine dry ingredients and add to cheese mixture on<br>low speed.              |
| Baking powder  | 2 tsp         |   |
| Salt   | 1 tsp         |   |
| Pepper, cayenne  | ¼ tsp         |   |
| Eggs, beaten   | 3             | Add eggs and water, combined.<br>Mix on low speed to form a stiff dough. Chill. |
| Water  | 2 Tbsp        |   |
| Roll ¼ inch thick and cut into strips 4 inches long and 1 inch<br>wide. Place on ungreased baking sheet.<br>Bake at 350°F for 10–15 minutes. |               |   |

### *Approximate nutritive values per portion*

**Calories 44**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b>  | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|------------------------|-------------|------------------|------------|
| <b>Total fat</b> 3 g  | <b>5%</b>  | <b>Cholest.</b> 17 mg | <b>6%</b>  | <b>Total Carb.</b> 3 g | <b>0.9%</b> | <b>Vitamin A</b> | <b>3%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 71 mg   | <b>3%</b>  | Fiber 0 g              | <b>0%</b>   | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 0 g             |             | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                       |            |                        |             | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variations** • **Caraway Cheese Straws.** Add 2 tsp caraway seeds to flour before mixing.

## YEAST BREAD RECIPES

### WHITE BREAD

*Yield:* 16 1½-lb loaves

*Oven:* 400°F      *Bake:* 30–40 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---------------------|---------------|---|
| Yeast, active dry   | 5 oz          | Soften yeast in warm water.   |
| Water, warm (110°F) | 3 cups        | Let stand 10 minutes.   |
| Sugar, granulated   | 10 oz         | Combine sugar, salt, dry milk, water, and shortening. Add softened yeast. Mix on medium speed until blended, using dough arm. |
| Salt                | 5 oz          |   |
| Nonfat dry milk     | 14 oz         |   |
| Water, lukewarm     | 1 gal         |   |
| Shortening, melted  | 12 oz         |   |
| Flour, all-purpose  | 15 lb         | Add flour. Mix on low speed about 10 minutes or until dough is smooth and elastic and small blisters appear on the surface.   |

1. Let dough rise in a warm place (80°F) approximately 2 hours, or until double in bulk.
2. Punch down dough by pulling the dough up on all sides, folding over the center and pressing down, then turning over in the bowl. Shape into 16 loaves, 1 lb 8 oz each (Figure 4.1). Place in greased 5 × 9 × 2¾-inch loaf pans.
3. Let rise approximately 1½ hours, or until double in bulk.
4. Bake at 400°F for 30–40 minutes or until loaves are golden brown and sound hollow when tapped (Exhibit I in the color insert).
5. Brush tops of loaves with melted margarine or butter.

#### *Approximate nutritive values per loaf*

**Calories 1918**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i>  | <i>Amount/portion</i>    | <i>%DV</i>  | <i>Amount/portion</i> | <i>%DV</i>  |
|-----------------------|------------|-----------------------|-------------|--------------------------|-------------|-----------------------|-------------|
| <b>Total fat</b> 26 g | <b>39%</b> | <b>Cholest.</b> 4 mg  | <b>1%</b>   | <b>Total Carb.</b> 359 g | <b>120%</b> | <b>Vitamin A</b>      | <b>17%</b>  |
| Sat. Fat 6 g          | <b>30%</b> | <b>Sodium</b> 3586 mg | <b>149%</b> | Fiber 14 g               | <b>57%</b>  | <b>Vitamin C</b>      | <b>2%</b>   |
| <b>Protein</b> 56 g   |            |                       |             | Sugars 37 g              |             | <b>Calcium</b>        | <b>39%</b>  |
|                       |            |                       |             |                          |             | <b>Iron</b>           | <b>117%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

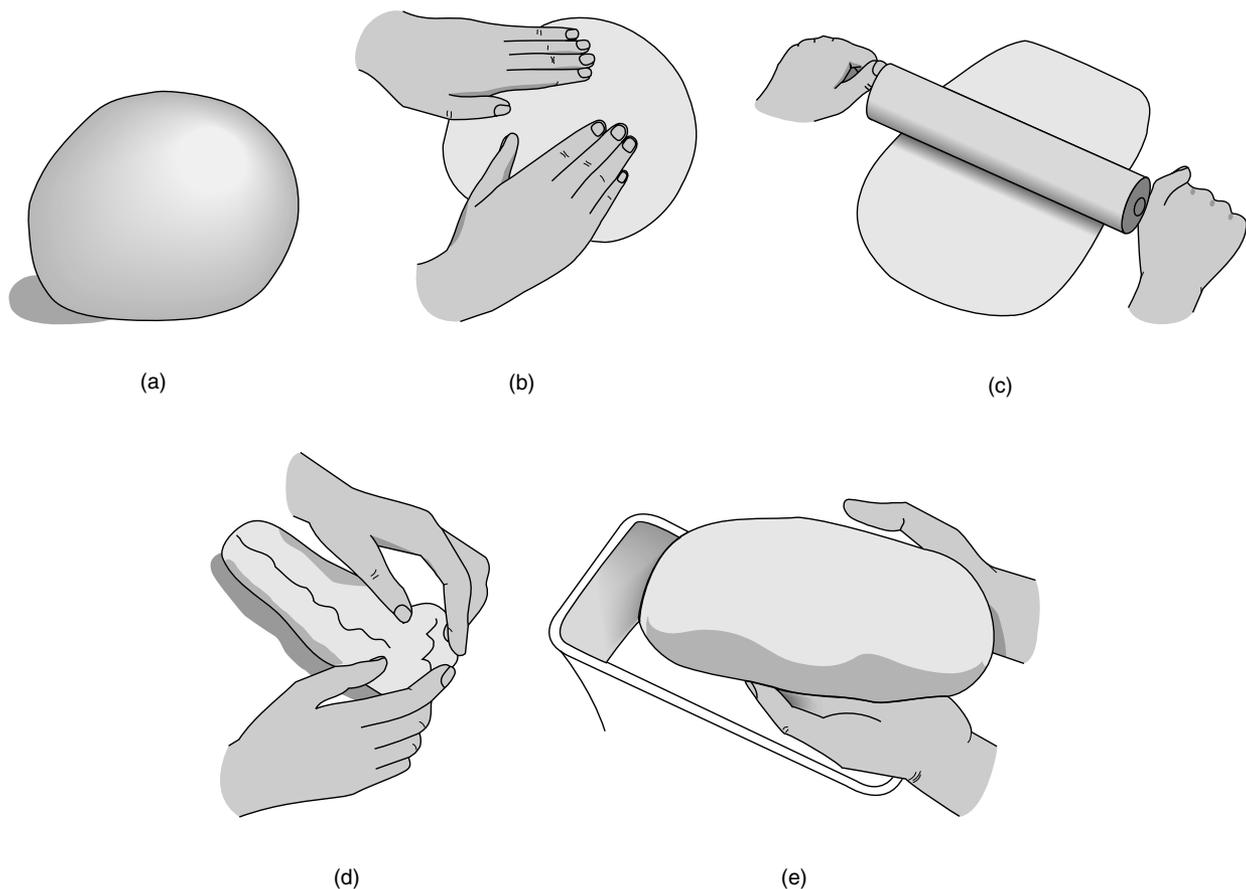
#### Notes

- 1¼ gal fresh milk may be substituted for the water and dry milk. Scald milk, combine with sugar, salt, and shortening. Cool to lukewarm before adding to other ingredients.
- The dough temperature should be about 80°F when mixed.
- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. In mixer bowl, combine very warm water (120°F) and shortening. Blend on low speed. Add yeast-flour mixture while mixing on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- Shortening may be increased to 1 lb and sugar to 12 oz if a richer dough is desired.
- A variety of shapes may be made from the dough (Exhibits II, III, and IV in the color insert).

#### Variations

- **Buffet Submarine Buns.** Scale dough into 1-lb portions. Shape into 18-inch-long loaves. (See Figure 4.1 for shaping instructions.) Use for Submarine Sandwiches (p. 540).
- **Butter Slices.** Divide dough into thirds. Roll ⅓ inch thick. Cut with 3-inch biscuit cutter or shape into long rolls and cut into slices. Dip in melted margarine or butter. Stand pieces on edge in 5 × 9 × 2¾-inch loaf pans (8 pieces per pan). Let rise and bake.

- **Cinnamon Bread.** After dough has been divided and scaled into loaves, roll each into a rectangular sheet. Brush with melted margarine or shortening; sprinkle generously with cinnamon and sugar. Roll as for jelly roll. Seal edge of dough and place in greased loaf pans sealed edge down. Sprinkle top with cinnamon and sugar.
- **Raisin Bread.** Add 3 lb raisins to dough after mixing.
- **Sandwich Ring Bread.** Scale fermented dough into 11-oz balls and shape each ball into a 16-inch rope. Braid three ropes together and pinch ends to seal. Shape braided ropes into a 15-inch circle with a 5-inch center hole (work ends together to form a smooth ring). Proof ring in a warm place until double in bulk (30–40 minutes). Bake at 375°F until done (about 20 minutes).
- **Whole Wheat Bread.** Substitute whole wheat flour for half of the all-purpose flour.



**FIGURE 4.1** Shaping bread loaves: (a) Lightly flour the work surface. Divide the dough into 1 lb 8 oz, smooth balls. (b) Press dough by hand to force out air bubbles. (c) Use a rolling pin to form a rectangle. (d) Begin at the short end of the rectangle and roll the dough tightly to make a loaf shape. Seal by pinching ends together. (e) Place dough, seam-side down, in greased pan.

**WHOLE WHEAT BREAD**

Yield: 5 1½-lb loaves

Oven: 365°F Bake: 30–35 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---------------------|---------------|--|
| Yeast, active dry   | 1¼ oz         | Combine yeast, water, and sugar.<br>Let stand 10 minutes.  |
| Water, warm (110°F) | 1¾ cup        |  |
| Sugar, granulated   | 1 Tbsp        |  |
| Water, hot          | 1 qt          | Combine water, milk, sugar, salt, and shortening in mixer bowl, using dough arm.<br>Mix until shortening is softened.  |
| Nonfat dry milk     | 5 oz          |  |
| Sugar, granulated   | 5 oz          |  |
| Salt                | 1½ oz         |  |
| Shortening          | 6 oz          |  |
| Flour, all-purpose  | 3 lb          | Add enough flour to mixture in mixer bowl to make a thin, smooth batter.<br>Add yeast mixture. Mix 15 minutes on medium speed.   |
| Flour, whole wheat  | 1 lb          | Add remaining all-purpose flour and whole wheat flour in small amounts to make a soft dough that pulls itself from side of bowl.<br>Mix on low speed about 10 minutes or until dough is smooth and elastic and small blisters appear on the surface. |

1. Let dough rise (proof) in warm place for about 2 hours or until double in bulk.
2. Punch down dough. Scale into five portions 1 lb 8 oz each.
3. Shape into loaves. Place in greased 5 × 9 × 2¾-inch loaf pans. Let rise until double in size.
4. Bake at 365°F for 30–35 minutes.
5. Remove bread from oven. Brush with melted margarine.

*Approximate nutritive values per loaf***Calories 1862**

| Amount/portion        | %DV        | Amount/portion        | %DV       | Amount/portion           | %DV         | Amount/portion   | %DV         |
|-----------------------|------------|-----------------------|-----------|--------------------------|-------------|------------------|-------------|
| <b>Total fat</b> 38 g | <b>58%</b> | <b>Cholest.</b> 5 mg  | <b>2%</b> | <b>Total Carb.</b> 326 g | <b>109%</b> | <b>Vitamin A</b> | <b>20%</b>  |
| Sat. Fat 9 g          | 46%        | <b>Sodium</b> 3467 mg | 144%      | Fiber 12 g               | 48%         | <b>Vitamin C</b> | 2%          |
| <b>Protein</b> 50 g   |            |                       |           | Sugars 50 g              |             | <b>Calcium</b>   | <b>43%</b>  |
|                       |            |                       |           |                          |             | <b>Iron</b>      | <b>100%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Recipe may be used for Whole Wheat Rolls. See p. 147 for procedure. Recipe makes approximately 100 1½-oz rolls. Bake at 375°F for 20–25 minutes.
- Variation**
- **Cornmeal Bread.** Delete whole wheat flour. Add 1 lb cornmeal.
  - **Egg Bread.** Delete whole wheat flour. Increase all-purpose flour to 3 lb 12 oz. Add 5 eggs (8 oz), beaten.
  - **Jalapeño Cheese Bread.** Delete whole wheat flour. Increase all-purpose flour to 4 lb. Increase yeast to 1½ oz. Reduce nonfat dry milk to 1 oz. Add 3 oz seeded jalapeño peppers, finely chopped; 8 oz green chilies, chopped; 10 oz shredded cheddar cheese; and 8 oz shredded processed cheese.
  - **White Loaves.** Delete whole wheat flour. Increase all-purpose flour to 4 lb.

## FRENCH BREAD

*Yield:* 5 loaves 1 lb 12 oz

*Oven:* 425°F      *Bake:* 25–30 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---------------------|---------------|--|
| Yeast, active dry   | 1½ oz         | Combine yeast, water, and sugar. Stir to dissolve yeast. Let stand 10 minutes.   |
| Water, warm (110°F) | 2 cups        |  |
| Sugar, granulated   | 2 oz          |  |
| Water, warm         | 3 cups        | Add to yeast mixture. Mix until blended, using dough arm.  |
| Shortening          | 3 oz          |  |
| Salt                | 1¾ oz         |  |
| Flour, all-purpose  | 5 lb          | Add flour all at once. Mix on low speed to blend. Mix on medium speed for 7–10 minutes, or until sides of bowl are clean and dough makes a rhythmic slapping sound against side of bowl. |

- Let dough rise (proof) in a warm place for about 2 hours, or until double in bulk.
- Punch down dough by pulling the dough up on all sides, folding over the center and pressing down, then turning over in the bowl.
- Divide into five portions, 1 lb 12 oz each. On lightly floured surface, roll or pat dough to a 12 × 6-inch rectangle.
- Starting with longer side, roll up tightly, pressing dough into roll with each turn. Pinch edges and ends to seal.
- Place on greased baking sheet sprinkled with cornmeal.
- Proof until double in bulk.
- With sharp knife, make two or three diagonal slashes across top of loaf.
- Spray or brush with cold water.
- Bake at 425°F for 25–30 minutes until golden brown. Spray or brush loaf with cold water several times during baking for a crisp crust.

### *Approximate nutritive values per loaf*

**Calories 1869**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i>  | <i>Amount/portion</i>    | <i>%DV</i>  | <i>%DV</i>       | <i>%DV</i>  |
|-----------------------|------------|-----------------------|-------------|--------------------------|-------------|------------------|-------------|
| <b>Total fat</b> 21 g | <b>33%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>   | <b>Total Carb.</b> 361 g | <b>120%</b> | <b>Vitamin A</b> | <b>0%</b>   |
| Sat. Fat 5 g          | <b>25%</b> | <b>Sodium</b> 3861 mg | <b>161%</b> | Fiber 15 g               | <b>60%</b>  | <b>Vitamin C</b> | <b>0%</b>   |
| <b>Protein</b> 50 g   |            |                       |             | Sugars 19 g              |             | <b>Calcium</b>   | <b>9%</b>   |
|                       |            |                       |             |                          |             | <b>Iron</b>      | <b>124%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- For a shiny, golden crust, brush loaves before baking with an egg glaze made from one slightly beaten egg and 1 Tbsp of water or milk.
- After baking, leave uncovered at room temperature to keep the crust crisp.

**DILLY BREAD**

Yield: 5 1½-lb loaves

Oven: 375°F Bake: 30–35 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--|---------------|--|
| Yeast, active dry  | 1¼ oz         | Combine yeast, water, and sugar.<br>Stir to dissolve yeast.<br>Let stand for later step.   |
| Water, warm (110°F)  | ½ cup         |  |
| Sugar, granulated  | 3 oz          |  |
| Cottage cheese, cream style  | 1 lb 12 oz    | Combine cottage cheese and water in mixer bowl.  |
| Water, warm  | 1¼ cups       |  |
| Vegetable oil  | ¼ cup         | Add oil, onion, dill weed, and eggs to cottage cheese mixture.<br>Mix to blend, using dough arm.<br>Add yeast mixture.   |
| Dehydrated chopped onion   | ½ oz          |  |
| Dill weed  | 1 Tbsp        |  |
| Eggs, whole  | 3 (6 oz)      |  |
| Flour, all-purpose   | 4 lb 2 oz     |  |
| Salt   | 1 Tbsp        | Combine dry ingredients. Add enough to cottage cheese mixture to make a smooth batter. Scrape sides of bowl occasionally.<br>Add remaining flour gradually until dough pulls itself from sides of bowl. Dough will be sticky.<br>Proof until double in bulk. |
| Baking soda  | ½ tsp         |  |
|  |               |  |
| Scale dough into five portions, 1 lb 8 oz each. Shape into loaves.<br>Place in greased 5 × 9 × 2¾-inch loaf pans.<br>Proof until double in size.<br>Bake at 375°F for 30–35 minutes.<br>Brush with melted margarine. |               |  |

*Approximate nutritive values per loaf***Calories 1770**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>    | <i>%DV</i>  | <i>%DV</i>       | <i>%DV</i>  |
|-----------------------|------------|------------------------|------------|--------------------------|-------------|------------------|-------------|
| <b>Total fat</b> 25 g | <b>39%</b> | <b>Cholest.</b> 169 mg | <b>56%</b> | <b>Total Carb.</b> 313 g | <b>104%</b> | <b>Vitamin A</b> | <b>14%</b>  |
| Sat. Fat 9 g          | <b>45%</b> | <b>Sodium</b> 2102 mg  | <b>88%</b> | Fiber 13 g               | <b>50%</b>  | <b>Vitamin C</b> | <b>3%</b>   |
| <b>Protein</b> 66 g   |            |                        |            | Sugars 24 g              |             | <b>Calcium</b>   | <b>19%</b>  |
|                       |            |                        |            |                          |             | <b>Iron</b>      | <b>108%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**ENGLISH MUFFIN BREAD***Yield:* 5 1½-lb loaves*Oven:* 375°F      *Bake:* 40–50 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---------------------|---------------|---|
| Water, hot          | 2 cups        | Combine water and oil in mixer bowl.  |
| Vegetable oil       | 1½ cups       |   |
| Flour, all-purpose  | 2 lb          | Add flour, sugar, salt, and eggs to water-oil mixture.  |
| Sugar, granulated   | 6 oz          |   |
| Salt                | 2 oz          |   |
| Eggs, beaten        | 6 (10 oz)     |   |
| Yeast, active dry   | 1¼ oz         | Dissolve yeast in warm water.<br>Add to flour mixture. Mix on medium speed for 2 minutes, using dough arm.  |
| Water, warm (110°F) | 1½ cups       |   |
| Flour, all-purpose  | 2 lb          | Add enough remaining flour to make a stiff batter.<br>Cover and let rise until light and double in bulk.<br>Punch down dough.   |
| Cornmeal            | 2 oz          | Grease five loaf pans (5 × 9 × 2¾ inches). Sprinkle with cornmeal.<br>Scale 1 lb 8 oz dough per pan. Shape and place in pans.<br>Sprinkle with cornmeal.<br>Cover. Let rise until double in bulk.<br>Bake at 375°F for 40–50 minutes or until loaf sounds hollow when tapped lightly. |

*Approximate nutritive values per loaf***Calories** 2176

| <b>Amount/portion</b> | <b>%DV</b>  | <b>Amount/portion</b>  | <b>%DV</b>  | <b>Amount/portion</b>    | <b>%DV</b>  | <b>Amount/portion</b> | <b>%DV</b>  |
|-----------------------|-------------|------------------------|-------------|--------------------------|-------------|-----------------------|-------------|
| <b>Total fat</b> 75 g | <b>115%</b> | <b>Cholest.</b> 242 mg | <b>81%</b>  | <b>Total Carb.</b> 323 g | <b>108%</b> | <b>Vitamin A</b>      | <b>11%</b>  |
| Sat. Fat 19 g         | <b>97%</b>  | <b>Sodium</b> 4483 mg  | <b>187%</b> | Fiber 14 g               | <b>55%</b>  | <b>Vitamin C</b>      | <b>0%</b>   |
| <b>Protein</b> 49 g   |             |                        |             | Sugars 39 g              |             | <b>Calcium</b>        | <b>11%</b>  |
|                       |             |                        |             |                          |             | <b>Iron</b>           | <b>106%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## FOCACCIA

*Yield:* 4 loaves

*Oven:* 450°F

*Bake:* 20–30 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---------------------|---------------|--|
| Yeast, active dry   | 1 oz          | Combine yeast, water, and sugar. Stir to dissolve yeast. Let stand for later step. |
| Water, warm (110°F) | 2 cups        |  |
| Sugar, granulated   | ¼ tsp         |  |
| Olive oil           | 1½ cups       | Add to yeast mixture. Mix until blended using dough arm.                           |
| Water, warm         | 2 cups        |  |
| Salt                | 1 Tbsp        |  |
| Flour, all-purpose  | 2 lb 10 oz    | Add flour. Mix on low speed for about 10 minutes until dough is smooth and satiny. |

1. Turn into lightly greased bowl, then turn over to grease top. Cover. Let rise in warm place (80°F) until double in bulk (30–40 minutes).
2. Shape with a rolling pin into four 1 lb 5 oz ovals, circles, or rectangles about ½–⅔ inch thick. See Exhibit IV in the color insert.
3. Make several very shallow parallel or fan-shaped cuts in center of bread, then gently pull the edges of the dough to slightly open the shallow cuts.
4. Put rounds on lightly greased pans.
5. Brush rounds with olive oil and sprinkle lightly with coarse sea salt and coarse ground pepper. Let rise 20 minutes.
6. Bake at 450°F for approximately 15 minutes, until golden brown. Serve warm.

### *Approximate nutritive values per loaf*

**Calories** 1819

| <i>Amount/portion</i> | <i>%DV</i>  | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>    | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|-------------|-----------------------|------------|--------------------------|------------|-----------------------|------------|
| <b>Total fat</b> 84 g | <b>130%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 230 g | <b>77%</b> | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 11 g         | <b>57%</b>  | <b>Sodium</b> 1611 mg | <b>67%</b> | Fiber 9 g                | <b>34%</b> | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 33 g   |             |                       |            | Sugars 0 g               |            | <b>Calcium</b>        | <b>6%</b>  |
|                       |             |                       |            |                          |            | <b>Iron</b>           | <b>73%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Focaccia may be split and filled with a sandwich filling or served unsplit as an accompaniment to soup or salad.
- Variation**
- **Focaccia with Onions.** Toss 1 lb of thinly sliced onions with ¼ cup olive oil, ½ tsp salt, and ½ tsp pepper. Distribute approximately 4 oz of onion mixture on Focaccia after shaping. Let rise 20–30 minutes and bake as directed.

## OATMEAL BREAD

*Yield:* 5 1½-lb loaves

*Oven:* 375°F      *Bake:* 30–35 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---------------------|---------------|---|
| Yeast, active dry   | 1¼ oz         | Combine yeast, water, and sugar.<br>Let stand 10 minutes.   |
| Water, warm (110°F) | 1 cup         |   |
| Sugar, granulated   | 2 tsp         |   |
| Water, hot          | 3 cups        | Combine in mixer bowl, using dough arm.   |
| Rolled oats         | 6 oz          |   |
| Molasses            | 1 cup         |   |
| Shortening          | 6 oz          |   |
| Salt                | 2 Tbsp        |   |
| Flour, all-purpose  | 3 lb 8 oz     | Add enough flour to rolled oats mixture to make a smooth, thin batter.  |
| Eggs                | 4 (7 oz)      | Add eggs and yeast mixture to batter. Mix 15 minutes on medium speed.<br>Add remaining flour in small amounts, on low speed, to make a soft dough. Let rest 10 minutes.<br>Knead on low speed for 10 minutes or until smooth and elastic, or until a small piece of dough can be stretched to resemble a thin membrane.<br>Let rise until double in bulk. |
| Rolled oats         | 4 oz          | Grease five loaf pans (5 × 9 × 2¾ inches).<br>Coat each pan with ¼ cup rolled oats.<br>Punch down dough. Scale 1 lb 8 oz dough for each pan and shape into a loaf.<br>Place in prepared pans.   |
| Egg whites          | 2 (2 oz)      | Combine egg whites and water.<br>Brush on loaves and sprinkle with rolled oats.<br>Let rise until double in bulk.<br>Bake at 375°F for 30–35 minutes.   |
| Water               | 1 Tbsp        |   |

### *Approximate nutritive values per loaf*

**Calories** 1926

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b>  | <b>Amount/portion</b>    | <b>%DV</b>  | <b>Amount/portion</b> | <b>%DV</b>  |
|-----------------------|------------|------------------------|-------------|--------------------------|-------------|-----------------------|-------------|
| <b>Total fat</b> 45 g | <b>69%</b> | <b>Cholest.</b> 169 mg | <b>56%</b>  | <b>Total Carb.</b> 327 g | <b>109%</b> | <b>Vitamin A</b>      | <b>7%</b>   |
| Sat. Fat 11 g         | <b>54%</b> | <b>Sodium</b> 2650 mg  | <b>110%</b> | Fiber 11 g               | <b>43%</b>  | <b>Vitamin C</b>      | <b>0%</b>   |
| <b>Protein</b> 51 g   |            |                        |             | Sugars 45 g              |             | <b>Calcium</b>        | <b>22%</b>  |
|                       |            |                        |             |                          |             | <b>Iron</b>           | <b>120%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • See oatmeal topping, Exhibit IV in the color insert.

**Variation** • **Molasses Bran Bread.** Delete rolled oats and eggs. Increase water to 1 qt. Add 10 oz whole wheat flour, 3 oz unprocessed bran, 1½ tsp ground ginger, and 4 oz nonfat dry milk.

**POTATO BREAD**

Yield: 5 1½-lb loaves

Oven: 375°F Bake: 30-35 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---------------------|---------------|--|
| Instant potatoes    | 5 oz          | Pour boiling water over potatoes. Set aside for later step.  |
| Water, boiling      | 2 cups        |  |
| Yeast, active dry   | 1 oz          | Combine yeast, water, and sugar. Let stand 10 minutes.   |
| Water, warm (110°F) | 1 cup         |  |
| Sugar, granulated   | 1 tsp         |  |
| Water, hot          | 1½ cups       | Combine water, milk, shortening, sugar, and salt in mixer bowl, using dough arm to mix and soften shortening. Add potato mixture and mix until well blended.             |
| Nonfat dry milk     | 4 oz          |  |
| Shortening          | 8 oz          |  |
| Sugar, granulated   | 8 oz          |  |
| Salt                | 2 Tbsp        |  |
| Flour, all-purpose  | 3 lb 8 oz     | Add enough flour to make a smooth batter. Add yeast mixture. Mix on medium speed for 15 minutes.   |
| Eggs, beaten        | 5 (8 oz)      | Add eggs and mix thoroughly. Add remaining flour in small amounts on low speed to make a soft dough. Proof until double in bulk.   |
|                     |               | Punch down dough. Scale into five loaves, 1 lb 8 oz each. Place in greased baking pans (5 × 9 × 2¾ inches). Proof until double in size. Bake at 375°F for 30–35 minutes. |

*Approximate nutritive values per loaf*

Calories 2015

| Amount/portion | %DV | Amount/portion  | %DV  | Amount/portion    | %DV  |           | %DV |
|----------------|-----|-----------------|------|-------------------|------|-----------|-----|
| Total fat 54 g | 84% | Cholest. 197 mg | 66%  | Total Carb. 326 g | 109% | Vitamin A | 24% |
| Sat. Fat 13 g  | 67% | Sodium 3347 mg  | 139% | Fiber 10 g        | 42%  | Vitamin C | 2%  |
| Protein 51 g   |     |                 |      | Sugars 62 g       |      | Calcium   | 44% |
|                |     |                 |      |                   |      | Iron      | 93% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note** • Dough may be shaped into rolls. Recipe makes approximately 100 1½-oz rolls. Bake at 375°F for 20–25 minutes.
- Variation** • **Portuguese Sweet Bread.** Delete nonfat dry milk. Substitute 6 oz margarine for shortening. Increase sugar to 10 oz and eggs to 6 (10 oz).

## SWEDISH RYE BREAD

*Yield:* 5 1½-lb loaves

*Oven:* 375°F      *Bake:* 40–50 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---------------------|---------------|---|
| Yeast, active dry   | 2¼ oz         | Combine yeast, water, and brown sugar. Let stand 10 minutes.  |
| Water, warm (110°F) | 2 cups        |   |
| Sugar, brown        | 1 oz          |   |
| Water, hot          | 3 cups        | Combine in mixer bowl. Mix thoroughly until shortening is softened.   |
| Salt                | 1 Tbsp        |   |
| Sugar, brown        | 6 oz          |   |
| Molasses            | 6 oz (½ cup)  |   |
| Shortening          | 3 oz          |   |
| Flour, all-purpose  | 3 lb 8 oz     | Combine flours. Add enough to mixture in mixer bowl to make a thin, smooth batter.  |
| Flour, rye          | 12 oz         |   |
|                     |               | Add yeast mixture. Mix on medium speed for 10 minutes, using dough arm.   |
|                     |               | Reduce mixer speed. Add remaining flour in small amounts to make a soft dough that pulls itself from sides of bowl.               |
|                     |               | Mix for about 10 minutes, until smooth and elastic, or until a small piece of dough can be stretched to resemble a thin membrane. |
|                     |               | Let rise until double in bulk.  |
|                     |               | Punch down dough.   |
|                     |               | Shape into five loaves, 1 lb 8 oz each.   |
|                     |               | Place in five greased loaf pans (5 × 9 × 2¾ inches). Let rise until double in bulk.   |
|                     |               | Bake at 375°F for 40–50 minutes or until bread sounds hollow when tapped lightly.   |

### *Approximate nutritive values per loaf*

**Calories 1771**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>    | <i>%DV</i>  | <i>Amount/portion</i> | <i>%DV</i>  |
|-----------------------|------------|-----------------------|------------|--------------------------|-------------|-----------------------|-------------|
| <b>Total fat</b> 22 g | <b>34%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 349 g | <b>116%</b> | <b>Vitamin A</b>      | <b>0%</b>   |
| Sat. Fat 5 g          | <b>25%</b> | <b>Sodium</b> 29 mg   | <b>1%</b>  | Fiber 15 g               | <b>59%</b>  | <b>Vitamin C</b>      | <b>0%</b>   |
| <b>Protein</b> 48 g   |            |                       |            | Sugars 28 g              |             | <b>Calcium</b>        | <b>17%</b>  |
|                       |            |                       |            |                          |             | <b>Iron</b>           | <b>129%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variation**
- **Caraway Rye Bread.** Add 2 Tbsp caraway seeds to dough.
  - **Limpa Rye Bread.** Decrease all-purpose flour to 2 lb and increase rye flour to 2 lb. Add 2 Tbsp fennel seed and 2 Tbsp grated orange peel.
  - **Rye Rolls.** Shape into 1½-oz rolls. Yield: 7 dozen.

**BASIC ROLL DOUGH**

*Yield:* 8 dozen rolls      *Portion:* 1½ oz  
*Oven:* 400°F      *Bake:* 15–25 minutes

| <i>Ingredient</i>   | <i>Amount</i>            | <i>Procedure</i>   |
|---------------------|--------------------------|--|
| Water, warm (110°F) | 1 cup                    | Combine sugar and water. Add yeast. Let stand 10 minutes.  |
| Sugar, granulated   | 1 tsp                    |  |
| Yeast, active dry   | 1½ oz                    |  |
| Water, hot          | 1¼ qt                    | Place hot water, dry milk, sugar, salt, and shortening in mixer bowl. Mix thoroughly, using dough arm, until shortening is softened.   |
| Nonfat dry milk     | 5 oz                     |  |
| Sugar, granulated   | 4 oz                     |  |
| Salt                | 2 oz                     |  |
| Shortening          | 8 oz                     |  |
| Eggs, beaten        | 4 (7 oz)                 | Add eggs and softened yeast.   |
| Flour, all-purpose  | 4 lb 12 oz<br>(variable) | Add flour to make a moderately soft dough. Mix on low speed for about 10 minutes until smooth and satiny or until a small piece of dough can be stretched to resemble a thin membrane. |

1. Turn into lightly greased bowl, then turn over to grease top. Cover. Let rise in warm place (80°F) until double in bulk.
2. Punch down. Divide into thirds for ease in handling. Shape into 1½-oz rolls or into desired shapes. (See Variations on p. 147.)
3. Let rise until double in bulk.
4. Bake at 400°F for 15–25 minutes or until golden brown.

*Approximate nutritive values per portion*

Calories 117

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total fat</b> 3 g | 4%  | <b>Cholest.</b> 9 mg | 3%  | <b>Total Carb.</b> 19 g | 6%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 2%  |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 241 mg | 10% | Fiber 1 g               | 3%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 6%  |
| <b>Protein</b> 3 g   |     |                      |     | Sugars 2 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 1¼ qt fluid milk may be used in place of nonfat dry milk and hot water. Scald milk, then add sugar, salt, and shortening, and cool to lukewarm.
- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. In mixer bowl combine 1¼ qt very warm water (120°F), shortening, and beaten eggs. Blend on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- Allow 3–4 hours for mixing and rising. For a quicker rising dough, increase yeast to 2 oz.

**Variations**

- **Bowknots.** Roll 1½-oz portions of dough into strips 9 inches long. Tie loosely into a single knot (see Figure 4.2).
- **Braids.** Roll dough ¼ inch thick and cut in strips 6 inches long and ½ inch wide. Braid three strips, fold under, and pinch to seal (see Figure 4.3).
- **Butterhorns.** Proceed as for Crescents, but do not form crescent shape.
- **Caramel Crowns.** Increase sugar in dough to 9 oz. Scale dough into balls 1½ oz each. Drop into mixture of 1 lb 4 oz sugar and 3 Tbsp cinnamon to coat balls. Arrange 18 balls in each of five greased tube pans, into which 2 oz pecans, halves or coarsely chopped, have been placed. The pan should be about ⅓ full. Let rise until double in bulk. Bake at 350°F for 30 minutes.

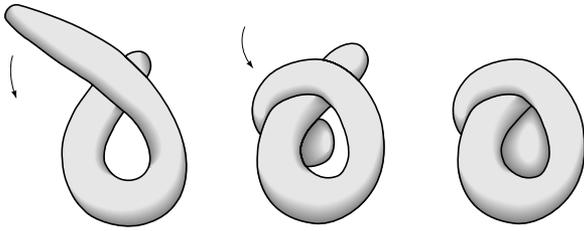


FIGURE 4.2 Shaping bowknot rolls

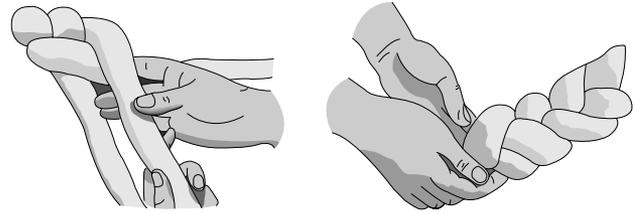


FIGURE 4.3 Braiding yeast dough

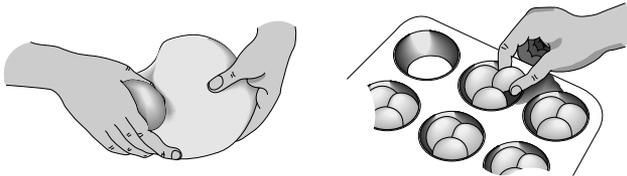


FIGURE 4.4 Shaping and panning cloverleaf rolls

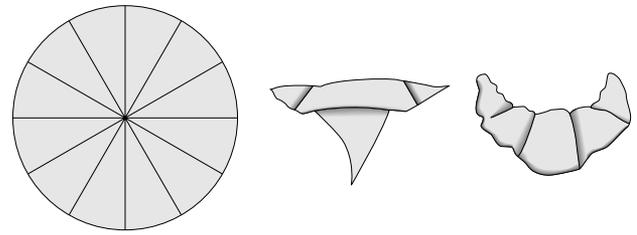
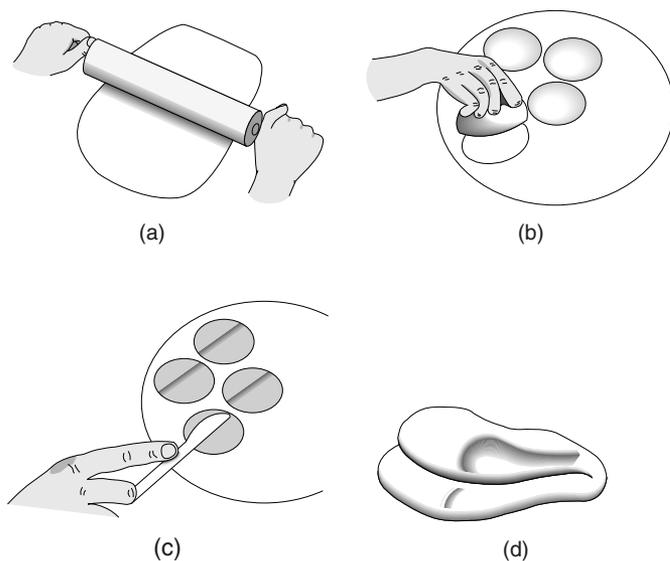


FIGURE 4.5 Shaping crescent rolls

Immediately loosen from pan with a spatula. Invert pans to remove. Cool. Serve irregular side up to resemble a crown. Garnish with maraschino cherries.

- **Cloverleaf Rolls.** Pinch off 1-oz pieces of dough and roll into smooth balls. Fit into greased muffin pans, three balls per cut (see Figure 4.4).
- **Crescents.** Weigh dough into 12-oz portions. Roll each into a circle  $\frac{1}{8}$  inch thick and 8 inches in diameter. Cut into 12 triangles and brush top with melted margarine or butter. Beginning at base, roll each triangle, keeping point in middle of roll and bringing ends toward each other to form a crescent shape. Place on greased baking sheets  $1\frac{1}{2}$  inches apart (see Figure 4.5).
- **Dinner or Pan Rolls.** Shape dough into  $1\frac{1}{2}$ -oz balls and place on well-greased baking sheets. Cover. Let rise until light. Brush with mixture made of egg yolk and milk—1 egg yolk to 1 Tbsp milk.
- **Fan Tan or Butterflake Rolls.** Weigh dough into 12-oz pieces. Roll out into very thin rectangular sheet. Brush with melted margarine or butter. Cut in strips about 1 inch wide. Pile 6–7 strips together. Cut  $\frac{1}{2}$ -inch pieces and place on end in greased muffin pans.
- **Goopy Buns.** Grease sides of one  $18 \times 26 \times 2$ -inch baking sheet. Combine in kettle or saucepan 8 oz margarine, 1 lb 8 oz brown sugar, and  $\frac{3}{4}$  cup corn syrup. Cook until sugar is dissolved. Pour into prepared pan. Cool. If desired, sprinkle 1 lb pecans over mixture. Place  $1\frac{1}{2}$ -oz portions of dough  $8 \times 12$  on sugar mixture. Let rise. Bake at  $375^{\circ}\text{F}$  for 20–25 minutes. Remove from oven and turn upside down onto  $18 \times 26 \times 1$ -inch baking sheet.
- **Half-and-Half Rolls.** Proceed as for Twin Rolls. Use one round plain dough and one round whole wheat dough for each roll.
- **Hamburger Buns.** Divide dough into two portions. Roll each piece of dough into a strip  $1\frac{1}{2}$  inches in diameter. Cut strips into pieces approximately  $2\frac{1}{2}$  oz each. Round the pieces into balls. Place balls in rows on greased baking sheets  $1\frac{1}{2}$ –2 inches apart. Let stand 10–15 minutes, then flatten to desired thickness with finger, rolling pin, or another baking sheet.
- **Hot Cross Buns.** Divide dough into thirds. Roll  $\frac{1}{2}$  inch thick. Cut rounds 3 inches in diameter. Brush tops with beaten egg. Score top of bun to make a cross before baking, or make a cross on top with frosting after baking. (See p. 152 for variation.)
- **Hot Dog Buns.** Divide dough into two portions. Roll each piece of dough into a strip  $1\frac{1}{2}$  inches in diameter. Cut strips of dough into pieces approximately  $2\frac{1}{2}$  oz each. Round pieces of dough; roll into pieces approximately  $4\frac{1}{2}$  inches long. Place in rows on greased baking sheets  $\frac{1}{2}$  inch apart.

- **Parker House Rolls.** Divide dough into thirds. Roll dough to  $\frac{1}{3}$  inch thickness. Cut rounds 2–2½ inches in diameter with a biscuit cutter. Let dough rest a few minutes after cutting. Brush with melted butter or margarine. Crease the rolls across the center with the dull edge of a table knife. Fold over and press down on the folded edge (see Figure 4.6), and Exhibit II in the color insert.
- **Popcorn Rolls.** Shape dough into 1½-oz balls. Place on greased baking sheets. Snip top of each ball twice with scissors.
- **Poppy Seed Rolls.** (a) Proceed as for Twists. Substitute poppy seed for sugar and cinnamon. (b) Proceed as for Cinnamon Rolls (p. 153). Substitute poppy seed for sugar, cinnamon, and raisins.
- **Ribbon Rolls.** Weigh dough into 12-oz pieces. Roll  $\frac{1}{4}$  inch thick. Spread with melted margarine. Place on top of this a layer of whole wheat dough rolled to the same thickness. Repeat, using the contrasting dough until five layers thick. Cut with a 1½-inch cutter. Place in greased muffin pans with cut surface down.
- **Rosettes.** Follow directions for Bowknots. After tying, bring one end through center and the other over the side.
- **Sesame Rolls.** Proceed as for Twin Rolls. Brush tops with melted margarine and sprinkle with sesame seeds.
- **Twin Rolls.** Weigh dough into 12-oz pieces. Roll  $\frac{5}{8}$  inch thick. Cut rounds 1 inch in diameter. Brush with melted margarine. Place on end in well-greased muffin pans, allowing two rounds for each roll.
- **Twists.** Weigh dough into 12-oz pieces. Roll  $\frac{1}{3}$  inch thick, spread with melted margarine, sugar, and cinnamon. Cut into strips  $\frac{1}{3} \times 8$  inches, bring both ends together, and twist dough.
- **Whole Wheat Rolls.** Substitute 2 lb 6 oz whole wheat flour for 2 lb 6 oz of the all-purpose flour. Proceed as for Basic Roll Dough.



**FIGURE 4.6** Shaping Parker House Rolls. (a) Divide dough into thirds. Roll to  $\frac{1}{3}$  inch thickness and brush with melted margarine. (b) Cut into circles with cutter. (c) Crease rolls with back of a table knife. (d) Fold over and press down on folded edge.

**BUTTER BUNS**

*Yield:* 9–10 dozen buns      *Portion:* 1<sup>3</sup>/<sub>4</sub> oz  
*Oven:* 400°F      *Bake:* 15–20 minutes

| <i>Ingredient</i>        | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------------|----------------|--|
| Sugar, granulated        | 1 lb           | Place sugar, salt, and margarine in mixer bowl.  |
| Salt                     | 1 oz           |  |
| Margarine or butter      | 1 lb 8 oz      |  |
| Milk                     | 3 cups         | Scald milk by heating to a point just below boiling. Add to ingredients in mixer bowl and mix. Cool to lukewarm.   |
| Yeast, active dry        | 2 oz           | Soften yeast in warm water.  |
| Water, warm (110°F)      | 1 cup          |  |
| Eggs                     | 12 (1 lb 5 oz) | Beat eggs and yolks. Add eggs, lemon extract, and yeast to milk mixture. Mix until blended.  |
| Egg yolks                | 16 (10 oz)     |  |
| Lemon extract (optional) | 4 tsp          |  |
| Flour, all-purpose       | 4 lb 8 oz      |  |
|                          |                | Add flour and mix thoroughly, using dough arm. Let dough rise until double in bulk. Portion with No. 30 dipper into greased muffin pans. Let rise 1 hour. Bake at 400°F for 15–20 minutes. |

*Approximate nutritive values per portion***Calories 146**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total fat</b> 6 g  | <b>10%</b> | <b>Cholest.</b> 55 mg | <b>18%</b> | <b>Total Carb.</b> 18 g | <b>6%</b>  | <b>Vitamin A</b>      | <b>7%</b>  |
| Sat. Fat 2 g          | 8%         | <b>Sodium</b> 164 mg  | 7%         | Fiber 1 g               | 3%         | <b>Vitamin C</b>      | 0%         |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>        | 1%         |
|                       |            |                       |            |                         |            | <b>Iron</b>           | 6%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- 3 oz nonfat dry milk and 3 cups water may be substituted for the fluid milk. Combine dry milk with flour. Increase margarine to 1 lb 9 oz.

**RAISED MUFFINS**

*Yield:* 8 dozen muffins      *Portion:* 2 oz  
*Oven:* 350°F      *Bake:* 20 minutes

| <i>Ingredient</i>   | <i>Amount</i>         | <i>Procedure</i>   |
|---------------------|-----------------------|--|
| Sugar, granulated   | 12 oz                 | Place sugar, salt, and shortening in mixer bowl.   |
| Salt                | 2 oz                  |  |
| Shortening          | 9 oz                  |  |
| Milk                | 1½ qt                 | Scald milk by heating to point just below boiling. Add to mixture in mixing bowl. Cool to lukewarm.  |
| Yeast, active dry   | 1½ oz                 | Soften yeast in warm water.  |
| Water, warm (110°F) | 1½ cups               |  |
| Eggs, beaten        | 12 (1 lb 5 oz)        | Add eggs and softened yeast to milk mixture.   |
| Flour, all-purpose  | 2 lb                  | Add flour. Beat on medium speed for 10 minutes, using flat beater.<br>Let rise in warm place for 1½ hours.   |
| Flour, all-purpose  | 2 lb 12 oz (variable) | Add remaining flour. Beat until batter is smooth. Portion with No. 20 dipper into greased muffin pans. Let rise until double in bulk (about 1 hour). Bake at 350°F for 20 minutes. |

*Approximate nutritive values per portion***Calories 139**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total fat</b> 4 g  | <b>6%</b>  | <b>Cholest.</b> 28 mg | <b>10%</b> | <b>Total Carb.</b> 22 g | <b>7%</b>  | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 1 g          | <b>6%</b>  | <b>Sodium</b> 245 mg  | <b>10%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 5 g              |            | <b>Calcium</b>   | <b>2%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- 6 oz nonfat dry milk and 1½ qt water may be substituted for the fluid milk. Combine dry milk with the first portion of flour.

## BASIC SWEET ROLL DOUGH

*Yield:* 8 dozen rolls      *Portion:* 2 oz  
*Oven:* 375°F      *Bake:* 20–25 minutes

| <i>Ingredient</i>   | <i>Amount</i>     | <i>Procedure</i>   |
|---------------------|-------------------|--|
| Yeast, active dry   | 2 oz              | Soften yeast in warm water.  |
| Water, warm (110°F) | 1½ cups           |  |
| Water, hot          | 3 cups            | Combine hot water, dry milk, sugar, shortening, and salt in mixer bowl.  |
| Nonfat dry milk     | 3 oz              |  |
| Sugar, granulated   | 1 lb              | Mix until shortening is softened, using dough arm. Cool to lukewarm.   |
| Shortening          | 1 lb              |  |
| Salt                | 1¾ oz             |  |
| Eggs, beaten        | 9 (1 lb)          |  |
| Flour, all-purpose  | 5–6 lb (variable) | Add eggs and yeast to mixture in bowl. Blend.<br>Add flour gradually on low speed.<br>Mix on medium speed to a smooth dough, 5–6 minutes. Do not overmix. Dough should be moderately soft. |

1. The dough temperature just after mixing should be 78°–82°F.
2. Place dough in lightly greased bowl. Grease top of dough, cover, and let rise in warm place until double in bulk, about 2 hours.
3. Punch down and let rise again, about 1 hour.
4. Punch down and divide into portions for rolls. Let rest for 10 minutes.
5. Scale 2 oz per roll. Shape (see Variations) and let rise until rolls are almost double in bulk, about 45 minutes.
6. Bake at 375°F for 20–25 minutes.

### Approximate nutritive values per portion

Calories 167

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total fat</b> 5 g | 8%  | <b>Cholest.</b> 20 mg | 7%  | <b>Total Carb.</b> 25 g | 8%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 1%  |
| Sat. Fat 1 g         | 7%  | <b>Sodium</b> 212 mg  | 9%  | Fiber 1 g               | 4%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 7%  |
| <b>Protein</b> 4 g   |     |                       |     | Sugars 5 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Mixing may be simplified by combining dry yeast with sugar, salt, dry milk, and 2 lb of the flour. Mix thoroughly. Combine eggs, very warm water (120°F), and melted shortening. Add yeast-flour mixture on low speed. Add remaining flour gradually, mixing until a smooth, elastic dough is formed.
- 3 cups fluid milk may be used in place of nonfat dry milk and hot water. Scald milk, then add sugar, salt, and shortening, and cool to lukewarm.
- For a quicker rising dough, increase yeast to 3 oz.

### Variations

- **Cherry Nut Rolls.** Add 1 tsp nutmeg, ½ tsp almond or lemon extract, 1 lb chopped glacé cherries, and 1 lb chopped pecans to dough. Shape into 1-oz balls. When baked, cover with glaze made of orange juice and powdered sugar.
- **Cinnamon Twists.** Combine 1 lb granulated sugar and 1 Tbsp cinnamon. Melt 4 oz margarine. Dip 2-oz portions of dough into melted margarine, then roll in sugar-cinnamon mixture. Elongate and twist dough portions into 3-inch-long rolls. Place side by side in two 13 × 18-inch baking pans. Bake at 375°F for 20–25 minutes.
- **Coffee Cake.** Scale 4 lb dough and roll out to size of 18 × 26 × 1-inch baking sheet. Cover top of dough with melted margarine or butter and topping (see p. 154). Fruit fillings may be used also.

- **Crullers.** Roll dough  $\frac{1}{3}$  inch thick. Cut into strips  $\frac{1}{2} \times 8$  inches. Bring two ends together and twist dough. Let rise, then fry in deep fat. Ice with Powdered Sugar Glaze (p. 196) or dip in fine granulated sugar.
- **Danish Pastry.** Roll a 5-lb piece of dough into a rectangular shape about  $\frac{1}{4}$  inch thick. Start at one edge and cover completely  $\frac{2}{3}$  of the dough with small pieces of hard butter, margarine, or special Danish pastry shortening. The latter is stable at bakeshop temperature and is easier to use than butter or margarine. Use 2–5 oz per lb of dough.  
Fold the unbuttered  $\frac{1}{3}$  portion of dough over an equal portion of buttered dough. Fold the remaining  $\frac{1}{3}$  buttered dough over the top to make three layers of dough separated by a layer of fat. Roll out dough  $\frac{1}{4}$  inch thick. This completes the first roll. Repeat folding and rolling two or more times. Do not allow the fat to become soft while working with the dough. Let dough rest 45 minutes. Make into desired shapes.
- **Hot Cross Buns.** Add to dough 8 oz chopped glacé cherries, 8 oz raisins, 2 Tbsp cinnamon,  $\frac{1}{4}$  tsp cloves, and  $\frac{1}{4}$  tsp nutmeg. Shape into round buns, 1 oz per bun. When baked, make a cross on top with Powdered Sugar Glaze (p. 196).
- **Kolaches.** Add 2 Tbsp freshly grated lemon peel to dough. Shape dough into 1-oz balls. Place on lightly greased baking sheet. Let rise until light. Press down center to make cavity and fill with 1 tsp filling. Brush with melted margarine or butter and sprinkle with chopped nuts. Suggested fillings: chopped cooked prunes and dried apricots cooked with sugar and cinnamon; poppy seed mixed with sugar and milk; apricot or peach marmalade.
- **Long Johns.** Roll out dough to a thickness of  $\frac{1}{2}$  inch. Cut dough into rectangular pieces  $\frac{1}{2} \times 4$  inches. Let rise until double in bulk. Fry in deep fat.
- **Swedish Braids.** Add to dough 1 lb chopped candied fruit, 8 oz pecans, and  $\frac{1}{2}$  tsp cardamom seed. Weigh dough into 1 $\frac{3}{4}$ -lb portions and braid. Place on greased 18  $\times$  26  $\times$  1-inch baking sheets, four per pan. When baked, brush with Powdered Sugar Glaze (p. 196) made with milk in place of water.

## FRUIT COFFEE RINGS

*Yield:* 8 rings

*Oven:* 350°F

*Bake:* 30 minutes

| <i>Ingredient</i>   | <i>Amount</i>    | <i>Procedure</i>  |
|---|------------------|---|
| Basic Roll Dough<br>(p. 146) or Basic<br>Sweet Roll Dough<br>(p. 151) | 10 lb (1 recipe) | Let dough rise until double in bulk.<br>Divide dough into 1 $\frac{1}{2}$ -lb portions.<br>Roll out each portion into a rectangular strip<br>9 $\times$ 14 $\times$ $\frac{1}{3}$ inches.   |
| Filling (see below)   | 2 qt             | Spread each strip with 1 cup filling. Roll as for Cinnamon<br>Rolls.<br>Arrange in ring mold or 10-inch tube pan. Cut slashes in<br>dough with scissors about 1 inch apart<br>Let rise until double in bulk.<br>Bake at 350°F for 25–30 minutes.<br>Brush with Powdered Sugar Glaze (p. 196). |

### Suggested Fillings

- Use 2 qt Apricot Filling (p. 197) or apricot preserves, Fig Filling (p. 197), Prune-Date Filling (p. 197), orange marmalade, or a mixture of 1 lb margarine or butter and 1 lb honey whipped together until light and fluffy. Dough may be shaped in a twist.

## CINNAMON ROLLS

Yield: 5 dozen rolls      Portion: 3 oz  
Oven: 375°F      Bake: 20–25 minutes

| Ingredient  | Amount                | Procedure   |
|---|-----------------------|---|
| Basic Roll Dough<br>(p. 146) or Basic<br>Sweet Roll Dough<br>(p. 151) | 10 lb (1 recipe)      | Let dough rise until double in bulk.<br>Divide dough into eight portions, 1 lb 4 oz each.<br>Roll each portion into rectangular sheet $9 \times 14 \times \frac{1}{8}$ inches.  |
| Margarine or butter,<br>melted  | 12 oz                 | Spread each sheet with melted margarine.  |
| Sugar, granulated<br>Cinnamon, ground                                 | 2 lb<br>1 oz (4 Tbsp) | Combine sugar and cinnamon.<br>Sprinkle 6 oz over each sheet.<br>Roll as for Cinnamon Roll (see Figure 4.7).<br>Cut into 1-inch slices.<br>Place cut side down on greased baking sheets, in muffin pans,<br>or round pans.<br>Let rise until double in bulk, about 45 minutes.<br>Bake at 375°F for 20–25 minutes.<br>After removing from oven, spread tops with Powdered Sugar<br>Glaze (p. 196) made with milk in place of water, Peanut<br>Butter Glaze (p. 195), or Chocolate Glaze (p. 195). |

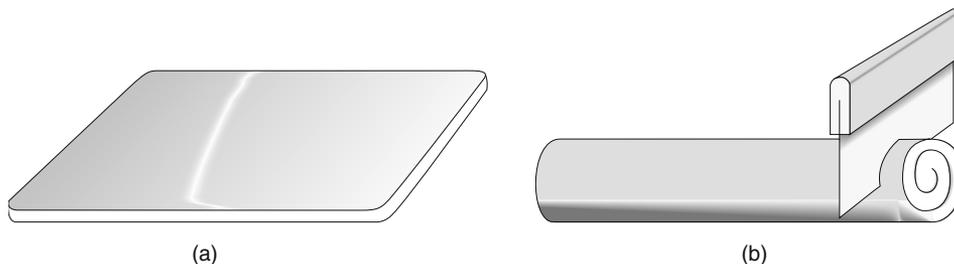
### Approximate nutritive values per portion

Calories 353

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total fat 13 g | 20% | Cholest. 32 mg | 11% | Total Carb. 53 g | 18% | Vitamin A | 4%  | Calcium | 3%  |
| Sat. Fat 3 g   | 15% | Sodium 393 mg  | 16% | Fiber 1 g        | 5%  | Vitamin C | 0%  | Iron    | 12% |
| Protein 6 g    |     |                |     | Sugars 23 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- 8 oz brown sugar may be substituted for part of granulated sugar.
- Variations**
- **Butterfly Rolls.** Cut rolled dough into 2-inch slices. Press each roll across center parallel to the cut side, with the back of a large knife handle. Press or flatten out the folds of each end. Place on greased baking sheets  $1\frac{1}{2}$  inches apart.
  - **Butterscotch Rolls.** Use brown sugar and omit cinnamon, if desired. Cream 8 oz margarine or butter, 1 lb 8 oz brown sugar, and 1 tsp salt. Gradually add 1 cup water, blending thoroughly. Spread 10 oz mixture over each of four greased  $18 \times 26 \times 1$ -inch baking sheets or place 1 Tbsp mixture into each greased muffin pan cup. Place rolls cut side down in pans.



**FIGURE 4.7** Preparing Cinnamon Rolls. (a) Roll dough into rectangular sheets, brush with melted margarine, and sprinkle with sugar-cinnamon mixture. (b) Roll up as for jelly roll. Cut into 1-inch slices.

- **Caramel Pecan Rolls.** Melt 12 oz margarine. Add 1 lb chopped pecans, 2 lb 6 oz brown sugar, and 12 oz light corn syrup. Stir to mix. Scale 1 lb 10 oz into each 12 × 18 × 2-inch pan. Place rolls cut side down onto caramel mixture.
- **Cinnamon Raisin Rolls.** Use brown sugar in place of granulated sugar and add 8 oz raisins to filling.
- **Double Cinnamon Buns.** Proceed as for Butterfly Rolls. Roll sheet of dough from both sides to form a double roll.
- **Glazed Marmalade Rolls.** Omit cinnamon. Dip cut slices in additional melted margarine or butter and granulated sugar. When baked, glaze with orange marmalade mixed with powdered sugar until of a consistency to spread. Apricot marmalade, strawberry jam, or other preserves may be used for the glaze.
- **Honey Rolls.** Substitute honey filling for sugar and cinnamon. Whip 1 lb margarine or butter and 1 lb honey until light and fluffy.
- **Jumbo Cinnamon Rolls.** Use 24 lb dough, 3 lb granulated sugar mixed with 5 Tbsp cinnamon, and 1 lb margarine or butter. Divide dough into four 6-lb portions. Roll each portion into approximately a 26 × 26-inch square. Spread with 4 oz softened margarine and sprinkle with 1½ cups sugar-cinnamon mixture. Roll into a 26-inch-long roll. Cut into 12 slices 2 inches thick. Pan 2 × 4 in 12 × 18-inch baking pans. Proof until double in bulk. Bake at 350°F for 25 minutes or until done. Ice with Powdered Sugar Glaze (p. 196).
- **Orange Rolls.** Omit cinnamon. Spread with mixture of 1 lb 8 oz granulated sugar and 1 cup fresh grated orange peel. When baked, brush with a glaze made of powdered sugar and orange juice. If desired, use a filling made by creaming 1 lb margarine or butter, 2 Tbsp fresh grated orange peel, 2 lb granulated sugar, and ¾ cup undiluted frozen orange juice concentrate. Spread on dough.
- **Pecan Rolls.** Coarsely chop 1 lb 8 oz pecans. Sprinkle 8 oz over bottom of each of three 12 × 18 × 2-inch baking pans. Combine 2 lb margarine or butter, 2 Tbsp cinnamon, ⅓ cup corn syrup, ⅓ cup water, and 2 lb 8 oz brown sugar. Cook over medium heat until margarine melts. Pour over chopped nuts, 1 lb 12 oz per pan. Place rolls cut side down on mixture.
- **Sugared Snails.** Proceed as for Butterfly Rolls, rolling dough thinner before adding sugar filling. Cut rolled dough into slices ¾ inch thick. Dip cut surface of each roll in granulated sugar. Place on greased baking sheets ½ inch apart, with sugared side up. Allow to stand 10-15 minutes, then flatten before baking.

## FILLINGS OR TOPPINGS FOR COFFEE CAKE AND SWEET ROLLS

1. **Almond Filling.** Mix 1 lb almond paste, 1 lb granulated sugar, 12 oz margarine or butter, and 4 oz flour. Add 2 eggs and beat until smooth.
2. **Butter Cinnamon Topping.** Cream 8 oz margarine or butter, 1 lb granulated sugar, 3 Tbsp cinnamon, and ½ tsp salt. Add 4 beaten eggs and 3 oz flour and blend.
3. **Butter Crunch Topping.** Blend 1 lb granulated sugar, 1 lb margarine or butter, ½ tsp salt, 3 oz honey, and 2 lb flour together to form a crumbly mixture.
4. **Crumb Topping.** Mix 8 oz margarine or butter, 12 oz granulated sugar, ½ tsp cinnamon, and 12 oz flour until crumbly. Add 4 oz chopped nuts if desired.

## CHAPTER 5

# Desserts

### CAKES AND ICINGS

Cakes may be classified according to two major types: butter or shortened cakes and foam or sponge cakes. Butter cakes contain butter, margarine, or other shortening and usually are leavened with baking powder or with baking soda and an acid. True sponge cakes are leavened chiefly by air incorporated into beaten eggs, although modified sponge cakes may have baking powder added.

A properly balanced formula, correct temperature of ingredients, accurate measurements, controlled mixing of ingredients, proper relationship of batter to pan, and correct oven temperature and baking time are essential to good cake making. Cake flour yields better volume and finer texture than all-purpose flour and was used in testing recipes in this section, unless otherwise specified. If all-purpose flour is used, see Table 1.24 for substitution guidelines.

### Methods of Mixing Butter or Shortened Cakes

For all methods of mixing, weigh or measure ingredients accurately and have them at room temperature.

#### Conventional Method

1. Cream shortening and sugar on medium speed, using flat beater, for about 10 minutes or until light and fluffy.
2. Add eggs and beat 3–5 minutes on high speed. Stop mixer and scrape sides and bottom of bowl and beater. Removing the beater to make sure bottom of bowl is scraped is recommended.

3. Combine flour, leavening, and other dry ingredients. Add alternately with the liquid to the creamed mixture.
4. Mix on low speed until thoroughly blended. Scrape sides of bowl and beater occasionally for even mixing.

#### Dough-Batter Method

1. Cream flour, baking powder, and shortening on low speed for 2 minutes, using flat beater. Scrape sides of bowl and beater. Mix for 3 minutes.
2. Add sugar, salt, and half the milk. Mix 2 minutes. Scrape bowl and beater. Mix 3 minutes.
3. Combine egg, flavoring, and remaining milk. Add half to flour mixture. Mix 30 seconds. Scrape bowl and beater. Mix 1 minute.
4. Add remaining egg mixture. Mix 1 minute. Scrape bowl and beater. Mix 2½ minutes.

This method requires less time and fewer utensils than the conventional method and yields a good product. See p. 170 for White Cake made by the dough-batter method.

#### Dry Blending and Wetting Method

1. Blend dry ingredients in mixer bowl and mix on low speed for 1 minute, using flat beater.
2. Add 60 percent of the water to the dry ingredients. Mix slightly; flour is not completely hydrated.
3. Add fat and mix on low speed for 1 minute, then on medium speed for 4 minutes.
4. Add 10 percent of the water. Mix 1 minute on low speed, then 3 minutes on medium speed.
5. Add remainder of water (30 percent), eggs, and flavoring. Mix 3 minutes on low speed.

This method of mixing produces a cake with good volume and fine texture. Converting water from weight to liquid measurements may produce awkward numbers. A small adjustment of the three liquid additions may need to be made for easy measurement, but the total weight of water should be the same as the amount specified in the recipe. See p. 169 for White Cake made by the dry blending and wetting method of mixing.

### Muffin Method

1. Mix dry ingredients, including dry milk if used, in a mixer bowl.
2. Combine liquids (beaten eggs, milk or water, and melted shortening or oil).
3. Add liquids all at once to dry ingredients. Mix at low speed only enough to combine ingredients.

This method is quick and most successful when the cake is used soon after baking.

## Methods of Mixing Foam or Sponge Cakes

### Angel Food Cakes

1. Sift the flour with part of the sugar. This step helps the flour mix more evenly with the foam.
2. Beat the egg whites, using the whip attachment, until they form soft peaks. Egg whites should be at room temperature and all utensils used for whipping must be dry and free from fat or grease. Salt and cream of tartar are added near the beginning of the beating process.
3. Gradually beat in the sugar that was not mixed with the flour. Continue to beat until the egg whites form stiff, glossy peaks. Do not overbeat.
4. Fold in the flour/sugar mixture carefully to minimize loss of air from the foam. Fold until it is absorbed, but no longer.
5. Place in ungreased tube, loaf, or sheet pans and bake immediately.

### Sponge Cakes

All egg-foam cakes are similar in that they contain little or no shortening and depend for most or all of their leavening on the air trapped in beaten eggs. However, the whole-egg foams and egg-yolk foams are handled differently from those made with egg whites alone. In sponge cakes, the sugar and liquid are added to the eggs or egg yolks and beaten until light. Dry ingredients are folded in. Chiffon cakes contain baking powder, which is

mixed with the flour, and a small amount of fat in the form of vegetable oil that is added to the egg yolks and liquid. The beaten egg whites are folded into the batter.

## Cake Mixes

Prepared cake mixes offer the foodservice a wide variety of products that can be produced with fewer and less-skilled employees than cakes prepared from scratch. However, care should be given to the selection of the mix, and the instructions for preparation should be followed carefully to ensure high-quality products. The formulas in commercial mixes are balanced, and deviations such as the substitution of milk for water or the addition of eggs may change the finished product.

## Scaling Batter

### Pan Preparation

Prepare pans before mixing cake batters, so that cakes can be baked without delay as soon as they are mixed.

1. For butter cakes, grease pans and line with parchment cake liners or grease and dust with flour. For best results, use a solid shortening. Oil will cause the cake to stick to the pan. A commercial vegetable spray may be used, or a coating mixture may be prepared and brushed on the pans (p. 165). Sides of the pan should be left ungreased unless cakes are to be removed from the pan for layers.
2. For angel food cakes and other foam cakes, do not grease the pan. The batter must be able to cling to the sides to rise.

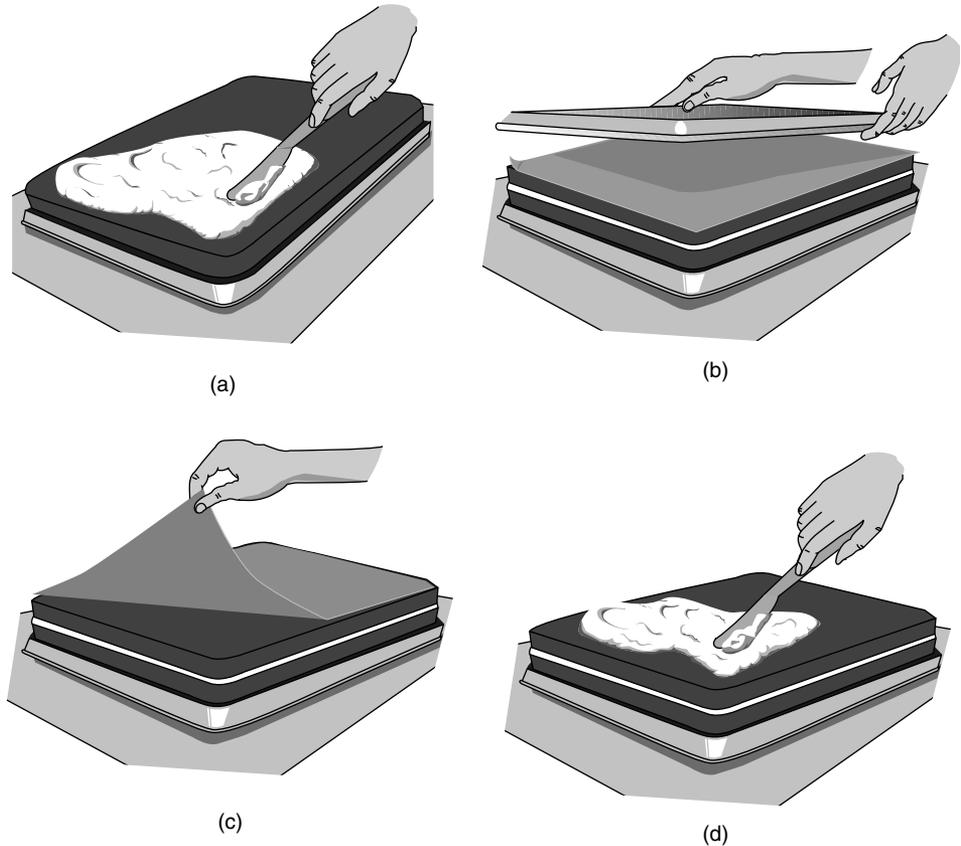
## Scaling

Butter or other shortened cakes usually are baked as sheet cakes for ease of preparation and serving but may be baked in layers or as cupcakes. Layer cakes may be made by cutting 18 × 26-inch sheet cakes in half or layering two 13 × 18-inch sheet cakes. (See Figure 5.1 for layering and icing a sheet cake.)

The correct amount of cake batter per pan is important in producing a cake with consistently high quality and volume. Table 5.1 gives approximate weights of batter for selected pan sizes. The proper scaling weight for different batters, however, can be determined by actual baking tests and experimentation. Once it has been determined, scaling weights for all pan sizes using the same batter can be calculated mathematically. The formula follows.

**Step 1** Experiment, using any pan, to determine the proper scaling weight.

**FIGURE 5.1** Layering and icing a sheet cake. (a) Remove sheet cake from pan after loosening sides. Place top side down on inverted baking sheet. Spread icing evenly over cake. (b) Carefully turn second cake onto iced layer. (c) Remove cake liner if used. (d) Ice top and sides of cake.



**TABLE 5.1** Approximate Scaling Weights and Yields for Cakes

| <i>Pan size</i>                                | <i>Approximate weight per pan</i> | <i>Yield</i>                                | <i>Type of cake</i>      |
|--|-----------------------------------|---|--------------------------|
| 12 × 18 × 2 inches                             | 4–5 lb                            | 30 portions (5 × 6)<br>32 portions (4 × 8)  | Butter, sheet            |
| 13 × 18 × 1 inches<br>(half-size baking sheet) | 2–2½ lb                           | 48 portions (6 × 8)                         | Butter, layer            |
| 13 × 18 × 1 inches                             | 1¼–1½ lb                          | 12 portions                                 | Sponge or<br>foam, sheet |
| 18 × 26 × 2 inches                             | 8–10 lb                           | 60 portions (6 × 10)<br>64 portions (8 × 8) | Butter, sheet            |
| 8-inch round                                   | 16–20 oz per layer                | 16 portions (2 layers)                      | Butter, layer            |
| 9-inch round                                   | 20–24 oz per layer                | 16 portions (2 layers)                      | Butter, layer            |
| 10-inch tube                                   | 28–40 oz                          | 14–16 portions                              | Foam, sponge             |
| Cupcakes                                       | 1¾ oz each                        |   | Butter                   |

**Note** • See p. 159 for scaling weights for icings and fillings.

**Step 2** Determine the volume of the pan used, expressed as cubic inches.

$$\text{square or rectangular pan volume} = \text{length} \times \text{width} \times \text{height}$$

$$\text{round pan volume} =$$

$$3.14 \times \text{radius squared} \times \text{height}$$

**Step 3** Determine the cubic inches per ounce of batter (factor) by dividing the cubic inches (as found in Step 2) by the ounces of batter determined to be correct by experimentation in Step 1.

$$\text{factor} = \frac{\text{cubic inches in pan}}{\text{correct scaling weight per pan}}$$

**Step 4** Find the proper scaling weight of the particular batter calculated for any pan by dividing the known factor into the pan volume.

$$\frac{\text{volume of cake pan to be used}}{\text{factor}} = \text{proper scaling weight of batter}$$

The following example illustrates the procedure for calculating proper scaling weight for a cake. The proper scaling weight of a  $6 \times 1\frac{1}{2}$ -inch round chocolate cake was determined to be 8 ounces. What would be the scaling weight for the same batter in a  $10 \times 1\frac{1}{2}$ -inch round pan?

**Step 1** Through experimentation, it was determined that 8 oz in a  $6 \times 1\frac{1}{2}$ -inch pan was correct.

**Step 2** Volume =  $3.14 \times 3^2 \times 1.5 = 42$  cubic inches

**Step 3**  $42$  cubic inches  $\div$   $8$  ounces =  $5.25$  cubic inches per ounce = factor

**Step 4**  $10$ -inch pan volume =  $3.14 \times 5 \times 1.5 = 118$  cubic inches.  $118$  cubic inches  $\div$   $5.25$  (factor) =  $22.5$  ounces scaling weight

## Baking

Cake structure is fragile, so proper baking conditions are essential for quality products. The following are guidelines for producing quality cakes.

1. Preheat the oven.
2. Make sure oven and shelves are level.
3. Make sure batter is level in the pan and pan is filled in corners.

4. Do not let pans touch each other in the oven. If pans touch, air circulation is inhibited and the cakes rise unevenly.

5. Bake at correct temperature. Too high a temperature can cause tunneling in the cakes, cakes with a cracked top crust, or excessively high peaks. Too low an oven temperature can cause a pale top crust, a top crust that is sticky, or low volume.

6. Do not open ovens or disturb cakes until they have finished rising and are partially browned. In a convection oven, sheet cakes should be turned halfway through the baking time to ensure uniform baking and symmetry.

7. Test for doneness. Cakes are fully baked when cake center springs back when touched lightly. A cake tester inserted near the center of the cake will come out clean. Shortened cakes will shrink away from sides of pan slightly.

## Cooling and Removing from Pans

1. Cool butter layer cakes 10–15 minutes before removing from pans. Cool cakes completely before icing.

2. Sheet cakes may be left in the pans and iced when cool or removed from the pan and layered (Figure 5.1).

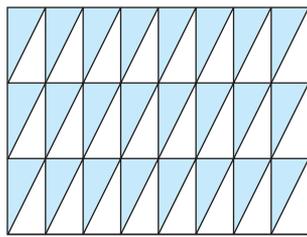
3. Invert pans of angel food cakes or sponge cakes and cool completely. Be sure the edges of the pan are supported so that the top of the cake does not rest on the table. When cool, loosen cake from sides of pan with spatula or knife and pull out carefully.

## Icings and Fillings

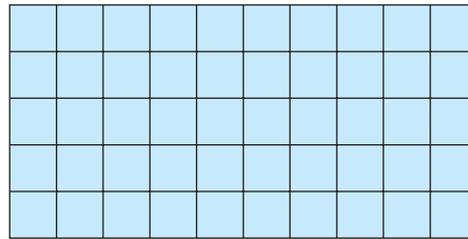
The presentation of cakes may be varied by the use of different icings and fillings. The amount to use will depend on the kind of cake to be iced and the individual preference of the patrons. Table 5.2 may serve as a guide. Sheet cakes usually are iced in their baking pans. Layered sheet cakes should be removed from the pans before icing (Figure 5.1). If possible, cakes should be iced as soon as they have cooled to help prevent drying. If uniced cakes will not be used within a short time, they should be covered and kept in a closed cabinet or freezer. To freeze cakes, cover with plastic wrap or put in an airtight container. It is best to freeze cakes uniced. Figure 5.2 suggests cutting configurations for cakes.

**TABLE 5.2** Approximate Scaling Weights for Icings and Fillings

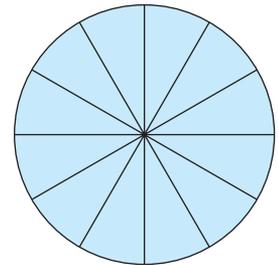
| <i>Pan size</i>  | <i>Approximate weight per pan</i>                            |
|------------------|--|
| 13 × 18 × 2 inch | 1 lb 8 oz (3 cups)   |
| 18 × 26 × 2 inch | 3 lb (1½ qt)   |
| 9-inch layer     | 1 lb (2 cups)<br>⅔ cup in the middle<br>¼ cups top and sides |
| 10-inch tube     | 12 oz (1½ cups)  |



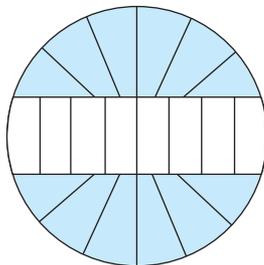
(a)



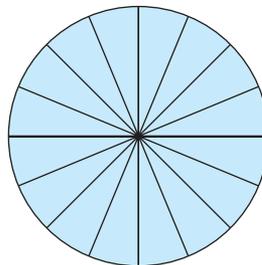
(b)



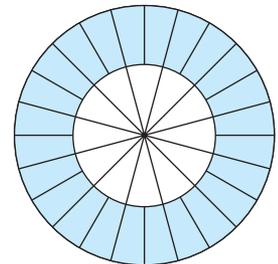
(c)



(d)



(e)



(f)

**FIGURE 5.2** Suggested cutting configurations for cakes: (a) 18 × 26-inch baking sheet, 48 portions; (b) 18 × 26-inch baking sheet, 60 portions; (c) 8- to 12-inch round, 12 portions; (d) 10- to 12-inch round, 20 portions; (e) 8- to 12-inch round, 16 portions; (f) 10- to 12-inch round, 36 portions.

## QUALITY STANDARDS FOR CAKES

**Quality standards for butter cakes:** Smooth surface, slightly rounded top, high volume; fine-grained, small, evenly distributed cell walls, light but not crumbly; soft texture, velvety, moist, light, tender crumb; delicate, sweet, well-blended flavor. Cakes other than chocolate should be a golden brown color.

| <i>Deviation</i>  | <i>Possible Cause</i>   |
|-------------------|---|
| Peaked or cracked | Too much flour, too little liquid, overmixing, oven temperature too high  |
| Flat top          | Oven temperature too low (Some cakes used for layering are formulated for a flat top.)  |
| Pale color        | Too little sugar, too much liquid, wrong type pan, underbaked, oven temperature too low   |
| Too dark color    | Too much sugar, oven temperature too high, overbaking   |
| Low volume        | Too much shortening, too much liquid, insufficient leavening, undermixing, wrong size pan, too long standing time before baking or holding too long in a warm room, oven temperature too high |
| Large cells       | Too little liquid, too much shortening, under- or overmixing, oven temperature too low  |
| Compact texture   | Overbeating   |
| Crumbly texture   | Too much shortening or sugar, too little liquid, insufficient mixing  |
| Tunnels           | Too much egg, too little sugar, overmixing, oven temperature too high, excessive bottom heat  |
| Dry               | Too little sugar, too much leavening, overbaking  |
| Soggy             | Too much shortening, undermixing, underbaking, improper cooling before covering   |
| Tough             | Too much shortening, protein content of flour too high, improper balance of ingredients, overmixed, overbaked, oven temperature too high  |
| Unpleasant flavor | Flat, too little salt, rancid fat   |
| Shrinkage         | Oven temperature too low, overbaked   |

**Quality standards for angel, sponge, or chiffon cakes:** Thin, golden brown crust, rounded top, slightly split in the middle; fine texture, with thin cell walls, light in weight in proportion to size; moist, tender crumb; delicate flavor.

| <i>Deviation</i>  | <i>Possible Cause</i>  |
|-------------------|--|
| Thick, hard crust | Oven temperature too low, overbaked  |
| Sticky crust      | Too much sugar, insufficient baking  |
| Large cracks      | Too stiff a mixture, overbeaten eggs, oven temperature too high  |
| Undersized, heavy | Grease on equipment or bowl, overbeating or underbeating egg whites, overmixing, improper balance of ingredients, oven temperature too high, cakes removed from pan too soon after baking, underbaked. |
| Dry               | Overbeaten egg whites, too much flour, too little sugar, overbaked, oven temperature too low   |
| Tough             | Oven temperature too high, overmixing, sugar content too high, too much flour or wrong type used   |
| Coarse            | Overbeaten egg whites, insufficient mixing, oven temperature too low   |

## COOKIES

Cookies are made in a variety of shapes, sizes, and textures. They may be crisp, soft, or chewy, depending on the proportion of ingredients, the method of mixing, and baking time and temperature.

### Proportion of Ingredients

Crisp cookies generally have a low proportion of liquid and a high sugar and fat content. Soft cookies have a high proportion of liquid and are lower in fat and sugar. Chewy cookies have high sugar and liquid content but are low in fat and have a high proportion of eggs. Some cookies are best when the dough spreads some during baking, while others must hold their shape. A high sugar or liquid content may increase cookie spread during baking.

### Methods of Mixing

Most cookies are prepared by one of the following methods:

**Creaming Method** Cream shortening, sugar, and flavorings at low speed until blended. The amount of creaming can affect the texture of the cookies. A short creaming time is used for a chewy cookie; for a cookie with cakelike texture, the shortening and sugar are creamed until light and fluffy. The amount of creaming may also affect the spread of the cookie while it is baking. After the creaming is completed, blend in the eggs and liquid, then the flour and leavening. Mix the dough only until ingredients are combined.

**One-Stage Method** Place all ingredients in the mixer and mix at low speed until blended.

**Sponge Method** Beat eggs (white, yolks, or whole) until light. Add the remaining ingredients and blend, being careful not to overmix or deflate the eggs.

### Shaping

**Drop cookies** are made from a soft dough, which is portioned onto prepared baking sheets with a dipper. A No. 40 dipper, which was used for most of the recipes in this book, makes a medium-size cookie, approximately 2½–3 inches in diameter and weighing about ¾ ounce. Larger cookies may be made by using a No. 20 or No. 30 dipper, and Nos. 60 or 70 make tea cookies. If using the recipe for larger or smaller cookies, the yield may need to be adjusted by using the procedure on p. 5.

**Bar cookies** are made from a soft dough or batter that is spread evenly on prepared baking pans. Most

recipes in this section suggest using two 13 × 18 × 1-inch pans (half baking sheet) or one 18 × 26 × 1-inch pan (baking sheet). The 13 × 18-inch pan will yield 30 2½ × 3-inch bars by cutting 5 × 6. An 18 × 26-inch pan may be cut 6 × 10 to yield 60 bars 3 × 2½ inches or 8 × 12 for 96 cookies.

**Rolled cookies** are made from a stiff dough that has been chilled thoroughly. The dough is rolled out to ⅛-inch thickness on a lightly floured board and cut with a cookie cutter.

**Refrigerator cookies** are made by shaping dough into rolls of uniform size (1–2 inches in diameter) and chilling, then cutting into slices. Use of a slicing machine ensures uniform thickness. The dough may be made into rolls, wrapped in waxed or parchment paper, refrigerated or frozen, and baked as needed.

**Molded or pressed cookies** are made by shaping dough into small balls, which is then flattened by pressing with a mold or other flat utensil dipped in sugar. Cookies may be shaped also with a cookie press or, if using a soft dough, with a pastry bag.

### Baking

Pans are prepared by lightly greasing or lining with baking pan liners. A heavily greased pan increases the spread of the cookie. Some high-fat cookies can be baked on ungreased pans. Most cookies are baked at a relatively high temperature. Too low a temperature increases spreading and may produce dry, pale cookies. Too high a temperature decreases spreading and may burn the edges or bottoms.

Cookies should be watched carefully to prevent overbaking or burning. To test for doneness, touch center of the cookie lightly with a finger. If almost no imprint remains and the cookie is browned it is done. Fudge-type bars will be done when the top has a dull crust; and the cakelike bars, when a pick inserted in the center comes out clean. Soft cookies should be removed from the oven when they are still soft to the touch.

In most cases, to prevent sticking, the cookies should be removed from pans while they are still warm. If baking pan liners are used, the cookies may be left on the pan to cool. Very soft cookies, however, should not be removed until they are cool and firm enough to handle. Cookies should be completely cooled before storing.

### Storing

Proper storage is important to maintain the quality and freshness of cookies. Crisp cookies may become soft if they absorb moisture, so they should be stored loosely covered away from moisture. Soft cookies should be stored tightly covered because they will become dry if allowed to lose moisture. All cookies are best if served soon after baking.

## QUALITY STANDARDS FOR COOKIES

**Quality standards for drop cookies:** Uniform shape and color; good flavor; crisp or chewy texture (true to type of cookie).

### *Deviation*

### *Possible Cause*

|                      |   |
|----------------------|---|
| Misshapen            | Improper dropping of dough, oven temperature too high or too low, improper mixing   |
| Excessive spreading  | Too much liquid, too much fat and sugar; liquid fat substituted for solid fat, overcreaming, dough too warm, incorrect oven temperature, not peaked when dropped, cookies panned too close together |
| Dry, crumbly texture | Incorrect proportion of ingredients, inaccurate measuring, poor mixing or baking techniques, incorrect oven temperature   |

**Quality standards for bar cookies:** Uniform, well-cut shape; rich, moist eating quality; thin, delicate crust; appealing flavor.

### *Deviation*

### *Possible Cause*

|                      |  |
|----------------------|--|
| Crumbles when cut    | Cut while too warm                             |
| Dry, crumbly texture | Overbaking, improper proportion of ingredients |
| Hard, crusty top     | Overmixed, overbaked                           |

**Quality standards for rolled cookies:** Retains shape of cutter; lightly browned surface; crisp or soft texture, depending on thickness.

### *Deviation*

### *Possible Cause*

|       |  |
|-------|--|
| Tough | Excessive rerolling                    |
| Dry   | Rolling in too much flour or rerolling |

**Quality standards for pressed and molded cookies:** Well-defined pattern and shape; tender, crisp texture; rich, buttery flavor; delicately browned color.

### *Deviation*

### *Possible Cause*

|              |  |
|--------------|--|
| Misshapen    | Improper use of cookie press or poor molding, dough too cold or too warm, dough placed on hot baking sheet, oven temperature too low |
| Crumbly, dry | Incorrect proportion of ingredients, insufficient shaping  |

**Quality standards for refrigerator cookies:** Uniform thin slices, lightly browned surface, crisp and crunchy texture, rich flavor.

### *Deviation*

### *Possible Cause*

|                 |  |
|-----------------|--|
| Irregular shape | Improper molding of dough roll, dough not chilled before slicing, improper slicing technique |
| Too soft        | Cut too thick  |

## QUALITY STANDARDS FOR PASTRY

**Quality standards:** Golden brown color, blistery surface, uniform, attractive edges, fits pan well; flaky or mealy texture, cuts easily, pleasant bland flavor.

| <i>Deviation</i>   | <i>Possible Cause</i>  |
|--------------------|--|
| Smooth surface     | Overhandling, too much flour when rolling  |
| Shrunken           | Stretched crust when easing into pan, overmixing, protein content of flour too high, too much water                                |
| Tough              | Too much water, overmixing, overhandling, protein content of flour too high  |
| Not flaky          | Temperature of dough too high, shortening too soft, overmixing   |
| Too tender         | Undermixing, not enough liquid, too much shortening  |
| Soggy bottom crust | Baked too short a time, too much fat in crust, oven temperature too low or not enough bottom heat, using a filling that is too hot |
| Compact            | Underbaking, too much liquid   |
| Dry                | Shortening cut in too finely, not enough liquid  |

## PIES

A good pie has a tender crust that cuts easily and a filling that will just hold its shape when cut. Pie crust is an uncomplicated mixture, consisting of four ingredients: flour, shortening, water, and salt. The quality of the crust depends on the mixing technique as well as the type and proportion of ingredients.

### Ingredients

Tenderness depends largely on the kind of flour, the amount of fat and water used, and the amount of mixing. Choice of flour is important in pastry making. Gluten is developed from the protein present in wheat flours and gives structure and strength to baked goods. Pastry flour, which is made from soft wheat, has enough protein to produce the desired structure and flakiness, yet is low enough in protein to yield a tender product if handled properly. All-purpose flour, which is a blend of soft and hard wheats, contains enough protein to provide the gluten essential to make good pastry and is the type of flour used in recipes in this book.

Regular hydrogenated shortening is the fat used most often for pie crusts because it has the right plasticity to produce a flaky crust. It is firm and moldable enough to make a workable dough. The tenderness of pastry increases with the proportion of fat, but excess

fat may cause the crust to be too tender to remove from the pan. Shortening should be cool when added to the flour. If it is warm, it blends too quickly with the flour.

Addition of a liquid, generally water, develops some gluten in the flour and gives structure and flakiness to the dough. Excess water gives a less tender product, but if not enough water is used, the crust will not hold together. The water should be cold (35°–40°F) when added to the flour/fat mixture.

Salt, which is added mainly for flavor, is dissolved in the water before adding to the mix in order to ensure even distribution.

### Mixing

Pastry is mixed by cutting the fat into the flour, then adding water and salt. The type of crust produced is partially determined by the method of combining the fat and flour. For a **flaky** crust, the fat and flour are mixed until small lumps are formed throughout the mixture. A **mealy** crust results when the fat and flour are thoroughly mixed until the mixture resembles cornmeal. Overmixing after the water has been added or using too much flour when rolling toughens pastry.

Pie dough should be kept cool during mixing and makeup. Chilling the dough for several hours, or until 50°–60°F, allows the water to become distributed

better throughout the dough and hardens the shortening so that it is less likely to soften during handling and shaping operations.

A pie crust mix, made by cutting the fat into the flour and salt mixture, may be stored in the refrigerator for 4–6 weeks and used as needed by adding water to make fresh pie crusts. If freezer storage is adequate, crusts may be made and frozen unbaked until needed.

## OTHER DESSERTS

Although cakes, cookies, and pies remain popular, today's foodservices offer a wide variety of other desserts, such as fruit cobblers and crisps, cheesecake, frozen yogurt and ice cream, and fresh fruits in a variety of presentations. Recipes for many of these desserts are included in this section, as are the time-tested custards and other puddings, gelatin desserts, and refrigerator desserts used in many foodservices.

Basic custard consists of milk, sugar, eggs, and flavoring and may be of two types. Soft or stirred custard is cooked slowly over low heat, while stirring, until it is slightly thickened. It remains pourable when cooked. Baked custard, which is not stirred, is baked until it sets and becomes firm. Custards should be cooked to an internal temperature of 181°–185°F. If heated beyond this point, the custard may curdle and become watery. Cooking baked custards in a water bath, in which the custard cups or baking pan are placed in a pan of hot water, helps prevent curdling.

Cream puddings contain starch thickeners and eggs, resulting in a thicker, more stable product. The thickener may be cornstarch, flour, tapioca, or a cereal product. These desserts require sweetening, usually sugar. Too much sugar interferes with the thickening of the eggs and the starch; therefore, a properly balanced formula is important. To make a cream pudding, the milk is added slowly to the combined dry ingredients, while stirring with a wire whip. The mixture is stirred occasionally and cooked until thickened in a steam-jacketed or other kettle over low heat to prevent scorching. The method of adding the eggs is also important to a smooth pudding. To avoid curdling when the eggs are added, a small amount of the hot mixture is first added to the beaten eggs, then this mixture is stirred into the rest of the pudding. Cream puddings should be smooth and creamy.

Gelatin desserts, usually in the form of a fruit gelatin or Bavarian cream, are served as dessert choices in many institutions. A basic recipe for Fruit Gelatin Salad on p. 490 gives proportions for gelatin and fruit and instructions for preparing gelatin mixtures. Bavarian cream has whipped cream folded in.

Fruit offers a wide range of dessert possibilities and may be served fresh, poached, baked, as a sauce, or combined with other ingredients to make a baked dessert such as strawberry shortcake, fruit cobbler, or fruit crisp. A fresh-fruit and cheese plate, with in-season fresh fruit and cheese attractively displayed, is a popular dessert. Suggestions for a fruit and cheese dessert are given on p. 265.

## CAKE RECIPES

### COATING FOR BAKING PANS

*Yield:* 2 lb 12 oz

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Shortening         | 1 lb          | Mix shortening until creamy.   |
| Flour, all-purpose | 12 oz         | Add flour gradually, whipping until smooth. Start on low mixer speed, then move to medium.   |
| Vegetable oil      | 2 cups        | Add oil very slowly and whip until light and frothy.<br>Store at room temperature in tightly closed containers.<br>Apply to pans with pastry brush.<br>Use to grease cake pans or cookie sheets. |

**ANGEL FOOD CAKE**

Yield: 42 portions or 3 10-inch cakes      Portion: 14 slices per cake

Oven: 350°F      Bake: 50–55 minutes

| Ingredient                  | Amount             | Procedure   |
|-----------------------------|--------------------|---|
| Egg whites, fresh or frozen | 2 lb 8 oz (5 cups) | Beat egg whites on high speed for 1 minute, using whip attachment. Be sure utensils are free from grease.   |
| Salt                        | 1 tsp              | Add salt and cream of tartar.   |
| Cream of tartar             | 2 Tbsp             | Continue beating until egg whites are just stiff enough to hold their shape.  |
| Sugar, granulated           | 1 lb 8 oz          | Add sugar slowly while beating on medium speed.   |
| Vanilla                     | 1 Tbsp             | Add flavorings. Continue beating on high speed for 2 minutes, or until mixture will stand in stiff peaks.   |
| Almond extract (optional)   | 1 tsp              |   |
| Sugar, granulated           | 12 oz              | Mix sugar and flour. Sift three times. Gradually add to egg whites on low speed. Continue folding 2 minutes after last addition. Scale into three ungreased tube cake pans, 1 lb 12 oz per pan. Bake at 350°F for 50–55 minutes or at 400°F for 35 minutes. Invert cakes to cool. |
| Flour, cake                 | 12 oz              |   |

*Approximate nutritive values per portion*

Calories 138

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 31 g | 10% | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 96 mg   | 4%  | Fiber 0 g        | 0%  | Vitamin C | 0%  | Iron    | 3%  |
| Protein 4 g    |     |                |     | Sugars 24 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- To add sugar-flour mixture by hand, remove bowl from machine and fold mixture into meringue, using wire whip or spatula, adding 1 cup at a time. Mix about five strokes after each addition.

**Variations**

- **Chocolate Angel Food Cake.** Substitute 1½ oz cocoa for 1½ oz flour.
- **Frozen-Filled Angel Food Cake.** Cut each cake crosswise into three slices. Spread 1 pt softened strawberry ice cream on first layer and cover with cake slice. Spread second slice with 1 pt softened pistachio ice cream. Top with remaining slice. Frost top and sides with sweetened whipped cream (1 cup cream, 2 Tbsp powdered sugar, and ½ tsp vanilla per cake). Cover with toasted coconut. Freeze. Remove from freezer 1 hour before serving. Other ice cream or sherbet may be used.
- **Orange-Filled Angel Food Cake.** Cut each cake crosswise into three slices. Spread Orange Filling (p. 199) between layers, and ice top and sides with Orange Butter Icing (p. 192).

## YELLOW ANGEL FOOD (SPONGE CAKE)

*Yield:* 42 portions or 3 10-inch cakes      *Portion:* 14 slices per cake  
*Oven:* 350°F      *Bake:* 30–45 minutes

| <i>Ingredient</i>        | <i>Amount</i>      | <i>Procedure</i>  |
|--------------------------|--------------------|---|
| Egg yolks                | 1 lb 8 oz (3 cups) | Beat egg yolks on medium speed, using whip attachment.                                  |
| Water, boiling           | 2 cups             | Add water to egg yolks. Beat on high speed until light, about 5 minutes.                |
| Sugar, granulated        | 1 lb               | Sift sugar. Add to egg mixture gradually, beating on high speed while adding.           |
| Flour, cake              | 12 oz              | Combine flour and sugar.  |
| Sugar, granulated        | 12 oz              | Add on low speed to egg mixture.  |
| Flour, cake              | 10 oz              | Mix flour, baking powder, and salt.   |
| Baking powder            | 4½ tsp             |   |
| Salt                     | 1 tsp              |   |
| Lemon juice              | 3 Tbsp             | On low speed, gradually add flour alternately with lemon juice and peel to egg mixture. |
| Fresh lemon peel, grated | 1 Tbsp             |   |
| Vanilla                  | 1 Tbsp             | Add flavoring and continue mixing on low speed for 2 minutes.                           |
| Lemon extract            | 1½ tsp             |   |

Scale into three ungreased tube cake pans, 1 lb 14 oz per pan.  
 Bake at 350°F for 30–45 minutes.  
 Immediately upon removal from oven, invert cakes to cool.

### *Approximate nutritive values per portion*

**Calories 186**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 5 g  | <b>8%</b>  | <b>Cholest.</b> 208 mg | <b>69%</b> | <b>Total Carb.</b> 31 g | <b>10%</b> | <b>Vitamin A</b> | <b>31%</b> |
| Sat. Fat 2 g          | <b>8%</b>  | <b>Sodium</b> 90 mg    | <b>4%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                        |            | Sugars 19 g             |            | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**ORANGE CHIFFON CAKE***Yield:* 42 portions or 3 10-inch cakes *Portion:* 14 slices per cake*Oven:* 350°F *Bake:* 45–50 minutes

| <i>Ingredient</i>               | <i>Amount</i>          | <i>Procedure</i>  |
|---------------------------------|------------------------|---|
| Flour, cake                     | 1 lb 8 oz              | Combine dry ingredients in mixer bowl. Mix on low speed for about 10 seconds, or until blended, using flat beater.  |
| Baking powder                   | 1½ oz (3 Tbsp)         |   |
| Salt                            | 2 tsp                  |   |
| Sugar, granulated               | 1 lb 3 oz              |   |
| Egg yolks, beaten               | 1 lb (2 cups)          | Combine egg yolks, salad oil, and water. Add to dry ingredients. Mix on medium speed until smooth.  |
| Vegetable oil                   | 1½ cups                |   |
| Water                           | 1½ cups                |   |
| Orange juice                    | 1 cup                  | Add orange juice and peel gradually. Mix well after each addition, but avoid overmixing.  |
| Orange peel, grated             | 2 Tbsp                 |   |
| Egg whites                      | 1 lb 4 oz<br>(2½ cups) | Whip egg whites until foamy. Add cream of tartar and continue beating until egg whites form soft peaks.   |
| Cream of tartar                 | 2 tsp                  |   |
| Sugar, granulated               | 1 lb 2 oz              | Add sugar gradually and continue beating until very stiff. Fold gently into batter. Scale into three ungreased tube cake pans, 2 lb 12 oz per pan. Bake at 350°F for 45–50 minutes. Immediately on removal from oven, invert cakes to cool. |
| Orange Butter<br>Icing (p. 192) | 1½ qt                  | When cake has cooled, remove from pan and ice.  |

*Approximate nutritive values per portion***Calories 418**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 16 g | <b>24%</b> | <b>Cholest.</b> 139 mg | <b>46%</b> | <b>Total Carb.</b> 66 g | <b>22%</b> | <b>Vitamin A</b>      | <b>22%</b> |
| Sat. Fat 4 g          | <b>20%</b> | <b>Sodium</b> 268 mg   | <b>11%</b> | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>5%</b>  |
| <b>Protein</b> 5 g    |            |                        |            | Sugars 50 g             |            | <b>Calcium</b>        | <b>6%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>           | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Cocoa Chiffon Cake.** Omit orange juice and peel. Add 5 oz cocoa to dry ingredients. Increase water to 2⅓ cups. Add 1 Tbsp vanilla.
  - **Walnut Chiffon Cake.** Omit orange juice and peel. Increase water to 2⅓ cups. Add 2 Tbsp vanilla and 12 oz finely chopped walnuts. Ice with Burnt Butter Icing (p. 189).

## WHITE CAKE (DRY BLENDING METHOD)

*Yield:* 60 portions or 2 pans 12 × 18 × 2 inches      *Portion:* 2½ × 3 inches  
*Oven:* 350°F      *Bake:* 25–30 minutes

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Flour, cake       | 1 lb 13 oz    | Combine dry ingredients in mixer bowl. Mix on low speed for 1 minute.                                     |
| Sugar, granulated | 2 lb 5 oz     |   |
| Nonfat dry milk   | 3 oz          |   |
| Salt              | 4 tsp         |   |
| Baking powder     | 1¾ oz         |   |
| Water             | 1¾ cups       | Add water. Mix slightly.  |
| Shortening        | 1 lb          | Add shortening. Mix 1 minute on low speed. Mix 4 minutes on medium speed.                                 |
| Water             | ½ cup         | Add water. Mix 1 minute on low speed. Scrape bowl. Mix 3 minutes on medium speed. Scrape bowl and beater. |
| Egg whites        | 1 lb          | Add eggs, water, and vanilla. Mix 3 minutes on low speed.   |
| Eggs, whole       | 3 oz          |   |
| Water             | 1 cup         |   |
| Vanilla           | 2 Tbsp        |   |

Scale batter into two greased 12 × 18 × 2-inch pans, 4 lb per pan.  
 Bake at 350°F for 25–30 minutes.  
 Cool and frost.

### *Approximate nutritive values per portion*

**Calories 132**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 8 g  | <b>12%</b> | <b>Cholest.</b> 6 mg  | <b>2%</b>  | <b>Total Carb.</b> 12 g | <b>4%</b>  | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 248 mg  | <b>10%</b> | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | <b>7%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.

**Variations** • See p. 170.

**WHITE CAKE (DOUGH-BATTER METHOD)**

*Yield:* 60 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 350°F

*Portion:* 2½ × 3 inches

*Bake:* 35–40 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---|---------------|---|
| Flour, cake   | 2 lb 4 oz     | Place flour, baking powder, and shortening in mixer bowl. Mix on low speed for 2 minutes, using flat beater. Scrape sides of bowl. Mix 3 minutes.   |
| Baking powder   | 1½ oz         |   |
| Shortening, hydrogenated  | 1 lb 2 oz     |   |
| Sugar, granulated   | 2 lb 4 oz     | Combine sugar, salt, and milk. Add to flour mixture. Mix on low speed 2 minutes. Scrape sides of bowl. Mix 3 minutes.   |
| Salt  | 1 Tbsp        |   |
| Milk  | 2 cups        |   |
| Egg whites  | 12 (14 oz)    | Combine egg whites, milk, and vanilla. Add half to mixture in bowl. Mix on low speed for 30 seconds. Scrape sides of bowl. Mix 1 minute. Add remaining egg-milk mixture. Mix on low speed for 1 minute. Scrape sides of bowl. Mix 2½ minutes. |
| Milk  | 1⅓ cups       |   |
| Vanilla   | 2 Tbsp        |   |
|   |               |   |
| Scale batter into two greased 12 × 18 × 2-inch pans, 5 lb 7 oz per pan.<br>Bake at 350°F for 35–40 minutes.<br>Cool and ice. Cut 5 × 6. |               |   |

*Approximate nutritive values per portion***Calories 216**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 9 g  | <b>14%</b> | <b>Cholest.</b> 2 mg  | <b>1%</b>  | <b>Total Carb.</b> 31 g | <b>10%</b> | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 2 g          | <b>12%</b> | <b>Sodium</b> 196 mg  | <b>8%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 17 g             |            | <b>Calcium</b>        | <b>6%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 3 oz nonfat dry milk and 3⅓ cups water may be substituted for fluid milk. Increase shortening to 1 lb 3 oz. Mix dry milk with flour.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For six 9-inch layer pans, scale 1 lb 6 oz per pan.

**Variations**

- **Chocolate Chip Cake.** Add 12 oz chocolate chips to batter.
- **Coconut Lime Cake.** Scale into six 9-inch layer cake pans. When baked, cool, then spread Lime Filling (p. 199) between layers. Ice with Ice Cream Icing (p. 190). Sprinkle with toasted flaked coconut.
- **Cupcakes.** Portion batter with No. 20 dipper into muffin pans or paper baking cups. Yield: 7 dozen.
- **Lady Baltimore Cake.** Bake cake in layers. Prepare one recipe Ice Cream Icing (p. 190). To 1½ qt icing, add 1 tsp orange juice, 4 oz macaroon crumbs, 5 oz chopped almonds, and 6 oz chopped raisins. Spread on bottom layers; place second layers on top and spread with filling. Ice tops and sides with remaining frosting.
- **Poppy Seed Cake.** Add 6 oz poppy seeds that have been soaked in part of the milk. Ice with Chocolate Butter Cream Icing (p. 191).
- **Silver White Cake.** Scale batter into six 9-inch layer cake pans. When baked, cool and then spread Lemon Filling (p. 199) between layers. Ice with Ice Cream Icing (p. 190).
- **Starburst Cake.** Bake in two 12 × 18 × 2-inch pans. While cake is warm, perforate top with a meat fork every half inch. Prepare 2 qt flavored gelatin, and while still liquid slowly pour 1 qt over each cake. Cool and ice with Ice Cream Icing (p. 190) or other white icing.

## CARROT CAKE

*Yield:* 60 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 325°F *Bake:* 40–45 minutes

*Portion:* 2½ × 3 inches

| <i>Ingredient</i>    | <i>Amount</i>  | <i>Procedure</i>  |
|----------------------|----------------|---|
| Sugar, granulated    | 2 lb 6 oz      | Combine sugar, oil, and eggs.<br>Beat 2 minutes on medium speed, using flat beater. |
| Vegetable oil        | 2½ cups        |   |
| Eggs                 | 9 (1 lb)       |   |
| Flour, all-purpose   | 1 lb 12 oz     | Combine dry ingredients.<br>Add to oil mixture and beat 1 minute.                   |
| Salt                 | 1 oz (1½ Tbsp) |   |
| Baking soda          | ⅔ oz (5 tsp)   |   |
| Cinnamon, ground     | ⅔ oz (3 Tbsp)  |   |
| Carrots, raw, grated | 2 lb 8 oz      | Add carrots and nuts. Mix until blended.  |
| Nuts, chopped        | 1 lb           |   |

Scale batter into two greased 12 × 18 × 2-inch pans, 5 lb per pan.  
 Bake at 325°F for 40–45 minutes.  
 Ice with Cream Cheese Icing (p.192)  
 Cut 5 × 6.

### *Approximate nutritive values per portion*

**Calories 263**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 14 g | <b>21%</b> | <b>Cholest.</b> 32 mg | <b>11%</b> | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b>      | <b>54%</b> |
| Sat. Fat 3 g          | <b>15%</b> | <b>Sodium</b> 282 mg  | <b>12%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b>      | <b>3%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 19 g             |            | <b>Calcium</b>        | <b>3%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • May be baked in one 18 × 26 × 2-inch pan cut 6 × 10 for 60 portions.

**YELLOW CAKE**

*Yield:* 60 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 350°F *Bake:* 35–40 minutes

*Portion:* 2½ × 3 inches

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---|---------------|---|
| Flour, cake   | 2 lb 5 oz     | Place flour, baking powder, and shortening in mixer bowl. Mix on low speed for 2 minutes, using flat beater. Scrape sides of bowl. Mix 3 minutes.   |
| Baking powder   | ¾ Tbsp        |   |
| Shortening, hydrogenated  | 1 lb          |   |
| Sugar, granulated   | 2 lb 13 oz    | Combine sugar, salt, and milk. Add to flour mixture. Mix on low speed 2 minutes. Scrape sides of bowl. Mix 3 minutes.   |
| Salt  | 2 tsp         |   |
| Milk  | 2 cups        |   |
| Eggs  | 8 (14 oz)     | Combine eggs, milk, and vanilla. Add half to flour mixture. Mix on low speed 30 seconds. Scrape sides of bowl. Mix 1 minute. Add remaining egg mixture. Mix 1 minute. Scrape sides of bowl. Mix 2½ minutes. |
| Milk  | 2½ cups       |   |
| Vanilla   | 2 Tbsp        |   |
|   |               |   |
| Scale batter into two greased 12 × 18 × 2-inch baking pans<br>4 lb 10 oz per pan.<br>Bake at 350°F for 35–40 minutes.<br>Cut 5 × 6. |               |   |

*Approximate nutritive values per portion***Calories 232**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 9 g  | <b>13%</b> | <b>Cholest.</b> 29 mg | <b>10%</b> | <b>Total Carb.</b> 36 g | <b>12%</b> | <b>Vitamin A</b>      | <b>2%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 90 mg   | <b>4%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 21 g             |            | <b>Calcium</b>        | <b>6%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 4 oz nonfat dry milk and 4½ cups water may be substituted for fluid milk. Add dry milk to flour mixture. Divide water as stated in recipe.
- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For layer cakes, scale 1 lb 9 oz batter into each of six 9-inch layer cake pans.
- For cupcakes, portion with No. 30 dipper into muffin pan. Yield: 8½ dozen.

**Variations**

- **Boston Cream Pie.** For two 12 × 18-inch pies, scale batter into four pans, 2 lb 5 oz each. When baked, spread Custard Filling (p. 198) on two cakes, 3 lb 3 oz each. Place other cakes on top. Cover with Chocolate Glaze (p. 195), 1 lb per cake. Cut 5 × 6.

For two 18 × 26-inch pies, scale 4 lb 10 oz into each of two pans. Use 6 lb 6 oz Custard Filling and 2 lb Chocolate Glaze. Cut 6 × 10.

For 9-inch layers, scale batter into eight pans, 1 lb 2 oz per pan. Use ½ recipe Custard Filling. Spread 1½ cups on each of four layers. Use ½ recipe Chocolate Glaze, spreading ½ cup on each pie.

Powdered sugar sifted over top of pies may be substituted for Chocolate Glaze.

- **Cottage Pudding.** Cut cake into squares and serve with No. 20 dipper of fruit, lemon, nutmeg, or other sauce.
- **Dutch Apple Cake.** After the cake batter is poured into baking pans, arrange 2 lb 8 oz peeled sliced apples in rows over each pan. Sprinkle over top of each pan 4 oz granulated sugar and 1 tsp cinnamon, mixed.
- **Lazy Daisy Cake.** Mix 1 lb 2 oz melted margarine or butter, 2 lb brown sugar, 2 lb coconut, and 1½ cups half and half, or enough to moisten to consistency for spreading. Spread over baked cake, 3 lb per pan, and brown under the broiler or in the oven.

- **Marble Cake.** Divide batter into two portions after mixing. To one portion add 3 Tbsp cocoa, 1 Tbsp cinnamon, and 1 tsp nutmeg. Place batters alternately in cake pans; swirl with knife.
- **Pineapple Upside-Down Cake.** Mix one No. 10 can drained crushed pineapple (or tidbits), 8 oz melted margarine or butter, 12 oz brown sugar, and 8 oz chopped nuts. Pour 4 lb 3 oz in each 12 × 18-inch baking pan. Pour cake batter over mixture. Apricots or peaches may be substituted for pineapple.
- **Praline Cake.** Substitute chopped pecans for coconut in Lazy Daisy Cake.

## APPLESAUCE CAKE

*Yield:* 60 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 350°F      *Bake:* 40–45 minutes

*Portion:* 2½ × 3 inches

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------|---------------|--|
| Shortening, hydrogenated | 1 lb          | Cream shortening and sugar on medium speed for 10 minutes, using flat beater.                            |
| Sugar, granulated        | 1 lb 14 oz    |  |
| Eggs                     | 8 (14 oz)     | Add eggs to creamed mixture. Mix on medium speed for 5 minutes.  |
| Flour, cake              | 1 lb 12 oz    | Combine dry ingredients.   |
| Baking powder            | 2½ Tbsp       |  |
| Salt                     | 1¾ tsp        |  |
| Baking soda              | ½ tsp         |  |
| Cinnamon, ground         | 2½ tsp        |  |
| Cloves, ground           | 1 tsp         |  |
| Nutmeg, ground           | 1 tsp         |  |
| Water                    | 2½ cups       | Add dry ingredients alternately with water on low speed to creamed mixture, ending with dry ingredients. |
| Applesauce               | 2½ cups       | Add remaining ingredients.   |
| Raisins                  | 1 lb 4 oz     | Mix on low speed only to blend.  |
| Nuts, chopped            | 10 oz         |  |

Scale batter into two greased 12 × 18 × 2-inch baking pans, 5 lb per pan.  
 Bake at 350°F for 40–45 minutes.  
 Cool and ice. See Notes for suggested icings.  
 Cut 5 × 6.

### Approximate nutritive values per portion

Calories 245

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 11 g | 17% | <b>Cholest.</b> 28 mg | 9%  | <b>Total Carb.</b> 35 g | 12% | <b>Vitamin A</b> | 1%  |
| Sat. Fat 2 g          | 12% | <b>Sodium</b> 120 mg  | 5%  | Fiber 1 g               | 4%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 3 g    |     |                       |     | Sugars 22 g             |     | <b>Calcium</b>   | 4%  |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 8%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- This cake is too tender to bake in layers.
- Suggested icings: Ice Cream Icing (p. 190) or Cream Cheese Icing (p. 192).

**BANANA CAKE**

*Yield:* 48 portions or 3 2-layer cakes (9 inch)  
*Oven:* 350°F *Bake:* 25–30 minutes

*Portion:* 16 slices per cake

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------|---------------|---|
| Shortening, hydrogenated | 1 lb          | Cream shortening, sugar, and vanilla on medium speed for 10 minutes, using flat beater.   |
| Sugar, granulated        | 2 lb          |   |
| Vanilla                  | 1 Tbsp        |   |
| Eggs                     | 8 (14 oz)     | Add eggs to creamed mixture and mix on medium speed for 3 minutes, then add bananas and mix for an additional 2 minutes.  |
| Bananas, mashed          | 2 lb (4 cups) |   |
| Flour, cake              | 2 lb          | Combine dry ingredients.  |
| Salt                     | 1¼ tsp        |   |
| Baking powder            | 3⅓ Tbsp       |   |
| Baking soda              | 2 tsp         |   |
| Buttermilk               | 1 cup         | Add dry ingredients alternately with buttermilk on low speed. Mix on medium speed 2–3 minutes.  |
|                          |               | Scale batter into six greased 9-inch layer cake pans, 1 lb 6 oz per pan.<br>Bake at 350°F for 25–30 minutes.<br>Cool. Remove from pans and ice. See Notes for suggested icings. |

*Approximate nutritive values per portion***Calories 254**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>16%</b> | <b>Cholest.</b> 35 mg | <b>12%</b> | <b>Total Carb.</b> 39 g | <b>13%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 3 g          | <b>14%</b> | <b>Sodium</b> 185 mg  | <b>8%</b>  | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 22 g             |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>8%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- May be baked in two 12 × 18 × 2-inch pans, scaled 4 lb 3 oz per pan. Cut 5 × 6 for 30 portions per pan.
- For sheet cake, bake in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions. Suggested icings: Creamy Icing (p. 192) or Cream Cheese Icing (p. 192).

## BURNT SUGAR CAKE

*Yield:* 60 portions or 2 pans 12 × 18 × 2 inches

*Portion:* 2½ × 3 inches

*Oven:* 375°F

*Bake:* 35–40 minutes

### Ingredient

### Amount

### Procedure

|                               |            |  |
|-------------------------------|------------|--|
| Sugar, granulated             | 2 lb 11 oz | Cream shortening and sugar on medium speed for 10 minutes, using flat beater.  |
| Shortening, hydrogenated      | 1 lb       |  |
| Egg yolks                     | 8 (5 oz)   | Add egg yolks to creamed mixture and mix on medium speed for 5 minutes.  |
| Milk                          | 2 cups     | Combine liquids.   |
| Water                         | 2 cups     |  |
| Burnt sugar syrup (see Notes) | ⅔ cup      |  |
| Vanilla                       | 4 tsp      |  |
| Flour, cake                   | 2 lb 2 oz  | Combine dry ingredients. On low speed, add to creamed mixture alternately with liquids. Scrape sides of bowl. Mix 2 minutes. |
| Baking powder                 | 2⅔ Tbsp    |  |
| Salt                          | 1¼ tsp     |  |
| Egg whites                    | 8 (9 oz)   | Beat egg whites until they form soft peaks. Fold into batter on low speed.   |

Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 8 oz per pan.

Bake at 375°F for 35–40 minutes.

Cool and ice. See Notes for suggested icings.

Cut 5 × 6.

### Approximate nutritive values per portion

Calories 232

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 9 g | <b>13%</b> | <b>Cholest.</b> 31 mg | <b>10%</b> | <b>Total Carb.</b> 36 g | <b>12%</b> | <b>Vitamin A</b> | <b>4%</b> | <b>Calcium</b> | <b>4%</b> |
| Sat. Fat 2 g         | <b>12%</b> | <b>Sodium</b> 98 mg   | <b>4%</b>  | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>7%</b> |
| <b>Protein</b> 2 g   |            |                       |            | Sugars 22 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- **Burnt Sugar Syrup.** Place ⅓ cup granulated sugar in pan and melt slowly, stirring constantly. Cook until light brown (caramelized), being careful not to scorch. Add ⅓ cup boiling water. Cook slowly until a syrup is formed. For larger amounts, use 1 lb sugar and 2 cups boiling water.
- May be baked in one 18 × 26 × 2-inch pan cut 6 × 10; or in eight 9-inch layers, scaled 1 lb 2 oz per pan.
- Suggested icings: Burnt Butter Icing (p. 189), Creamy Icing (p. 192), Cream Cheese Icing (p. 192), or Ice Cream Icing (p. 190).

**CHOCOLATE CAKE**

*Yield:* 60 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 350°F *Bake:* 25–30 minutes

*Portion:* 2½ × 3 inches

| <i>Ingredient</i> | <i>Amount</i>  | <i>Procedure</i>   |
|-------------------|----------------|--|
| Flour, cake       | 1 lb 8 oz      | Combine dry ingredients in mixer bowl.<br>Mix on low speed for 1 minute, using flat beater.              |
| Cocoa             | 5 oz           |  |
| Sugar, granulated | 2 lb 5 oz      |  |
| Nonfat dry milk   | 2½ oz          |  |
| Salt              | 1 Tbsp         |  |
| Baking powder     | 1 oz           |  |
| Baking soda       | 3½ tsp         |  |
| Water             | 1½ cups        | Add to dry ingredients.  |
| Shortening        | 1 lb           | Mix on low speed for 1 minute.<br>Mix on medium speed for 3 minutes.<br>Scrape sides of bowl and beater. |
| Water             | 1½ cups        | Add and mix on low speed for 1 minute.<br>Mix on medium speed for 2 minutes.                             |
| Eggs              | 10 (1 lb 2 oz) | Blend in eggs. Mix on low speed for 2 minutes.   |
| Water             | 1 cup          |  |
| Vanilla           | ¼ cup          |  |

Scale batter into two greased 12 × 18 × 2-inch baking pans,  
 4 lb 2 oz per pan.  
 Bake at 350°F for 25–30 minutes.  
 Cool and ice. See Notes for suggested icings.  
 Cut 5 × 6.

*Approximate nutritive values per portion***Calories 200**

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 9 g | <b>13%</b> | <b>Cholest.</b> 36 mg | <b>12%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b> | <b>2%</b> | <b>Calcium</b> | <b>5%</b> |
| Sat. Fat 2 g         | <b>11%</b> | <b>Sodium</b> 247 mg  | <b>10%</b> | Fiber 0.3 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>9%</b> |
| <b>Protein</b> 3 g   |            |                       |            | Sugars 18 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Cake may be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 servings.
- Suggested icings: Chocolate Butter Cream Icing (p. 191), Mocha Icing (p. 194), or Ice Cream Icing (p. 190).

## FUDGE CAKE

*Yield:* 48 portions or 3 2-layer cakes (9 inch)

*Portion:* 16 slices per cake

*Oven:* 350°F

*Bake:* 25–30 minutes

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------|---------------|---|
| Shortening,<br>hydrogenated | 12 oz         | Cream shortening, sugar, and vanilla on medium speed for 10 minutes, using flat beater.   |
| Sugar, granulated           | 2 lb          |   |
| Vanilla                     | 1 Tbsp        |   |
| Eggs                        | 6 (10 oz)     | Add eggs and mix on medium speed for 5 minutes.   |
| Cocoa                       | 5 oz          | Mix cocoa and hot water.  |
| Water, hot                  | 1½ cups       |   |
| Flour, cake                 | 1 lb 12 oz    | Combine flour, salt, and soda.  |
| Salt                        | 1 tsp         |   |
| Baking soda                 | 1½ Tbsp       |   |
| Buttermilk                  | 3 cups        | Add dry ingredients alternately with buttermilk and cocoa to creamed mixture on low speed. Scrape sides of bowl and beater. Continue mixing until smooth and ingredients are mixed. |

Scale batter into six greased 9-inch layer cake pans, 1 lb 4 oz per pan.  
Bake at 350°F for 25–30 minutes.  
Cool. Remove from pans and ice. See Notes.

### *Approximate nutritive values per portion*

**Calories** 217

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 8 g  | <b>13%</b> | <b>Cholest.</b> 26 mg | <b>9%</b>  | <b>Total Carb.</b> 34 g | <b>11%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 2 g          | <b>11%</b> | <b>Sodium</b> 189 mg  | <b>8%</b>  | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 19 g             |            | <b>Calcium</b>   | <b>2%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- For 12 × 18-inch layer cake, scale into two 12 × 18 × 2-inch or two 13 × 18 × 1-inch pans, 3 lb 13 oz per pan. When baked and cooled, ice one cake, then remove cake from pan and place on top (see Figure 5.1). Ice top and sides.
- Suggested icings: Chocolate Butter Cream Icing (p. 191), Ice Cream Icing (p. 190), or Mocha Icing (p. 194).

### Variations

- **Chocolate Cupcakes.** Portion with No. 20 dipper into muffin pans or paper liners. Yield: 5 dozen.
- **Chocolate Sheet Cake.** Bake in one 18 × 26 × 2-inch baking pan. Cut 6 × 10 for 60 portions.

## GERMAN SWEET CHOCOLATE CAKE

*Yield:* 60 portions or 2 pans 12 × 18 × 2 inches  
*Oven:* 350°F *Bake:* 40–45 minutes

*Portion:* 2½ × 3 inches

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------|---------------|--|
| German sweet chocolate       | 10 oz         | Melt chocolate in water. Cool. Add vanilla. Set aside.   |
| Water, boiling               | 1¼ cups       |  |
| Vanilla                      | 2½ tsp        |  |
| Shortening, hydrogenated     | 1 lb 4 oz     | Cream shortening and sugar on medium speed for 10 minutes, using flat beater.  |
| Sugar, granulated            | 2 lb 8 oz     |  |
| Egg yolks                    | 10 (6 oz)     | Add egg yolks one at a time. Beat well after each addition. Add chocolate mixture and blend.   |
| Flour, cake                  | 1 lb 9 oz     | Combine flour, salt, and soda.   |
| Salt                         | 1¼ tsp        |  |
| Baking soda                  | 2½ tsp        |  |
| Buttermilk                   | 2½ cups       | Add dry ingredients alternately with buttermilk to creamed mixture. Mix on low speed until smooth. Scrape sides of bowl.   |
| Egg whites                   | 10 (11 oz)    | Beat egg whites until stiff peaks form. Fold into batter on low speed. Do not overmix. Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 7 oz per pan. Bake at 350°F for 40–45 minutes. |
| Coconut Pecan Icing (p. 191) | 2 qt          | When cool, ice with Coconut Pecan Icing. Cut 5 × 6.  |

### *Approximate nutritive values per portion*

**Calories 378**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 22 g | <b>34%</b> | <b>Cholest.</b> 63 mg | <b>21%</b> | <b>Total Carb.</b> 43 g | <b>14%</b> | <b>Vitamin A</b>      | <b>10%</b> |
| Sat. Fat 7 g          | <b>34%</b> | <b>Sodium</b> 165 mg  | <b>7%</b>  | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 31 g             |            | <b>Calcium</b>        | <b>4%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.
- For four 2-layer cakes, scale into eight 9-inch layer cake pans, 1 lb 1 oz per pan. Cut 16 slices per cake for 64 portions.

## PEANUT BUTTER CAKE

*Yield:* 60 portions or 1 pan 18 × 26 × 2 inches

*Portion:* 2½ × 3 inches

*Oven:* 350°F

*Bake:* 30–35 minutes

| <i>Ingredient</i>  | <i>Amount</i>  | <i>Procedure</i>   |
|--|----------------|--|
| Margarine  | 9 oz           | Cream margarine, peanut butter, and sugar for 15 minutes, using flat beater. Scrape bottom and sides of bowl after each 5 minutes. |
| Peanut butter, creamy  | 12 oz          |  |
| Sugar, granulated  | 2 lb 2 oz      |  |
| Eggs   | 8 oz (5)       | Add to creamed mixture.  |
| Vanilla  | 2 Tbsp         |  |
| Flour, all-purpose   | 1 lb 12 oz     | Combine flour, baking powder, and salt.  |
| Baking powder  | ½ oz (3½ tsp)  |  |
| Baking soda  | 1 oz (2⅓ Tbsp) |  |
| Buttermilk   | 4⅔ cups        | Add dry ingredients and buttermilk alternately to creamed mixture. Scrape bottom and sides of bowl after each addition.            |
| Scale 8 lb batter into one 18 × 26 × 2-inch baking pan. Bake at 350°F for 30–35 minutes or until cake springs back when lightly depressed in the center. |                |  |
| Peanut Butter Icing (p. 193)   | 2 qt           | Ice with Peanut Butter Icing.  |

### *Approximate nutritive values per portion*

**Calories 333**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 17 mg | <b>6%</b>  | <b>Total Carb.</b> 52 g | <b>17%</b> | <b>Vitamin A</b>      | <b>2%</b>  |
| Sat. Fat 3 g          | <b>14%</b> | <b>Sodium</b> 257 mg  | <b>11%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 38 g             |            | <b>Calcium</b>        | <b>4%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- ½ oz (1 Tbsp) caramel food color may be added for a darker color.
- May be baked in two 12 × 18 × 2-inch pans. Scale 4 lb batter per pan.

**PINEAPPLE CASHEW CAKE**

*Yield:* 40 portions or 3 2-layer cakes (9 inch)  
*Oven:* 350°F *Bake:* 25–30 minutes

*Portion:* 16 slices per cake

| <i>Ingredient</i>  | <i>Amount</i>                     | <i>Procedure</i>  |
|--|-----------------------------------|---|
| Margarine or butter<br>Sugar, granulated<br>Vanilla                | 1 lb 2 oz<br>1 lb 14 oz<br>1 Tbsp | Cream margarine, sugar, and vanilla on medium speed for 10 minutes, using flat beater.  |
| Egg yolks  | 10 (6 oz)                         | Add egg yolks in three portions, while creaming. Mix 2 minutes.   |
| Flour, cake<br>Baking powder<br>Salt                               | 1 lb 14 oz<br>1½ oz<br>1½ tsp     | Combine flour, baking powder, and salt.   |
| Milk   | 2¼ cups                           | Add dry ingredients alternately with milk on low speed to creamed mixture.  |
| Crushed pineapple, drained   | 1 lb                              | Add pineapple to batter. Mix on low speed only to blend.  |
| Egg whites   | 10 (11 oz)                        | Beat egg whites on high speed until stiff but not dry. Fold into batter on low speed. Scale batter into six greased 9-inch layer cake pans, 1 lb 5 oz per pan. Bake at 350°F for 25–30 minutes. |
| Pineapple Icing (p. 194)<br>Cashew nuts, toasted, coarsely chopped | 2 qt<br>8 oz                      | When cool, remove cake from pans. Cover with icing and sprinkle with toasted cashews.   |

*Approximate nutritive values per portion***Calories 517**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 24 g | <b>37%</b> | <b>Cholest.</b> 56 mg | <b>19%</b> | <b>Total Carb.</b> 73 g | <b>24%</b> | <b>Vitamin A</b>      | <b>16%</b> |
| Sat. Fat 5 g          | <b>25%</b> | <b>Sodium</b> 450 mg  | <b>19%</b> | Fiber 1 g               | <b>4%</b>  | <b>Vitamin C</b>      | <b>4%</b>  |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 52 g             |            | <b>Calcium</b>        | <b>10%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- May be baked in one 18 × 26 × 2-inch pan, cut 6 × 10 for 60 portions; or in two 12 × 18 × 2-inch pans, scaled 4 lb per pan, and cut 5 × 6 for 30 portions per pan.

## FRUITCAKE

*Yield:* 64 portions or 4 loaves 5 × 9 inches    *Portion:* ½-inch slice  
*Oven:* 300°F    *Bake:* 2½ hours

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------|---------------|--|
| Shortening, hydrogenated | 8 oz          | Cream shortening and sugar on medium speed for 10 minutes, using flat beater.                    |
| Sugar, granulated        | 1 lb          |  |
| Eggs                     | 4 (7 oz)      | Add eggs to creamed mixture. Mix 5 minutes.  |
| Jelly                    | 8 oz          | Add ingredients in order listed. Mix on low speed only until fruit is coated with flour mixture. |
| Cinnamon, ground         | 2 tsp         |  |
| Cloves, ground           | 2 tsp         |  |
| Raisins                  | 2 lb          |  |
| Currants                 | 1 lb          |  |
| Dates, chopped           | 1 lb          |  |
| Nuts                     | 8 oz          |  |
| Flour, cake              | 1 lb 4 oz     |  |
| Baking soda              | 2 tsp         | Dissolve soda in cold coffee.  |
| Coffee, brewed, cold     | 1½ cups       | Add to other ingredients and mix until blended.  |

Scale batter into four loaf pans (5 × 9 × 2¾ inches) lined with two layers of heavy waxed paper, 2 lb 3 oz per pan. Bake at 300°F for 2½ hours. Cut 16 slices per cake.

*Approximate nutritive values per portion*

**Calories 193**

| Amount/portion       | %DV       | Amount/portion        | %DV       | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|----------------------|-----------|-----------------------|-----------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 6 g | <b>9%</b> | <b>Cholest.</b> 13 mg | <b>4%</b> | <b>Total Carb.</b> 35 g | <b>12%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 1 g         | <b>6%</b> | <b>Sodium</b> 47 mg   | <b>2%</b> | Fiber 2 g               | <b>9%</b>  | <b>Vitamin C</b> | <b>5%</b> | <b>Iron</b>    | <b>7%</b> |
| <b>Protein</b> 3 g   |           |                       |           | Sugars 24 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- May be steamed for 4 hours.
- Store in a container with a tight cover. Most fruitcakes mellow in flavor if kept about 2 weeks before using.

**GINGERBREAD**

Yield: 60 portions or 2 pans 12 × 18 × 2 inches Portion: 2½ × 3 inches

Oven: 350°F Bake: 40 minutes

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------------|---------------|--|
| Shortening,<br>hydrogenated | 14 oz         | Cream shortening and sugar on medium speed for 10 minutes, using flat beater.  |
| Sugar, granulated           | 14 oz         |  |
| Molasses                    | 3½ cups       | Add molasses and mix on low speed until blended.   |
| Flour, cake                 | 2 lb 4 oz     | Combine dry ingredients.   |
| Baking soda                 | 2 Tbsp        |  |
| Salt                        | 1½ tsp        |  |
| Cinnamon, ground            | 1 Tbsp        |  |
| Cloves, ground              | 1 Tbsp        |  |
| Ginger, ground              | 1 Tbsp        |  |
| Water, hot                  | 3¾ cups       | Add dry ingredients alternately with water to creamed mixture.   |
| Eggs, beaten                | 7 (12 oz)     | Add eggs and mix on low speed 2 minutes.<br>Scale batter into two greased 12 × 18 × 2-inch baking pans, 4 lb 3 oz per pan.<br>Bake at 350°F for 40 minutes.<br>Sprinkle with powdered sugar and serve warm or serve with Lemon Sauce (p. 586).<br>Cut 5 × 6. |

*Approximate nutritive values per portion***Calories 202**

| Amount/portion       | %DV        | Amount/portion        | %DV       | Amount/portion          | %DV        | %DV              | %DV        |
|----------------------|------------|-----------------------|-----------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 7 g | <b>11%</b> | <b>Cholest.</b> 24 mg | <b>8%</b> | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 2 g         | <b>9%</b>  | <b>Sodium</b> 190 mg  | <b>8%</b> | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 2 g   |            |                       |           | Sugars 18 g             |            | <b>Calcium</b>   | <b>3%</b>  |
|                      |            |                       |           |                         |            | <b>Iron</b>      | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- May be baked in one 18 × 26 × 2-inch pan. Cut 6 × 10 for 60 portions.

**Variations**

- **Almond Meringue Gingerbread.** Cover baked Gingerbread with Meringue for pies (p. 227). Sprinkle with slivered or chopped almonds and brown in 375°F oven.
- **Ginger Muffins.** Measure into greased muffin pans with No. 20 dipper. Yield: 7 dozen.
- **Praline Gingerbread.** Combine 1 lb melted margarine or butter, 2 lb brown sugar, 2 lb chopped pecans, and 1½–2 cups cream. Spread 2 lb 12 oz mixture over each pan. Brown under broiler, or return to oven and heat until topping is slightly browned.

## POUND CAKE

*Yield:* 48 portions or 2 cakes (10-inch tube pans) *Portion:* 24 slices per cake  
*Oven:* 325°F *Bake:* 1 hour 15 minutes

| <i>Ingredient</i> | <i>Amount</i>  | <i>Procedure</i>   |
|-------------------|----------------|--|
| Flour, cake       | 1 lb 10 oz     | Combine dry ingredients in mixer bowl. Blend on low speed for 1 minute, using flat beater.                     |
| Sugar, granulated | 2 lb           |  |
| Salt              | 1 Tbsp         |  |
| Baking powder     | ½ tsp          |  |
| Eggs              | 10 (1 lb 2 oz) | Add eggs to dry ingredients. Mix until ingredients are mixed evenly and lumps disappear. Batter will be stiff. |
| Shortening        | 1 lb 2 oz      | Add shortening and milk to mixture in bowl. Cream on medium speed until very light, about 10 minutes.          |
| Milk              | ¼ cup          |  |
| Milk              | 1½ cups        | Add milk and extracts slowly. Mix on low speed for 2–3 minutes or just until blended.                          |
| Almond extract    | 1½ tsp         |  |
| Vanilla           | 1½ tsp         |  |

Scale batter into two greased 10-inch tube pans, 3 lb 6 oz per pan.  
 Bake at 325°F for 1 hour 15 minutes to 1 hour 25 minutes, or until cake tests done.  
 Drop bottom of cake pans onto counter from a distance of 2–3 inches as cakes are removed from oven to produce a compact texture.  
 Cool. Remove from pans.  
 Cut into 24 slices.

### *Approximate nutritive values per portion*

**Calories 245**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 12 g | <b>19%</b> | <b>Cholest.</b> 46 mg | <b>16%</b> | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b>      | <b>2%</b>  |
| Sat. Fat 3 g          | <b>16%</b> | <b>Sodium</b> 155 mg  | <b>6%</b>  | Fiber 0.4 g             | <b>1%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 19 g             |            | <b>Calcium</b>        | <b>2%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • May be baked in four loaf pans (5 × 9 × 2¾ inches), 1 lb 10 oz batter per pan. Cut in 12 slices.

**PUMPKIN CAKE***Yield:* 48 portions or 3 cakes (10-inch tube pans) *Portion:* 16 slices per cake*Oven:* 350°F *Bake:* 60–70 minutes

| <i>Ingredient</i>  | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------|----------------|--|
| Eggs               | 12 (1 lb 4 oz) | Beat eggs on medium speed until blended.   |
| Sugar, granulated  | 2 lb 10 oz     | Add sugar to eggs gradually, beating on high speed until thick and lemon colored.                      |
| Vegetable oil      | 1 qt           | Add oil very slowly on low speed.  |
| Flour, all-purpose | 2 lb 10 oz     | Combine dry ingredients in a separate bowl.  |
| Baking powder      | 2 Tbsp         |  |
| Baking soda        | 2 Tbsp         |  |
| Salt               | 1 Tbsp         |  |
| Cinnamon, ground   | 3 Tbsp         |  |
| Pumpkin, canned    | 3 lb           | On low speed, add pumpkin alternately with dry ingredients, beginning and ending with dry ingredients. |

Scale batter into three ungreased 10-inch tube pans, 3 lb 12 oz per pan.

Bake at 350°F for 60–70 minutes.

When cool, remove from pans and drizzle with Powdered Sugar Glaze (p. 196).

*Approximate nutritive values per portion***Calories 377**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 12 g | <b>30%</b> | <b>Cholest.</b> 53 mg | <b>18%</b> | <b>Total Carb.</b> 47 g | <b>16%</b> | <b>Vitamin A</b>      | <b>64%</b> |
| Sat. Fat 3 g          | <b>14%</b> | <b>Sodium</b> 220 mg  | <b>9%</b>  | Fiber 2 g               | <b>6%</b>  | <b>Vitamin C</b>      | <b>2%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 24 g             |            | <b>Calcium</b>        | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## CHOCOLATE ROLL

*Yield:* 48 portions or 4 pans 12 × 18 × 2 inches *Portion:* 1-inch slice

*Oven:* 325°F *Bake:* 20 minutes

| <i>Ingredient</i>   | <i>Amount</i>   | <i>Procedure</i>   |
|---|-----------------|--|
| Egg yolks   | 24 (14 oz)      | Beat egg yolks on high speed, using flat beater.   |
| Sugar, granulated   | 2 lb 4 oz       | Add sugar and continue beating until mixture is lemon colored, thick, and fluffy.  |
| Unsweetened chocolate, melted   | 12 oz           | Add chocolate and vanilla. Blend on low speed.   |
| Vanilla   | 2 Tbsp          |  |
| Flour, cake   | 9 oz            | Combine flour, baking powder, and salt. Add to creamed mixture on low speed.   |
| Baking powder   | 1 Tbsp          |  |
| Salt  | 1½ tsp          |  |
| Egg whites  | 24 (1 lb 11 oz) | Beat egg whites on high speed until they form rounded peaks. Fold into cake mixture on low speed. Scale batter, 1 lb 7 oz per pan, into four greased 12 × 18 × 2-inch pans lined with baking liners. Bake at 325°F for 20 minutes. |
| <p>When baked, remove from pans and quickly remove baking liner. Trim edges if hard. Roll (Figure 5.3) and let stand a few minutes. Unroll and spread with one of the fillings suggested (see Note). Roll up securely. Cover with a thin layer of Chocolate Icing (p. 190).</p> |                 |  |

### *Approximate nutritive values per portion*

**Calories 159**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 5 g  | <b>7%</b>  | <b>Cholest.</b> 35 mg | <b>12%</b> | <b>Total Carb.</b> 28 g | <b>9%</b>  | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 122 mg  | <b>5%</b>  | Fiber 0.6 g             | <b>2%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 22 g             |            | <b>Calcium</b>        | <b>2%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Suggested fillings: Custard Filling (p. 198) or whipped cream, plain or flavored with peppermint.
- Variation**
- **Ice Cream Roll.** Spread with a thick layer of softened vanilla ice cream. Roll up securely and wrap in waxed paper. Place in freezer for several hours before serving.

## JELLY ROLL

*Yield:* 48 portions or 4 pans 12 × 18 × 2 inches *Portion:* 1-inch slice  
*Oven:* 375°F *Bake:* 12 minutes

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------------|---------------|---|
| Eggs                              | 27 (3 lb)     | Beat eggs on high speed for 1–2 minutes, using flat beater.   |
| Sugar, granulated                 | 3 lb          | Add sugar and vanilla to eggs. Beat 10–15 minutes.  |
| Vanilla                           | 1 Tbsp        |   |
| Flour, cake                       | 1 lb 8 oz     | Mix dry ingredients.  |
| Cream of tartar                   | 2 Tbsp        | Fold on low speed into egg-sugar mixture.   |
| Baking powder                     | 2 Tbsp        |   |
| Salt                              | 2 tsp         |   |
|                                   |               | Scale batter, 1 lb 14 oz per pan, into four greased 12 × 18 × 2-inch baking pans lined with baking liners.<br>Bake at 375°F for 12 minutes.                                       |
|                                   |               | When baked, turn onto a cloth or heavy paper covered with powdered sugar (Figure 5.3).<br>Quickly remove baking liners and trim edges if hard.<br>Immediately roll cakes tightly. |
| Jelly or Custard Filling (p. 198) | 1 qt          | When cooled but not cold, unroll, spread with jelly or Custard Filling, 1 cup per roll.<br>Roll firmly and wrap with waxed paper.   |
| Sugar, powdered                   | 1 lb          | Sprinkle top of each roll with 4 oz powdered sugar.<br>Slice each roll into 12 portions.  |

### *Approximate nutritive values per portion*

**Calories 311**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 3 g  | <b>5%</b>  | <b>Cholest.</b> 121 mg | <b>40%</b> | <b>Total Carb.</b> 67 g | <b>22%</b> | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 1 g          | <b>5%</b>  | <b>Sodium</b> 170 mg   | <b>7%</b>  | Fiber 0.3 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 5 g    |            |                        |            | Sugars 49 g             |            | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

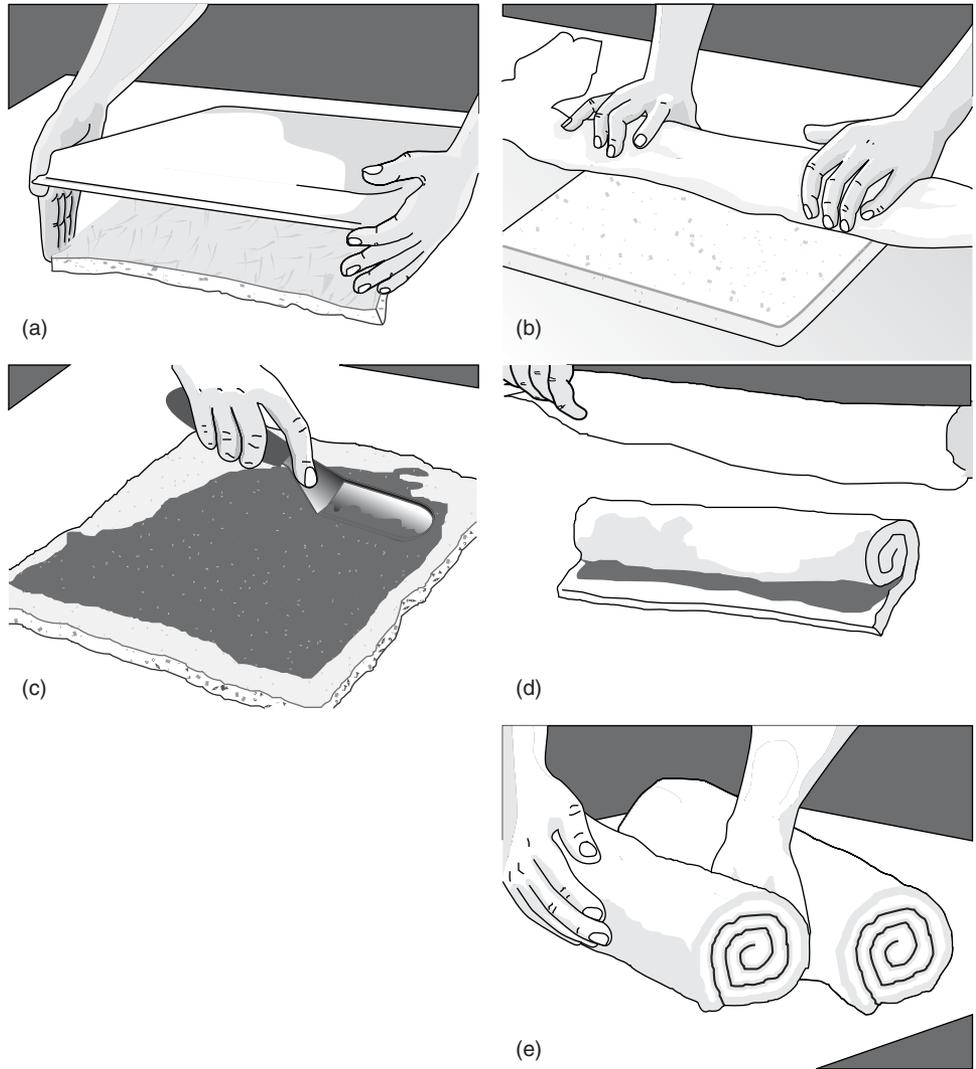
### Note

- May be baked in two 18 × 26 × 1-inch pans, scaled 3 lb 12 oz per pan.

### Variation

- **Apricot Roll.** Cover cakes with Apricot Filling (p. 197) and roll. Cover outside with sweetened whipped cream or whipped topping and toasted coconut.

**FIGURE 5.3** Rolling and filling a jelly roll. (a) Turn baked cake onto a cloth sprinkled with powdered sugar. Remove waxed or parchment paper. (b) While still warm, roll tightly. (c) When cooled but not cold, unroll and spread with filling. (d) Roll firmly. (e) Sprinkle finished jelly roll with powdered sugar.



**PUMPKIN CAKE ROLL**

Yield: 50 portions or 2 rolls Portion: 25 slices per roll

Oven: 375°F Bake: 15 minutes

| <i>Ingredient</i>      | <i>Amount</i> | <i>Procedure</i>   |
|------------------------|---------------|--|
| Eggs                   | 18 (2 lb)     | Whip eggs on high speed until thick and lemon colored, using flat beater.  |
| Sugar, granulated      | 2 lb 13 oz    | Add sugar gradually while mixing on medium speed.  |
| Pumpkin, canned        | 2 lb 3 oz     | Add pumpkin and lemon juice to egg mixture, mixing until blended.  |
| Lemon juice            | 2 Tbsp        |  |
| Flour, all-purpose     | 1 lb 2 oz     | Combine dry ingredients in a bowl. Fold into pumpkin mixture. Scale batter, 4 lb per pan, into two greased 28 × 26 × 1-inch baking pans lined with baking liners. Bake at 375°F for 15 minutes or until cake tests done. |
| Baking powder          | 1 oz          |  |
| Salt                   | 1 Tbsp        |  |
| Cinnamon, ground       | 1 oz          |  |
| Ginger, ground         | 4 tsp         |  |
| Nutmeg, ground         | 1 Tbsp        |  |
| Sugar, powdered        | 6 oz          |  |
| Cream cheese, softened | 2 lb          | Beat cream cheese and margarine until creamy, using flat beater.   |
| Margarine              | 10 oz         |  |
| Sugar, powdered        | 1 lb 6 oz     | Add sugar and vanilla to cream cheese mixture. Beat until smooth and creamy. Unroll cooled cake. Spread cream cheese filling over unrolled cakes, 2 lb per cake. Reroll cake.  |
| Vanilla                | 1 Tbsp        |  |
| Nuts, chopped          | 2 cups        |  |

*Approximate nutritive values per portion***Calories 370**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 16 g | <b>24%</b> | <b>Cholest.</b> 97 mg | <b>32%</b> | <b>Total Carb.</b> 53 g | <b>18%</b> | <b>Vitamin A</b>      | <b>56%</b> |
| Sat. Fat 6 g          | <b>29%</b> | <b>Sodium</b> 318 mg  | <b>13%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b>      | <b>1%</b>  |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 40 g             |            | <b>Calcium</b>        | <b>9%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • If needed, sift additional powdered sugar over top of rolled cake.

## ICING RECIPES

### BOILED ICING

*Yield:* 2 qt

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Sugar, granulated | 2 lb          | Combine sugar and water. Stir until sugar is dissolved. Boil without stirring to soft ball stage (238°F).   |
| Water, hot        | 1¼ cups       |   |
| Egg whites        | 4 (4 oz)      | Beat egg whites on high speed until stiff but not dry, using wire whip attachment.<br>Gradually pour syrup over egg whites while beating. Continue beating until icing is of consistency to spread. |
| Vanilla           | 1 Tbsp        | Add vanilla.<br>Spread on cake at once.   |

#### *Approximate nutritive values per cup*

**Calories 451**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>    | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|--------------------------|------------|------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 114 g | <b>38%</b> | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 26 mg   | <b>1%</b>  | Fiber 0 g                | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 110 g             |            | <b>Calcium</b>   | <b>0%</b>  |
|                       |            |                       |            |                          |            | <b>Iron</b>      | <b>0%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variation** • See variations of Ice Cream Icing (p. 190).

### BURNT BUTTER ICING

*Yield:* 1¼ qt

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>  |
|-------------------------|---------------|---|
| Butter or margarine     | 9 oz          | Heat butter in sauce pan until golden brown.  |
| Sugar, powdered, sifted | 1 lb 8 oz     | Add sugar to butter and blend.  |
| Vanilla                 | 1 Tbsp        | Add vanilla and water. Beat until of spreading consistency.<br>Add more water if necessary. |
| Water, hot              | ½ cup         |   |

#### *Approximate nutritive values per cup*

**Calories 899**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>    | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|--------------------------|------------|------------------|------------|
| <b>Total Fat</b> 41 g | <b>63%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 137 g | <b>46%</b> | <b>Vitamin A</b> | <b>15%</b> |
| Sat. Fat 8 g          | <b>40%</b> | <b>Sodium</b> 483 mg  | <b>20%</b> | Fiber 0 g                | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 127 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |            |                          |            | <b>Iron</b>      | <b>0%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • This amount will ice 8 dozen 1½-inch cookies. If used for cake, increase by one-fourth.

## ICE CREAM ICING

Yield: 2½ qt

| Ingredient              | Amount    | Procedure   |
|-------------------------|-----------|---|
| Sugar, granulated       | 1 lb 8 oz | Combine sugar and water. Boil without stirring to soft ball stage (238°F).  |
| Water, hot              | 1 cup     |   |
| Pasteurized egg whites  | 9 (10 oz) | Beat egg whites until frothy, using wire whip attachment.   |
| Sugar, powdered, sifted | 3 oz      | Add powdered sugar to egg whites and beat on high speed to consistency of meringue.<br>Add hot syrup slowly and continue beating until mixture is thick and creamy. |
| Sugar, powdered, sifted | 8 oz      | Add powdered sugar and vanilla.<br>Beat until smooth. Add more sugar if necessary to make icing hold its shape when spread.   |
| Vanilla                 | 1 Tbsp    |   |

### Approximate nutritive values per cup

Calories 402

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion    | %DV |           | %DV |
|----------------|-----|----------------|-----|-------------------|-----|-----------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 100 g | 33% | Vitamin A | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 49 mg   | 2%  | Fiber 0 g         | 0%  | Vitamin C | 0%  |
| Protein 3 g    |     |                |     | Sugars 95 g       |     | Calcium   | 0%  |
|                |     |                |     |                   |     | Iron      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- This icing may be kept 2–3 days in a covered container in the refrigerator.

### Variations

- **Bittersweet Icing.** Melt 8 oz unsweetened chocolate over hot water. Gradually stir in 1½ oz margarine or butter. When slightly cool, pour over white icing to form a design.
- **Candied Fruit Icing.** Add 8 oz chopped candied fruit.
- **Chocolate Icing.** Add 8 oz melted chocolate.
- **Coconut Icing.** Frost cake. Sprinkle with 4 oz dry shredded coconut.
- **Maple Nut Icing.** Delete vanilla. Flavor with 1½ tsp maple flavoring. Add 6 oz chopped nuts.
- **Maraschino Cherry Icing.** Delete vanilla. Add ½ tsp almond extract and 8 oz chopped maraschino cherries.
- **Peppermint Icing.** Add 8 oz finely crushed peppermint candy.

## CHOCOLATE BUTTER CREAM ICING

Yield: 2 qt

| Ingredient                    | Amount    | Procedure   |
|-------------------------------|-----------|---|
| Margarine or butter           | 1 lb 8 oz | Cream margarine on medium speed until fluffy.                         |
| Evaporated milk               | ½ cup     | Add milk and blend.   |
| Sugar, powdered, sifted       | 1 lb 8 oz | Add sugar gradually. Mix on medium speed until smooth.                |
| Unsweetened chocolate, melted | 6 oz      | Add chocolate and vanilla. Beat on high speed until light and fluffy. |
| Vanilla                       | 1 tsp     |   |

### Approximate nutritive values per cup

Calories 1067

| Amount/portion        | %DV         | Amount/portion       | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV       |
|-----------------------|-------------|----------------------|------------|-------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 81 g | <b>124%</b> | <b>Cholest.</b> 5 mg | <b>2%</b>  | <b>Total Carb.</b> 94 g | <b>31%</b> | <b>Vitamin A</b> | <b>26%</b> | <b>Calcium</b> | <b>8%</b> |
| Sat. Fat 19 g         | <b>93%</b>  | <b>Sodium</b> 821 mg | <b>34%</b> | Fiber 1 g               | <b>6%</b>  | <b>Vitamin C</b> | <b>0%</b>  | <b>Iron</b>    | <b>9%</b> |
| <b>Protein</b> 4 g    |             |                      |            | Sugars 82 g             |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Milk may be substituted for evaporated milk.

## COCONUT PECAN ICING

Yield: 2 qt

| Ingredient             | Amount   | Procedure  |
|------------------------|----------|--|
| Evaporated milk        | 2 cups   | Combine milk, egg yolks, sugar, and margarine.                   |
| Egg yolks, beaten      | 6 (4 oz) | Cook in steam-jacketed kettle or over hot water until thickened. |
| Sugar, granulated      | 1 lb     |  |
| Margarine              | 8 oz     |  |
| Pecans, finely chopped | 12 oz    | Add pecans, coconut, and vanilla.                                |
| Coconut, flaked        | 12 oz    | Cool, then beat well until thick enough to spread.               |
| Vanilla                | 2 tsp    |  |

### Approximate nutritive values per cup

Calories 1033

| Amount/portion        | %DV         | Amount/portion         | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|-------------|------------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 74 g | <b>114%</b> | <b>Cholest.</b> 200 mg | <b>67%</b> | <b>Total Carb.</b> 89 g | <b>30%</b> | <b>Vitamin A</b> | <b>40%</b> | <b>Calcium</b> | <b>21%</b> |
| Sat. Fat 23 g         | <b>115%</b> | <b>Sodium</b> 350 mg   | <b>15%</b> | Fiber 5 g               | <b>21%</b> | <b>Vitamin C</b> | <b>3%</b>  | <b>Iron</b>    | <b>13%</b> |
| <b>Protein</b> 12 g   |             |                        |            | Sugars 71 g             |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**CREAM CHEESE ICING**Yield: 1<sup>3</sup>/<sub>4</sub> qt

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>  |
|-------------------------|---------------|---|
| Cream cheese, softened  | 12 oz         | Blend cream cheese, margarine, and milk on medium speed until smooth. |
| Margarine, softened     | 2 oz          |   |
| Milk                    | 1/4 cup       |   |
| Sugar, powdered, sifted | 2 lb 12 oz    | Add sugar gradually to cheese-margarine mixture.                      |
| Vanilla                 | 1 Tbsp        | Add vanilla and beat until smooth and of spreading consistency.       |

*Approximate nutritive values per cup*

Calories 927

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion           | %DV        |                  | %DV        |                | %DV       |
|-----------------------|------------|-----------------------|------------|--------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 24 g | <b>37%</b> | <b>Cholest.</b> 55 mg | <b>18%</b> | <b>Total Carb.</b> 181 g | <b>60%</b> | <b>Vitamin A</b> | <b>23%</b> | <b>Calcium</b> | <b>5%</b> |
| Sat. Fat 12 g         | <b>61%</b> | <b>Sodium</b> 228 mg  | <b>10%</b> | Fiber 0 g                | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  | <b>Iron</b>    | <b>4%</b> |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 167 g             |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variation** • **Orange Cheese Icing.** Substitute 1 Tbsp orange juice and 1 Tbsp grated orange peel for vanilla.

**CREAMY ICING**Yield: 1<sup>1</sup>/<sub>2</sub> qt

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>  |
|-------------------------|---------------|---|
| Margarine               | 12 oz         | Cream margarine on medium speed for 1 minute or until soft.                   |
| Evaporated milk         | 1/2 cup       | Add milk and vanilla. Mix until blended.                                      |
| Vanilla                 | 1 Tbsp        |   |
| Sugar, powdered, sifted | 2 lb          | Add sugar gradually. Whip on medium speed until mixture is smooth and creamy. |

*Approximate nutritive values per cup*

Calories 1024

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion           | %DV        |                  | %DV        |                | %DV       |
|-----------------------|------------|----------------------|------------|--------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 47 g | <b>73%</b> | <b>Cholest.</b> 6 mg | <b>2%</b>  | <b>Total Carb.</b> 155 g | <b>52%</b> | <b>Vitamin A</b> | <b>18%</b> | <b>Calcium</b> | <b>7%</b> |
| Sat. Fat 10 g         | <b>50%</b> | <b>Sodium</b> 558 mg | <b>23%</b> | Fiber 0 g                | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  | <b>Iron</b>    | <b>1%</b> |
| <b>Protein</b> 2 g    |            |                      |            | Sugars 141 g             |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Milk or cream may be substituted for evaporated milk.

**Variations** • **Cocoa Icing.** Increase liquid to 1<sup>1</sup>/<sub>4</sub> cups. Add 6 oz cocoa sifted with the sugar.  
 • **Lemon Butter Icing.** Substitute 1/4 cup lemon juice for an equal amount of milk, and 1<sup>1</sup>/<sub>2</sub> Tbsp fresh grated lemon peel for the vanilla.  
 • **Orange Butter Icing.** Substitute 1/2 cup orange juice for an equal amount of milk, and 1 Tbsp fresh grated orange peel for the vanilla.

**ORANGE ICING**

Yield: 1½ qt

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>                                       |
|-------------------------|---------------|--|
| Margarine               | 8 oz          | Cream margarine until fluffy.                          |
| Sugar, powdered, sifted | 2 lb 8 oz     | Add sugar gradually on medium speed. Mix until creamy. |
| Vanilla                 | 2 Tbsp        | Add remaining ingredients. Blend until smooth.         |
| Salt                    | ½ tsp         |  |
| Orange juice            | ¼ cup         |  |
| Lemon juice             | ¼ cup         |  |
| Orange peel, grated     | 1 tsp         |  |

*Approximate nutritive values per cup*

Calories 1020

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion           | %DV        | %DV              | %DV        |
|-----------------------|------------|----------------------|------------|--------------------------|------------|------------------|------------|
| <b>Total Fat</b> 30 g | <b>47%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 193 g | <b>64%</b> | <b>Vitamin A</b> | <b>11%</b> |
| Sat. Fat 6 g          | <b>30%</b> | <b>Sodium</b> 538 mg | <b>22%</b> | Fiber 0 g                | <b>0%</b>  | <b>Vitamin C</b> | <b>11%</b> |
| <b>Protein</b> 0 g    |            |                      |            | Sugars 177 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                      |            |                          |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**PEANUT BUTTER ICING**

Yield: 2 qt

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------|---------------|--|
| Sugar, powdered, sifted | 3 lb          | Cream powdered sugar and shortening for 5 minutes.                                 |
| Margarine               | 10 oz         |  |
| Peanut butter, creamy   | 5 oz          | Add to creamed mixture. Cream until fluffy. Spread on Peanut Butter Cake (p. 179). |
| Water, warm             | ¾ cup         |  |
| Vanilla                 | 1 Tbsp        |  |

*Approximate nutritive values per cup*

Calories 1018

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion           | %DV        | %DV              | %DV        |
|-----------------------|------------|----------------------|------------|--------------------------|------------|------------------|------------|
| <b>Total Fat</b> 38 g | <b>58%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 174 g | <b>58%</b> | <b>Vitamin A</b> | <b>35%</b> |
| Sat. Fat 7 g          | <b>35%</b> | <b>Sodium</b> 469 mg | <b>20%</b> | Fiber 1 g                | <b>4%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                      |            | Sugars 160 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                      |            |                          |            | <b>Iron</b>      | <b>2%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- ½ oz (1 Tbsp) caramel food color may be added for a darker color.

**PINEAPPLE ICING (FOR PINEAPPLE CASHEW CAKE)**

Yield: 2 qt

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Margarine         | 1 lb          | Blend in mixer bowl, using flat beater.   |
| Sugar, powdered   | 1 lb 4 oz     |   |
| Salt              | ¼ tsp         |   |
| Pineapple juice   | ¾ cup         | Add pineapple juice. Mix to blend.  |
| Sugar, powdered   | 1 lb 6 oz     | Add sugar in three additions.<br>Beat on medium speed until light and of the desired consistency. |

*Approximate nutritive values per cup*

Calories 1048

| Amount/portion        | %DV        | Amount/portion       | %DV       | Amount/portion           | %DV        |                  | %DV        |                | %DV       |
|-----------------------|------------|----------------------|-----------|--------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 46 g | <b>70%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 167 g | <b>56%</b> | <b>Vitamin A</b> | <b>16%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 9 g          | 45%        | <b>Sodium</b> 603 mg | 25%       | Fiber 0 g                | 0%         | <b>Vitamin C</b> | 4%         | <b>Iron</b>    | 1%        |
| <b>Protein</b> 1 g    |            |                      |           | Sugars 155 g             |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Crushed pineapple may be substituted for pineapple juice. Add additional juice in small quantities until icing is of spreading consistency.

**MOCHA ICING**

Yield: 2 qt

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------|---------------|--|
| Hot coffee, strong         | 1½ cups       | Add coffee to margarine and cocoa.<br>Mix on medium speed until blended.   |
| Margarine, softened        | 3 oz          |  |
| Cocoa                      | 4 oz          |  |
| Sugar, powdered,<br>sifted | 3 lb          | Add sugar, salt, and vanilla. Mix until smooth.<br>Add more sugar if necessary to make icing hold its shape when spread. |
| Salt                       | ¼ tsp         |  |
| Vanilla                    | ½ tsp         |  |

*Approximate nutritive values per cup*

Calories 761

| Amount/portion        | %DV        | Amount/portion       | %DV       | Amount/portion           | %DV        |                  | %DV       |                | %DV       |
|-----------------------|------------|----------------------|-----------|--------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 10 g | <b>15%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 179 g | <b>60%</b> | <b>Vitamin A</b> | <b>3%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 2 g          | 10%        | <b>Sodium</b> 178 mg | 7%        | Fiber 0.2 g              | 1%         | <b>Vitamin C</b> | 0%        | <b>Iron</b>    | 28%       |
| <b>Protein</b> 3 g    |            |                      |           | Sugars 158 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Instant coffee, 2 Tbsp dissolved in 1½ cups hot water, may be used in place of brewed coffee.

## CHOCOLATE GLAZE

Yield: 1 qt

| Ingredient              | Amount    | Procedure   |
|-------------------------|-----------|---|
| Unsweetened chocolate   | 4 oz      | Melt chocolate and margarine over low heat.   |
| Margarine               | 3 oz      |   |
| Sugar, powdered, sifted | 1 lb 5 oz | Add sugar, vanilla, and water gradually. Beat until smooth. If needed, add boiling water, a few drops at a time, to make spreading consistency. |
| Vanilla                 | 1 Tbsp    |   |
| Water, boiling          | ½ cup     |   |

### Approximate nutritive values per cup

Calories 877

| Amount/portion        | %DV        | Amount/portion       | %DV       | Amount/portion           | %DV        |                  | %DV       |                | %DV        |
|-----------------------|------------|----------------------|-----------|--------------------------|------------|------------------|-----------|----------------|------------|
| <b>Total Fat</b> 32 g | <b>49%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 159 g | <b>53%</b> | <b>Vitamin A</b> | <b>6%</b> | <b>Calcium</b> | <b>2%</b>  |
| Sat. Fat 9 g          | <b>46%</b> | <b>Sodium</b> 204 mg | <b>8%</b> | Fiber 2 g                | <b>7%</b>  | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>11%</b> |
| <b>Protein</b> 3 g    |            |                      |           | Sugars 143 g             |            |                  |           |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## PEANUT BUTTER GLAZE

Yield: 5½ cups

| Ingredient              | Amount     | Procedure  |
|-------------------------|------------|--|
| Margarine, melted       | 3 oz       | Cream margarine and peanut butter.   |
| Peanut butter           | 8 oz       |  |
| Sugar, powdered, sifted | 1 lb 10 oz | Add sugar and milk alternately to make spreading consistency. Spread over rolls. |
| Milk                    | 1 cup      |  |

### Approximate nutritive values per cup

Calories 822

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion           | %DV        |                  | %DV       |                | %DV       |
|-----------------------|------------|----------------------|------------|--------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 32 g | <b>49%</b> | <b>Cholest.</b> 5 mg | <b>2%</b>  | <b>Total Carb.</b> 133 g | <b>44%</b> | <b>Vitamin A</b> | <b>5%</b> | <b>Calcium</b> | <b>6%</b> |
| Sat. Fat 7 g          | <b>34%</b> | <b>Sodium</b> 336 mg | <b>14%</b> | Fiber 2 g                | <b>9%</b>  | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>4%</b> |
| <b>Protein</b> 11 g   |            |                      |            | Sugars 119 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## POWDERED SUGAR GLAZE

*Yield:* 5 cups

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Sugar, powdered   | 2 lb          | Mix until smooth, adding more water if necessary.<br>Cover tightly until needed. Stir before using. |
| Corn syrup, white | ½ cup         |   |
| Water, warm       | ¾ cup         |   |
| Vanilla           | 2 tsp         |   |

### *Approximate nutritive values per cup*

**Calories 791**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion           | %DV        |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|-----------|--------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 206 g | <b>69%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 0 mg   | <b>0%</b> | Fiber 0 g                | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>1%</b> |
| <b>Protein</b> 0 g   |           |                      |           | Sugars 192 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Use for icing baked rolls or products requiring a thin icing.
  - Thin, if necessary, to spread.

## FILLING RECIPES

### CHOCOLATE CREAM FILLING

*Yield:* 3 qt

| <i>Ingredient</i>     | <i>Amount</i>            | <i>Procedure</i>  |
|-----------------------|--------------------------|---|
| Chocolate chips       | 2 lb 4 oz (3 12-oz pkgs) | Combine chocolate chips, orange juice, and sugar.<br>Melt over hot water. Cool. |
| Orange juice or water | 1 cup                    |   |
| Sugar, granulated     | 8 oz                     |   |
| Cream, whipping       | 1½ cup qt                | Whip cream until stiff.<br>Fold into chocolate mixture.                         |

### *Approximate nutritive values per cup*

**Calories 827**

| Amount/portion        | %DV         | Amount/portion         | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|-------------|------------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 61 g | <b>94%</b>  | <b>Cholest.</b> 133 mg | <b>44%</b> | <b>Total Carb.</b> 81 g | <b>27%</b> | <b>Vitamin A</b> | <b>42%</b> | <b>Calcium</b> | <b>10%</b> |
| Sat. Fat 23 g         | <b>116%</b> | <b>Sodium</b> 44 mg    | <b>2%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>13%</b> | <b>Iron</b>    | <b>12%</b> |
| <b>Protein</b> 7 g    |             |                        |            | Sugars 72 g             |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Use as filling for Orange Cream Puffs (p. 257).
- Variation**
- **Chocolate Mousse.** Whip 10 egg whites to a soft peak and fold into chocolate whipped cream mixture. Chill. May be frozen.

## DATE FILLING

Yield: 1½ qt

| Ingredient             | Amount  | Procedure                          |
|------------------------|---------|------------------------------------|
| Dates, pitted, chopped | 2 lb    | Combine dates, water, and sugar.   |
| Water                  | 2¼ cups | Cook until mixture is thick. Cool. |
| Sugar, granulated      | 12 oz   |                                    |

### Approximate nutritive values per cup

Calories 635

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion    | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|-------------------|-----|-----------|-----|---------|-----|
| Total Fat 1 g  | 1%  | Cholest. 0 mg  | 0%  | Total Carb. 168 g | 56% | Vitamin A | 0%  | Calcium | 5%  |
| Sat. Fat 0 g   | 0%  | Sodium 8 mg    | 1%  | Fiber 13 g        | 53% | Vitamin C | 0%  | Iron    | 9%  |
| Protein 3 g    |     |                |     | Sugars 152 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Use as cake or cookie filling.
- To add flavor, 6 oz jelly or ¼ cup orange juice may be used in place of ¼ cup of the water.

## APRICOT FILLING

Yield: 2 qt

| Ingredient         | Amount | Procedure   |
|--------------------|--------|---|
| Apricots, dried    | 2 lb   | Cook apricots and water together.                                     |
| Water              | 2 cups | When cooked, chop apricots.   |
| Sugar, granulated  | 1 lb   | Add sugar, flour, salt, and lemon juice to apricots. Cook to a paste. |
| Flour, all-purpose | 4 oz   |   |
| Salt               | ½ tsp  |   |
| Lemon juice        | ½ cup  |   |
| Margarine          | 1 lb   | Blend margarine into hot mixture.                                     |

### Approximate nutritive values per cup

Calories 951

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion    | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|-------------------|-----|-----------|-----|---------|-----|
| Total Fat 46 g | 71% | Cholest. 0 mg  | 0%  | Total Carb. 139 g | 46% | Vitamin A | 99% | Calcium | 7%  |
| Sat. Fat 9 g   | 45% | Sodium 686 mg  | 29% | Fiber 9 g         | 37% | Vitamin C | 10% | Iron    | 33% |
| Protein 6 g    |     |                |     | Sugars 100 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Variations

- **Fig Filling.** Substitute 2 lb dried figs, cooked and chopped, for the apricots. Increase lemon juice to 1 cup.
- **Prune-Date Filling.** Substitute 1 lb cooked, pitted, and chopped prunes and 1 lb chopped dates for the apricots.

## CUSTARD FILLING

Yield: 4 qt

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Cornstarch        | 6 oz          | Combine dry ingredients.  |
| Sugar, granulated | 1 lb          |   |
| Salt              | ½ tsp         |   |
| Milk, cold        | 2 cups        | Add cold milk to dry ingredients and stir until smooth.   |
| Milk, hot         | 2½ qt         | Add cold mixture to hot milk, stirring constantly with wire whip.<br>Cook over hot water until thick.   |
| Eggs, beaten      | 10 (1 lb)     | Add, while stirring, a small amount of hot mixture to the beaten eggs.<br>Add to remainder of hot mixture, stirring constantly. Cook 7 minutes. |
| Vanilla           | 2 tsp         | Remove from heat. Add vanilla.<br>Cool quickly (within 4 hours) to below 41°F.  |

### Approximate nutritive values per cup

Calories 307

| Amount/portion       | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 9 g | <b>14%</b> | <b>Cholest.</b> 146 mg | <b>49%</b> | <b>Total Carb.</b> 47 g | <b>16%</b> | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 5 g         | <b>23%</b> | <b>Sodium</b> 194 mg   | <b>8%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 10 g  |            |                        |            | Sugars 37 g             |            | <b>Calcium</b>   | <b>23%</b> |
|                      |            |                        |            |                         |            | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standard*: Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Use as a filling for cakes, Cream Puffs (p. 257), Chocolate Roll (p. 185), and Eclairs (p. 257).
- To fill three 9-inch layer cakes, use ⅓ recipe.

## LEMON FILLING

Yield: 1<sup>3</sup>/<sub>4</sub> qt

| Ingredient                  | Amount                           | Procedure   |
|-----------------------------|----------------------------------|---|
| Sugar, granulated           | 1 lb                             | Heat sugar and water to boiling point.  |
| Water                       | 3 cups                           |   |
| Cornstarch                  | 2 <sup>1</sup> / <sub>2</sub> oz | Blend cornstarch and cold water.<br>Gradually add to boiling sugar and water while stirring with a wire whip.<br>Cook until thickened and clear, stirring constantly. |
| Water, cold                 | <sup>3</sup> / <sub>4</sub> cup  |   |
| Egg yolks, beaten           | 4 (3 oz)                         | Stir a small amount of hot mixture into egg yolks, then blend egg yolks into hot mixture with wire whip.<br>Cook 5–8 minutes while stirring.                          |
| Salt                        | <sup>3</sup> / <sub>4</sub> tsp  | Add remaining ingredients. Stir to blend.<br>Cool quickly (within 4 hours) to below 41°F.   |
| Lemon juice                 | <sup>1</sup> / <sub>2</sub> cup  |   |
| Fresh lemon peel,<br>grated | 2 tsp                            |   |
| Margarine                   | 1 oz (2 Tbsp)                    |   |

### Approximate nutritive values per cup

Calories 365

| Amount/portion       | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV       |
|----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 7 g | <b>11%</b> | <b>Cholest.</b> 156 mg | <b>52%</b> | <b>Total Carb.</b> 76 g | <b>25%</b> | <b>Vitamin A</b> | <b>24%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 2 g         | <b>9%</b>  | <b>Sodium</b> 281 mg   | <b>12%</b> | Fiber 0.2 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>8%</b>  | <b>Iron</b>    | <b>3%</b> |
| <b>Protein</b> 2 g   |            |                        |            | Sugars 63 g             |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standard*: Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Variations**
- **Lime Filling.** Substitute fresh lime for the lemon. Add a few drops of green food coloring.
  - **Orange Filling.** Substitute orange juice for the water and fresh orange peel for the lemon peel. Reduce lemon juice to 3 Tbsp.

**MARMALADE NUT FILLING**

Yield: 1 qt

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>                                   |
|-------------------|---------------|--|
| Margarine         | 2 oz          | Melt margarine.                                    |
| Walnuts, pieces   | 1 lb          | Add nuts. Cook and stir until nuts are toasted.    |
| Sugar, brown      | 6 oz          | Add sugar and cinnamon. Cook until heated through. |
| Cinnamon, ground  | 1 tsp         |  |
| Orange marmalade  | 1 lb          | Add marmalade. Mix well.                           |

*Approximate nutritive values per cup*

Calories 1052

| Amount/portion        | %DV         | Amount/portion       | %DV       | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|-------------|----------------------|-----------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 76 g | <b>116%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 79 g | <b>26%</b> | <b>Vitamin A</b> | <b>8%</b>  | <b>Calcium</b> | <b>12%</b> |
| Sat. Fat 6 g          | <b>32%</b>  | <b>Sodium</b> 156 mg | <b>6%</b> | Fiber 4 g               | <b>17%</b> | <b>Vitamin C</b> | <b>63%</b> | <b>Iron</b>    | <b>27%</b> |
| <b>Protein</b> 30 g   |             |                      |           | Sugars 2 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Use for filling in fruit ring or sweet rolls.**PRUNE FILLING**

Yield: 1½ qt

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Prunes, pitted, cooked and chopped | 2 cups        | Add cream, margarine, and eggs to prunes. Heat over hot water.                             |
| Sour cream                         | 1 cup         |  |
| Margarine                          | 2 oz          |  |
| Eggs, beaten                       | 4 (7 oz)      |  |
| Sugar, granulated                  | 1 lb          | Mix dry ingredients. Add to prune mixture. Cook and stir over hot water until thick. Cool. |
| Salt                               | ½ tsp         |  |
| Flour, all-purpose                 | 1 oz (¼ cup)  |  |

*Approximate nutritive values per cup*

Calories 587

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion           | %DV        |                  | %DV        |                | %DV       |
|-----------------------|------------|------------------------|------------|--------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 19 g | <b>29%</b> | <b>Cholest.</b> 158 mg | <b>53%</b> | <b>Total Carb.</b> 102 g | <b>34%</b> | <b>Vitamin A</b> | <b>20%</b> | <b>Calcium</b> | <b>8%</b> |
| Sat. Fat 8 g          | <b>38%</b> | <b>Sodium</b> 332 mg   | <b>14%</b> | Fiber 3 g                | <b>11%</b> | <b>Vitamin C</b> | <b>4%</b>  | <b>Iron</b>    | <b>8%</b> |
| <b>Protein</b> 7 g    |            |                        |            | Sugars 90 g              |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • 8 oz chopped nuts may be added.**Variation** • **Apricot Filling.** Substitute dried apricots for prunes.

## DROP COOKIE RECIPES

### BUTTERSCOTCH DROP COOKIES

*Yield:* 8 dozen cookies    *Portion:*  $\frac{3}{4}$  oz per cookie

*Oven:* 375°F    *Bake:* 10–15 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Margarine          | 8 oz          | Cream margarine and brown sugar on medium speed for 5 minutes, using flat beater.         |
| Sugar, brown       | 1 lb          |   |
| Eggs               | 4 (7 oz)      | Add eggs and vanilla to creamed mixture. Mix on medium speed until well blended.          |
| Vanilla            | 2 tsp         |   |
| Flour, all-purpose | 1 lb 4 oz     | Combine dry ingredients.  |
| Baking powder      | 1 tsp         |   |
| Baking soda        | 2 tsp         |   |
| Salt               | 1 tsp         |   |
| Sour cream         | 1 lb          | Add dry ingredients alternately with sour cream to dough. Mix on low speed until blended. |
| Walnuts, chopped   | 8 oz          | Add nuts. Mix until blended. Chill dough until firm.                                      |

Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 10–12 minutes. Cover with Burnt Butter Icing (p. 189) while cookies are still warm.

#### *Approximate nutritive values per cookie*

**Calories 84**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 4 g  | <b>7%</b>  | <b>Cholest.</b> 11 mg | <b>4%</b>  | <b>Total Carb.</b> 10 g | <b>3%</b>  | <b>Vitamin A</b>      | <b>2%</b>  |
| Sat. Fat 1 g          | <b>6%</b>  | <b>Sodium</b> 81 mg   | <b>3%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 2 g    |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>2%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Butterscotch Squares.** Spread batter in 12 × 18 × 2-inch baking pan. Bake at 325°F for 25 minutes.
  - **Chocolate Drop Cookies.** Add 4 oz unsweetened chocolate, melted, to creamed mixture.

## COCONUT MACAROONS

*Yield:* 9 dozen cookies    *Portion:* ½ oz per cookie

*Oven:* 325°F    *Bake:* 15 minutes

| <i>Ingredient</i>                    | <i>Amount</i>     | <i>Procedure</i>   |
|--------------------------------------|-------------------|--|
| Egg whites<br>Salt                   | 8 (9 oz)<br>⅛ tsp | Beat egg whites and salt on high speed until frothy, using whip attachment.  |
| Sugar, granulated<br>Sugar, powdered | 12 oz<br>12 oz    | Combine sugars and add gradually to egg whites.  |
| Vanilla                              | 2 tsp             | Add vanilla. Continue beating on high speed until stiff.   |
| Coconut, shredded                    | 1 lb 6 oz         | Carefully fold in coconut on low speed.<br>Portion with No. 60 dipper 4 × 6 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets.<br>Bake at 325°F for 15 minutes. |

### *Approximate nutritive values per cookie*

**Calories 53**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 2 g  | <b>3%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 9 g | <b>3%</b>  | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 2 g          | <b>8%</b>  | <b>Sodium</b> 24 mg   | <b>1%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 8 g             |            | <b>Calcium</b>   | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>0%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## CHOCOLATE CHIP COOKIES

*Yield:* 10 dozen cookies    *Portion:* ¾ oz per cookie

*Oven:* 375°F    *Bake:* 8–10 minutes

| <i>Ingredient</i>                              | <i>Amount</i>               | <i>Procedure</i>  |
|--|-----------------------------|---|
| Margarine<br>Sugar, granulated<br>Sugar, brown | 12 oz<br>8 oz<br>8 oz       | Cream margarine and sugars on medium speed for 5 minutes, using flat beater.  |
| Eggs<br>Vanilla                                | 4 (7 oz)<br>2 tsp           | Add eggs and vanilla to creamed mixture and beat until light and fluffy.  |
| Flour, all-purpose<br>Salt<br>Baking soda      | 1 lb 4 oz<br>1 tsp<br>2 tsp | Combine dry ingredients. Add on low speed to creamed mixture.   |
| Nuts, coarsely chopped<br>Chocolate chips      | 1 lb<br>1 lb 8 oz           | Add nuts and chocolate chips. Mix until blended.  |
|  |                             | Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets.<br>Bake at 375°F for 8–10 minutes. |

### *Approximate nutritive values per cookie*

**Calories 103**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 7 mg  | <b>2%</b>  | <b>Total Carb.</b> 12 g | <b>4%</b>  | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 1 g          | <b>3%</b>  | <b>Sodium</b> 69 mg   | <b>3%</b>  | Fiber 1 g               | <b>2%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 2 g    |            |                       |            | Sugars 5 g              |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- For jumbo cookies, use No. 20 dipper. Bake at 365°F for 12–15 minutes.

**BUTTERSCOTCH PECAN COOKIES***Yield:* 10 dozen cookies    *Portion:* ¾ oz per cookie*Oven:* 375°F    *Bake:* 10–12 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Margarine          | 1 lb          | Cream margarine and sugar on medium speed for 5 minutes, using flat beater. |
| Sugar, brown       | 2 lb          |   |
| Eggs               | 4 (7 oz)      | Add eggs and vanilla to creamed mixture. Mix on low speed until blended.    |
| Vanilla            | 1 Tbsp        |   |
| Flour, all-purpose | 1 lb 8 oz     | Add flour and pecans. Mix on low speed until blended.                       |
| Pecans, chopped    | 1 lb          |   |

Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 10–12 minutes.

*Approximate nutritive values per cookie***Calories 104**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 7 mg  | <b>2%</b>  | <b>Total Carb.</b> 12 g | <b>4%</b>  | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 1 g          | <b>4%</b>  | <b>Sodium</b> 41 mg   | <b>2%</b>  | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>2%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**OATMEAL COOKIES**Yield: 8 dozen cookies      Portion:  $\frac{3}{4}$  oz per cookie

Oven: 375°F      Bake: 8–11 minutes

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------|---------------|---|
| Margarine             | 1 lb 4 oz     | Cream margarine and sugars on medium speed for 5 minutes, using flat beater.  |
| Sugar, brown          | 8 oz          |   |
| Sugar, granulated     | 8 oz          |   |
| Eggs                  | 2 (4 oz)      | Add eggs and vanilla to creamed mixture. Continue to cream until well mixed.  |
| Vanilla               | 2 tsp         |   |
| Flour, all-purpose    | 12 oz         | Combine dry ingredients.<br>Add to creamed mixture.   |
| Salt                  | 1 tsp         |   |
| Baking soda           | 2 tsp         |   |
| Rolled oats, uncooked | 1 lb          | Add oats. Mix on low speed until blended.   |
| Raisins, softened     | 12 oz         | Add raisins. Mix only to blend.<br>Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets.<br>Flatten slightly.<br>Bake at 375°F for 8–9 minutes for a chewy cookie, 10–11 minutes for a crisp cookie. |

*Approximate nutritive values per cookie***Calories 104**

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 5 g | 8%  | <b>Cholest.</b> 5 mg | 2%  | <b>Total Carb.</b> 14 g | 5%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 5%  | <b>Sodium</b> 95 mg  | 4%  | Fiber 0.3 g             | 1%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 5 g              |     | <b>Calcium</b>   | 0%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- For variety, add 8 oz chopped nuts, chocolate chips, or coconut.
  - 2 tsp cinnamon may be added.

## PEANUT BUTTER COOKIES

*Yield:* 9 dozen cookies      *Portion:*  $\frac{3}{4}$  oz per cookie

*Oven:* 375°F      *Bake:* 8 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Margarine          | 1 lb          | Cream margarine and sugars on medium speed for 5 minutes using flat beater. |
| Sugar, granulated  | 1 lb          |   |
| Sugar, brown       | 10 oz         |   |
| Eggs               | 4 (7 oz)      | Add eggs and vanilla.   |
| Vanilla            | 2 tsp         | Continue beating until blended.   |
| Peanut butter      | 1 lb 2 oz     | Add peanut butter to creamed mixture. Blend on low speed.                   |
| Flour, all-purpose | 1 lb          | Combine dry ingredients.  |
| Baking soda        | 2 tsp         | Add to creamed mixture. Mix on low speed until well blended.                |
| Salt               | 1 tsp         |   |

Portion dough with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten with tines of a fork. Bake at 375°F for 8 minutes.

### *Approximate nutritive values per cookie*

**Calories** 102

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 8 mg  | <b>3%</b>  | <b>Total Carb.</b> 11 g | <b>4%</b>  | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 1 g          | <b>6%</b>  | <b>Sodium</b> 109 mg  | <b>5%</b>  | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 2 g    |            |                       |            | Sugars 5 g              |            | <b>Calcium</b>        | <b>0%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Chocolate Chip Peanut Butter Cookies.** Add 1 lb chocolate chips.
  - **Chunky Peanut Butter Cookies.** Use chunky peanut butter or add 12 oz chopped peanuts.

**JUMBO CHUNK CHOCOLATE COOKIES***Yield:* 5 dozen cookies      *Portion:* 3½ oz per cookie*Oven:* 350°F      *Bake:* 10–12 minutes

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------|---------------|--|
| Sugar, brown               | 1 lb 8 oz     | Cream sugars and shortening on medium speed for 5 minutes using flat beater. |
| Sugar, granulated          | 1 lb          |  |
| Shortening                 | 2 lb          |  |
| Eggs, beaten               | 9 (1 lb)      | Add eggs and vanilla to creamed mixture.                                     |
| Vanilla                    | 1½ Tbsp       |  |
| Flour, all-purpose         | 2 lb 8 oz     | Combine dry ingredients and add to creamed mixture. Mix thoroughly.          |
| Baking soda                | 4 tsp         |  |
| Salt                       | 4 tsp         |  |
| Semisweet chocolate chunks | 4 lb 12 oz    | Add chocolate and nuts.  |
| Nuts, chopped              | 1 lb          |  |

Portion with No. 20 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets.

Flatten slightly.

Bake at 350°F for 10–12 minutes.

*Approximate nutritive values per cookie***Calories 502**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 31 g | <b>48%</b> | <b>Cholest.</b> 32 mg | <b>11%</b> | <b>Total Carb.</b> 56 g | <b>19%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 12 g         | <b>58%</b> | <b>Sodium</b> 243 mg  | <b>10%</b> | Fiber 4 g               | <b>14%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 7 g    |            |                       |            | Sugars 24 g             |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>15%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- These cookies are best when served the same day they are baked.

**DROP MOLASSES COOKIES**

*Yield:* 8 dozen cookies      *Portion:* ¾ oz per cookie  
*Oven:* 350°F      *Bake:* 8–10 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---|---------------|---|
| Flour, all-purpose  | 2 lb          | Stir together flour, soda, and spices.<br>Set aside.  |
| Baking soda   | 2⅔ Tbsp       |   |
| Cinnamon, ground  | ¼ cup         |   |
| Cloves, ground  | 1 tsp         |   |
| Nutmeg, ground  | 1 tsp         |   |
| Ginger, ground  | 2 tsp         |   |
| Salt  | 2 tsp         |   |
| Oil or melted shortening  | 1 lb 8 oz     | Combine shortening and sugar in mixer bowl.<br>Beat on medium speed for 5 minutes, using flat beater. |
| Sugar, granulated   | 2 lb          |   |
| Eggs  | 4 (7 oz)      | Add eggs, one at a time, beating well after each addition.  |
| Molasses  | 1 cup         | Add molasses gradually to egg mixture.<br>Add dry ingredients gradually on low speed and mix well.    |
| Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets.<br>Bake at 350°F for 8–10 minutes. |               |   |

*Approximate nutritive values per cookie***Calories 146**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 9 mg  | <b>3%</b>  | <b>Total Carb.</b> 19 g | <b>6%</b>  | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 153 mg  | <b>6%</b>  | Fiber 0.3 g             | <b>1%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 11 g             |            | <b>Calcium</b>        | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Cookies will be soft in center.

**GINGERSNAPS**Yield: 8 dozen cookies      Portion:  $\frac{2}{3}$  oz per cookie

Oven: 375°F      Bake: 10–12 minutes

| <i>Ingredient</i> | <i>Amount</i>       | <i>Procedure</i>  |
|-------------------|---------------------|---|
| Shortening        | 1 lb                | Cream shortening and brown sugar until light and fluffy.  |
| Sugar, brown      | 1 lb 4 oz           |   |
| Eggs              | 3 (5 oz)            | Add eggs and molasses. Mix well.  |
| Molasses          | $\frac{2}{3}$ cup   |   |
| Flour             | 1 lb 6 oz           | Combine dry ingredients. Add gradually to creamed mixture. Blend well.  |
| Baking soda       | $1\frac{2}{3}$ Tbsp |   |
| Cinnamon          | $2\frac{1}{2}$ tsp  |   |
| Ginger, ground    | $2\frac{1}{2}$ tsp  |   |
| Cloves            | $1\frac{1}{4}$ tsp  |   |
| Salt              | $\frac{3}{4}$ tsp   |   |
| Sugar, granulated | 8 oz                | Portion with a No. 60 dipper. Roll dough in sugar and place $4 \times 5$ onto lightly greased or parchment-paper-lined $18 \times 26$ -inch baking sheets. Bake at 375°F for 10–12 minutes. |

*Approximate nutritive values per cookie***Calories 105**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 5 g | <b>8%</b> | <b>Cholest.</b> 7 mg | <b>2%</b> | <b>Total Carb.</b> 15 g | <b>5%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 2 g         | <b>7%</b> | <b>Sodium</b> 87 mg  | <b>4%</b> | Fiber 0.2 g             | <b>1%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>2%</b> |
| <b>Protein</b> 1 g   |           |                      |           | Sugars 4 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**PEANUT COOKIES**Yield: 9 dozen cookies      Portion:  $\frac{3}{4}$  oz per cookie

Oven: 350°F      Bake: 10–12 minutes

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------|---------------|--|
| Margarine                    | 12 oz         | Cream margarine and sugars on medium speed for 5 minutes, using flat beater.   |
| Sugar, granulated            | 8 oz          |  |
| Sugar, brown                 | 1 lb          |  |
| Eggs                         | 4 (7 oz)      | Add eggs and vanilla. Mix for 5 minutes.   |
| Vanilla                      | 2 tsp         |  |
| Flour, all-purpose           | 12 oz         | Combine dry ingredients. Add to creamed mixture.   |
| Baking soda                  | 1 tsp         |  |
| Salt                         | 1 tsp         |  |
| Rolled oats, quick, uncooked | 10 oz         | Add rolled oats and peanuts. Mix until blended.  |
| Peanuts, salted              | 1 lb          |  |
|                              |               | Portion dough with No. 40 dipper $3 \times 5$ onto lightly greased or parchment-paper-lined $18 \times 26$ -inch baking sheets. Bake at 350°F for 10–12 minutes. |

*Approximate nutritive values per cookie*

Calories 96

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 5 g | 8%  | <b>Cholest.</b> 8 mg | 3%  | <b>Total Carb.</b> 11 g | 4%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 0%  |
| Sat. Fat 1 g         | 5%  | <b>Sodium</b> 66 mg  | 3%  | Fiber 0.4 g             | 1%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 2%  |
| <b>Protein</b> 2 g   |     |                      |     | Sugars 2 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**PEANUT BUTTER CHOCOLATE CHIP COOKIES***Yield:* 8 dozen cookies      *Portion:* ¾ oz per cookie*Oven:* 350°F      *Bake:* 10–12 minutes

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>  |
|----------------------------|---------------|---|
| Chunky peanut butter       | 1 lb 8 oz     | Cream peanut butter, sugar, and margarine on medium speed for 5 minutes.          |
| Brown sugar                | 1 lb 8 oz     |   |
| Margarine                  | 12 oz         |   |
| Eggs                       | 3 (5 oz)      | Add eggs, honey, and vanilla.   |
| Honey                      | ¾ cup         | Mix well.   |
| Vanilla                    | 1 Tbsp        |   |
| Flour, all-purpose         | 1 lb          | Combine dry ingredients.  |
| Rolled oats                | 3 oz          | Add gradually to creamed mixture. Blend well.                                     |
| Baking soda                | 1 Tbsp        |   |
| Salt                       | ¾ tsp         |   |
| Semi sweet chocolate chips | 1 lb          | Stir chocolate chips into batter. Refrigerate until dough is firm and not sticky. |

Portion dough with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake 350°F for 10–12 minutes.

*Approximate nutritive values per cookie*

Calories 150

| Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 8 g | 12% | <b>Cholest.</b> 6.5 mg | 2%  | <b>Total Carb.</b> 18 g | 6%  | <b>Vitamin A</b> | 3%  | <b>Calcium</b> | 1%  |
| Sat. Fat 2 g         | 11% | <b>Sodium</b> 130 mg   | 5%  | Fiber 1 g               | 4%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 4%  |
| <b>Protein</b> 3 g   |     |                        |     | Sugars 12 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**SNICKERDOODLES**Yield: 8 dozen cookies      Portion:  $\frac{3}{4}$  oz per cookie

Oven: 375°F      Bake: 8–10 minutes

| <i>Ingredient</i>  | <i>Amount</i>     | <i>Procedure</i>  |
|--------------------|-------------------|---|
| Margarine          | 1 lb              | Cream margarine and sugar on medium speed for 5 minutes, using flat beater.                   |
| Sugar, granulated  | 1 lb 8 oz         |   |
| Eggs               | 4 (7 oz)          | Add eggs to creamed mixture. Mix thoroughly.  |
| Flour, all-purpose | 1 lb 6 oz         | Mix dry ingredients. Add to creamed mixture. Mix on low speed until well-blended.             |
| Cream of tartar    | 4 tsp             |   |
| Baking soda        | 2 tsp             |   |
| Salt               | $\frac{1}{2}$ tsp |   |
| Sugar, granulated  | 8 oz              | Combine sugar and cinnamon. Portion dough with No. 40 dipper. Roll in sugar-cinnamon mixture. |
| Cinnamon           | 5 Tbsp            |   |

Place 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets.

Bake at 375°F for 8–10 minutes or until lightly browned but still soft. These cookies puff up at first, then flatten out with crinkled tops.

*Approximate nutritive values per cookie***Calories 99**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 4 g | <b>6%</b> | <b>Cholest.</b> 9 mg | <b>3%</b> | <b>Total Carb.</b> 15 g | <b>5%</b> | <b>Vitamin A</b> | <b>1%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 1 g         | <b>4%</b> | <b>Sodium</b> 86 mg  | <b>4%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>2%</b> |
| <b>Protein</b> 1 g   |           |                      |           | Sugars 9 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**DROP SUGAR COOKIES**Yield: 8 dozen cookies      Portion:  $\frac{3}{4}$  oz per cookie

Oven: 375°F      Bake: 8–10 minutes

| <i>Ingredient</i>   | <i>Amount</i>       | <i>Procedure</i>  |
|---------------------|---------------------|---|
| Shortening          | 1 lb                | Cream fats and sugar, starting on low speed, progressing to medium, then high speed for 5 minutes. Use flat beater. |
| Margarine or butter | 1 lb 2 oz           |   |
| Sugar, granulated   | 2 lb                |   |
| Eggs                | 3 (5 oz)            | Add eggs and vanilla to creamed mixture and mix thoroughly.   |
| Vanilla             | 4 tsp               |   |
| Flour, all-purpose  | 1 lb 14 oz          | Combine dry ingredients. Add gradually to creamed mixture. Blend well.  |
| Cream of tartar     | 2 tsp               |   |
| Baking soda         | 2 $\frac{1}{2}$ tsp |   |
| Salt                | $\frac{1}{2}$ tsp   |   |

Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Bake at 375°F for 8–10 minutes.

*Approximate nutritive values per cookie*

Calories 152

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 9 g  | 14% | Cholest. 6 mg  | 2%  | Total Carb. 16 g | 5%  | Vitamin A | 1%  | Calcium | 0%  |
| Sat. Fat 2 g   | 10% | Sodium 97 mg   | 4%  | Fiber 0.2 g      | 1%  | Vitamin C | 0%  | Iron    | 2%  |
| Protein 1 g    |     |                |     | Sugars 9 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Cookies will be soft in center.
- For jumbo cookies, use No. 20 dipper.

**WHOLE WHEAT SUGAR COOKIES***Yield:* 8 dozen cookies      *Portion:*  $\frac{3}{4}$  oz per cookie*Oven:* 375°F      *Bake:* 8–10 minutes

| <i>Ingredient</i>   | <i>Amount</i>     | <i>Procedure</i>  |
|---------------------|-------------------|---|
| Margarine           | 1 lb              | Cream margarine and sugar for 5 minutes or until light and fluffy, using flat beater. |
| Sugar, granulated   | 2 lb              |   |
| Eggs                | 4 (7 oz)          | Add eggs, vanilla, and milk. Mix well.  |
| Vanilla             | 4 tsp             |   |
| Milk                | $\frac{1}{2}$ cup |   |
| Flour, whole wheat  | 2 lb              | Combine dry ingredients.<br>Add gradually to creamed mixture.<br>Blend well.          |
| Baking powder       | 4 tsp             |   |
| Baking soda         | 2 tsp             |   |
| Salt                | 2 tsp             |   |
| Nutmeg, ground      | 2 tsp             |   |
| Orange peel, grated | 4 Tbsp            |   |
| Sugar, granulated   | 4 oz              | Combine sugar and cinnamon.   |
| Cinnamon, ground    | 2 tsp             |   |

Portion with No. 40 dipper 3 × 5 onto lightly greased or parchment-paper-lined 18 × 26-inch baking sheets. Flatten slightly and sprinkle with sugar and cinnamon mixture. Bake at 375°F for 8–10 minutes.

*Approximate nutritive values per cookie*

Calories 106

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 4 g  | 6%  | Cholest. 9 mg  | 3%  | Total Carb. 16 g | 5%  | Vitamin A | 1%  | Calcium | 1%  |
| Sat. Fat 1 g   | 4%  | Sodium 131 mg  | 5%  | Fiber 0 g        | 0%  | Vitamin C | 0%  | Iron    | 2%  |
| Protein 1 g    |     |                |     | Sugars 11 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Cookies will be soft in center.

## BAR COOKIE RECIPES

### BROWNIES

*Yield:* 60 portions or 2 pans 12 × 18 × 1 inch  
*Oven:* 325°F      *Bake:* 20 minutes

*Portion:* 2½ × 3 inches

#### Ingredient

#### Amount

#### Procedure

|                    |                 |   |
|--------------------|-----------------|---|
| Eggs               | 15 (1 lb 10 oz) | Beat eggs on high speed for 5 minutes, using flat beater.                             |
| Sugar, granulated  | 2 lb 4 oz       | Add sugar, fats, and vanilla to eggs.<br>Mix on medium speed for 5 minutes.           |
| Shortening, melted | 10 oz           |   |
| Margarine, melted  | 8 oz            |   |
| Vanilla            | 2 Tbsp          |   |
| Flour, cake        | 14 oz           | Combine dry ingredients.<br>Add to creamed mixture. Mix on low speed about 5 minutes. |
| Cocoa              | 10 oz           |   |
| Baking powder      | 2 tsp           |   |
| Salt               | ½ tsp           |   |
| Nuts, chopped      | 12 oz           | Add nuts to batter. Mix to blend.   |

Scale batter into two lightly greased 12 × 18 × 1-inch baking pans, 3 lb 8 oz per pan.

Bake at 325°F for 20 minutes. Do not overbake. Should be soft to touch when done.

While warm, sprinkle with powdered sugar, or cool and cover with a thin layer of mocha or chocolate frosting if desired.

#### Approximate nutritive values per cookie

Calories 221

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>19%</b> | <b>Cholest.</b> 52 mg | <b>17%</b> | <b>Total Carb.</b> 26 g | <b>9%</b> | <b>Vitamin A</b> | <b>3%</b>  |
| Sat. Fat 3 g          | <b>13%</b> | <b>Sodium</b> 82 mg   | <b>3%</b>  | Fiber 0.7 g             | <b>3%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 17 g             |           | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>13%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- 12 oz unsweetened chocolate may be substituted for the cocoa. Melt and add to the fat-sugar-egg mixture.
- 13 oz all-purpose flour may be substituted for cake flour.
- 2 lb chopped dates may be added.
- May be baked in one 18 × 26 × 1-inch baking sheet.

## FUDGE BROWNIES

*Yield:* 60 portions or 1 pan 18 × 26 × 1 inch  
*Oven:* 325°F

*Portion:* 2½ × 3 inches

*Bake:* 20–25 minutes

### Ingredient

### Amount

### Procedure

|                    |                 |   |
|--------------------|-----------------|---|
| Bitter chocolate   | 1 lb            | Melt chocolate and shortening.  |
| Shortening         | 1 lb 4 oz       |   |
| Flour, cake        | 10 oz           | Combine dry ingredients in mixer bowl.  |
| Flour, all-purpose | 10 oz           |   |
| Baking powder      | 5½ tsp          |   |
| Salt               | 2¼ tsp          |   |
| Eggs               | 15 (1 lb 10 oz) | Combine eggs, sugar, and vanilla in mixer bowl. Beat well. Blend chocolate mixture into egg-sugar mixture. Add dry ingredients, beating only until blended. |
| Sugar, granulated  | 3 lb            |   |
| Vanilla            | 1 Tbsp          |   |

Scale 8 lb of batter into greased 18 × 26 × 2-inch pan.  
 Smooth batter.  
 Bake at 325°F for 20–30 minutes or until edges shrink slightly from edge of pan.  
 Cool. Cut 6 × 10.

### Approximate nutritive values per cookie

Calories 260

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 15 g | 23% | Cholest. 52 mg | 17% | Total Carb. 32 g | 11% | Vitamin A | 2%  | Calcium | 2%  |
| Sat. Fat 5 g   | 26% | Sodium 140 mg  | 6%  | Fiber 1 g        | 5%  | Vitamin C | 0%  | Iron    | 7%  |
| Protein 3 g    |     |                |     | Sugars 22 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variation** • **Fudge Nut Brownies.** Add 10 oz chopped walnuts to batter.

## COCONUT PECAN BARS

*Yield:* 96 portions or 2 pans 12 × 18 × 1 inch      *Portion:* 2 × 2¼ inches  
*Oven:* 350°F      *Bake:* 15–20 minutes, first layer; 20–25 minutes, second layer

| <i>Ingredient</i>              | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------------|---------------|---|
| Margarine                      | 1 lb 8 oz     | Blend margarine, brown sugar, and flour on low speed until mixture resembles coarse meal, using flat beater.<br>Press even layer of mixture into two 12 × 18 × 1-inch baking pans, 1 lb 12 oz per pan.<br>Bake at 350°F until light brown, 15–20 minutes. |
| Sugar, brown                   | 12 oz         |   |
| Flour, all-purpose             | 1 lb 4 oz     |   |
| Eggs, beaten                   | 8 (14 oz)     | Combine remaining ingredients to form topping.<br><br>Spread topping over baked crust, 3 lb per pan.<br>Bake 20–25 minutes.<br>Ice with Orange Icing (p. 193) if desired.<br>Cut 6 × 8.   |
| Flour, all-purpose             | 4 oz          |   |
| Baking powder                  | 1 Tbsp        |   |
| Salt                           | 2 tsp         |   |
| Sugar, brown                   | 2 lb 8 oz     |   |
| Vanilla                        | 1 Tbsp        |   |
| Coconut, shredded<br>or flaked | 8 oz          |   |
| Pecans, chopped                | 12 oz         |   |

Spread topping over baked crust, 3 lb per pan.  
 Bake 20–25 minutes.  
 Ice with Orange Icing (p. 193) if desired.  
 Cut 6 × 8.

### *Approximate nutritive values per cookie*

**Calories 179**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 10 g | <b>15%</b> | <b>Cholest.</b> 18 mg | <b>6%</b>  | <b>Total Carb.</b> 22 g | <b>7%</b>  | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 1 g          | <b>7%</b>  | <b>Sodium</b> 137 mg  | <b>6%</b>  | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 2 g    |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>2%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note** • May be baked in one 18 × 26 × 1-inch baking sheet.
- Variation** • **Dreamland Bars.** Reduce coconut to 4 oz. Increase pecans to 1 lb. Add 12 oz chopped maraschino cherries and 1 lb chopped dates. Combine 2 oz margarine or butter and 8 oz powdered sugar. Spread over top. Bake.

**DATE BARS**

*Yield:* 60 portions or 2 pans 12 × 18 × 1 inch  
*Oven:* 350°F *Bake:* 25–30 minutes

*Portion:* 2½ × 3 inches

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Egg yolks          | 12 (7 oz)     | Beat egg yolks on high speed until lemon colored, using flat beater.   |
| Sugar, granulated  | 2 lb          | Add sugar to yolks gradually and continue beating after each addition.   |
| Flour, all-purpose | 1 lb          | Combine flour, baking powder, and salt.  |
| Baking powder      | 1½ Tbsp       |  |
| Salt               | ½ tsp         |  |
| Dates, chopped     | 3 lb          | Add dates and nuts to flour mixture.   |
| Nuts, chopped      | 1 lb          | Combine with egg-sugar mixture.  |
| Egg whites         | 12 (14 oz)    | Beat egg whites on high speed until they form soft peaks, using wire whip attachment. Fold into batter.                            |
|                    |               | Spread batter evenly into two lightly greased 12 × 18 × 1-inch baking pans, 4 lb 3 oz per pan.<br>Bake at 350°F for 25–30 minutes. |
| Sugar, powdered    | 6 oz          | Sift powdered sugar over top of warm baked bars.<br>Cut 5 × 6.   |

*Approximate nutritive values per cookie***Calories 219**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 5 g  | <b>8%</b>  | <b>Cholest.</b> 42 mg | <b>14%</b> | <b>Total Carb.</b> 42 g | <b>14%</b> | <b>Vitamin A</b>      | <b>6%</b>  | <b>Calcium</b>        | <b>4%</b>  |
| Sat. Fat 1 g          | <b>4%</b>  | <b>Sodium</b> 54 mg   | <b>2%</b>  | Fiber 3 g               | <b>11%</b> | <b>Vitamin C</b>      | <b>0%</b>  | <b>Iron</b>           | <b>5%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 32 g             |            |                       |            |                       |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • May be baked in one 18 × 26 × 1-inch baking sheet. Cut 6 × 10.

**BUTTERSCOTCH SQUARES**

*Yield:* 60 portions or 2 pans 12 × 18 × 1 inch  
*Oven:* 325°F *Bake:* 25 minutes

*Portion:* 2½ × 3 inches

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------|---------------|---|
| Margarine                | 1 lb          | Cream margarine and sugar on medium speed for 5 minutes, using flat beater.         |
| Sugar, brown             | 2 lb 8 oz     |   |
| Eggs                     | 10 (1 lb)     | Add eggs, one at a time, and vanilla. Mix on low speed until blended.               |
| Vanilla                  | 1 Tbsp        |   |
| Flour, all-purpose       | 1 lb 8 oz     | Combine dry ingredients.<br>Add to creamed mixture. Mix on low speed until blended. |
| Baking powder            | 2 Tbsp        |   |
| Salt                     | 1 tsp         |   |
| Nuts, chopped (optional) | 12 oz         | Add nuts to batter. Mix to blend.   |

Spread batter evenly in two lightly greased 12 × 18 × 1-inch baking pans, 3 lb 6 oz per pan.  
 Bake at 325°F for 25 minutes.  
 Cut 5 × 6.

*Approximate nutritive values per cookie*

Calories 213

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 10 g | 15% | Cholest. 32 mg | 11% | Total Carb. 29 g | 10% | Vitamin A | 3%  | Calcium | 5%  |
| Sat. Fat 2 g   | 9%  | Sodium 154 mg  | 6%  | Fiber 0.8 g      | 3%  | Vitamin C | 0%  | Iron    | 6%  |
| Protein 3 g    |     |                |     | Sugars 1 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • May be baked in one 18 × 26 × 1-inch baking sheet. Cut 6 × 10.

**Variation** • **Butterscotch Chocolate Chip Brownies.** Add 1 lb chocolate chips.

**OATMEAL DATE BARS**

*Yield:* 96 portions or 2 pans 12 × 18 × 1 inch  
*Oven:* 325°F *Bake:* 45 minutes

*Portion:* 2 × 2¼ inches

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------|---------------|--|
| Margarine                    | 1 lb 10 oz    | Cream margarine and sugar on medium speed for 5 minutes, using flat beater.  |
| Sugar, brown                 | 2 lb 12 oz    |  |
| Flour, all-purpose           | 2 lb          | Combine dry ingredients.<br>Add to creamed mixture. Mix on low speed until crumbly.<br>Spread 2 lb 10 oz prepared mixture into each of two 12 × 18 × 1-inch baking pans. Flatten to an even layer. |
| Rolled oats, quick, uncooked | 1 lb 8 oz     |  |
| Baking soda                  | 2⅔ Tbsp       |  |
| Date Filling (p. 197)        | 3 qt          |  |
|                              |               | Spread date filling over oatmeal mixture, 1½ qt per pan.<br>Cover with remainder of dough, 1 lb 4 oz per pan.<br>Bake at 325°F for 45 minutes.<br>Cut 6 × 8 into bars.                             |

*Approximate nutritive values per cookie*

Calories 245

| Amount/portion       | %DV        | Amount/portion       | %DV       | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|----------------------|------------|----------------------|-----------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 7 g | <b>10%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 46 g | <b>15%</b> | <b>Vitamin A</b> | <b>2%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 1 g         | 7%         | <b>Sodium</b> 184 mg | 8%        | Fiber 2 g               | 8%         | <b>Vitamin C</b> | 0%        | <b>Iron</b>    | 6%        |
| <b>Protein</b> 3 g   |            |                      |           | Sugars 19 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- May be baked in one 18 × 26 × 1-inch baking sheet. Cut 8 × 12.
- Crushed pineapple or cooked dried apricots may be used in place of dates in the filling.

**MARSHMALLOW KRISPIE SQUARES***Yield:* 60 portions or 2 pans 12 × 18 × 1 inch*Portion:* 2½ × 3 inches*Ingredient**Amount**Procedure*

|                   |           |   |
|-------------------|-----------|---|
| Margarine         | 1 lb      | Melt margarine. Add marshmallows and vanilla.   |
| Marshmallows      | 4 lb      | Stir until completely melted. Cook over low heat 3 minutes longer, stirring constantly. Remove from heat.   |
| Vanilla           | 1 Tbsp    |   |
| Crisp Rice Cereal | 2 lb 8 oz | Stir Crisp Rice Cereal into marshmallow mixture until well-coated.<br>Using buttered spatula, press mixture evenly into two lightly greased 12 × 18 × 1-inch baking pans, 3 lb per pan.<br>Cut while warm, 5 × 6. |

*Approximate nutritive values per cookie*

Calories 225

| Amount/portion       | %DV        | Amount/portion       | %DV       | Amount/portion          | %DV        |                  | %DV        |                | %DV       |
|----------------------|------------|----------------------|-----------|-------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 6 g | <b>10%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 41 g | <b>14%</b> | <b>Vitamin A</b> | <b>27%</b> | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 1 g         | 6%         | <b>Sodium</b> 309 mg | 13%       | Fiber 0.4 g             | 1%         | <b>Vitamin C</b> | 16%        | <b>Iron</b>    | 9%        |
| <b>Protein</b> 2 g   |            |                      |           | Sugars 15 g             |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- May be made in one 18 × 26 × 1-inch baking sheet. Cut 5 × 6.

**Variations**

- **Chocolate Marshmallow Squares.** Cover squares with a thin, rich chocolate icing.
- **Peanut Butter Squares.** Add 1 lb 2 oz peanut butter to marshmallow mixture. Proceed as above. Frost with Chocolate Glaze (p. 195).

## PRESSED, MOLDED, AND ROLLED COOKIE RECIPES

### BUTTER TEA COOKIES

*Yield:* 10 dozen cookies

*Oven:* 375°F      *Bake:* 10–12 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Butter             | 1 lb          | Cream butter and sugar on medium speed for 5 minutes, using flat beater.         |
| Sugar, granulated  | 9 oz          |  |
| Eggs yolks         | 6 (4 oz)      | Add egg yolks and vanilla to creamed mixture. Mix on medium speed until blended. |
| Vanilla            | 1 tsp         |  |
| Flour, all-purpose | 1 lb 4 oz     | Add flour and mix on low speed.<br>Chill dough.                                  |

Shape with cookie press onto ungreased baking sheets.  
Bake at 375°F for 10–12 minutes.

#### *Approximate nutritive values per cookie*

**Calories 56**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 3 g  | <b>5%</b>  | <b>Cholest.</b> 20 mg | <b>7%</b>  | <b>Total Carb.</b> 6 g | <b>2%</b>  | <b>Vitamin A</b>      | <b>4%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 32 mg   | <b>1%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 2 g             |            | <b>Calcium</b>        | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>           | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variation** • **Thimble Cookies.** Roll dough into 1-inch balls. Dip in egg white and roll in finely chopped pecans. Bake 3 minutes at 325°F, then make indentation in center of cookies and fill with jelly. Bake 10–12 minutes longer.

### CHOCOLATE TEA COOKIES

*Yield:* 10 dozen cookies

*Oven:* 350°F      *Bake:* 6–10 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Margarine          | 1 lb          | Cream margarine and sugar on medium speed for 5 minutes, using flat beater.                    |
| Sugar, granulated  | 12 oz         |  |
| Eggs               | 2 (4 oz)      | Add eggs and vanilla to creamed mixture. Blend on medium speed for 5 minutes.                  |
| Vanilla            | 1 Tbsp        |  |
| Flour, all-purpose | 1 lb 2 oz     | Combine dry ingredients.   |
| Baking powder      | 1 tsp         | Add to creamed mixture and mix on low speed until blended.                                     |
| Salt               | ¼ tsp         | Chill dough.   |
| Cocoa              | 1 oz (¼ cup)  | Shape dough with cookie press onto ungreased baking sheets.<br>Bake at 350°F for 6–10 minutes. |

#### *Approximate nutritive values per cookie*

**Calories 56**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 3 g  | <b>5%</b>  | <b>Cholest.</b> 4 mg  | <b>1%</b>  | <b>Total Carb.</b> 6 g | <b>2%</b>  | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 1 g          | <b>3%</b>  | <b>Sodium</b> 44 mg   | <b>2%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 3 g             |            | <b>Calcium</b>        | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>           | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## SANDIES

*Yield:* 8 dozen cookies

*Oven:* 325°F      *Bake:* 20 minutes

| <i>Ingredient</i>       | <i>Amount</i>      | <i>Procedure</i>  |
|-------------------------|--------------------|---|
| Margarine or butter     | 12 oz              | Cream margarine, sugar, and vanilla on medium speed for 5 minutes, using flat beater.   |
| Sugar, granulated       | 3 oz               |   |
| Vanilla                 | 1 tsp              |   |
| Flour, all-purpose      | 1 lb 2 oz          | Add flour and salt to creamed mixture. Mix on low speed until blended.  |
| Salt                    | 1 tsp              |   |
| Water                   | 1 Tbsp             | Add water and pecans and blend.<br>Chill dough.   |
| Pecans, finely chopped  | 8 oz               |   |
|                         |                    | Shape dough into small balls $\frac{3}{4}$ inch in diameter. If mixture crumbles so it will not stick together, add a small amount of melted margarine.<br>Place on lightly greased or parchment-paper-lined baking sheets.<br>Bake at 325°F until lightly browned, about 20 minutes. |
| Sugar, powdered, sifted | 8 oz (approximate) | Roll in powdered sugar while still hot.   |

### *Approximate nutritive values per cookie*

**Calories 73**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 5 g  | <b>7%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 8 g | <b>3%</b>  | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 1 g          | <b>3%</b>  | <b>Sodium</b> 56 mg   | <b>2%</b>  | Fiber 0.3 g            | <b>1%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 3 g             |            | <b>Calcium</b>        | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>           | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variation** • **Frosty Date Balls.** Add 1 lb chopped pitted dates.

**BUTTERSCOTCH REFRIGERATOR COOKIES**

Yield: 8 dozen cookies

Oven: 375°F Bake: 8–10 minutes

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------|---------------|---|
| Margarine             | 8 oz          | Cream fats and sugars on medium speed for 5 minutes, using flat beater.             |
| Shortening            | 8 oz          |   |
| Sugar, granulated     | 12 oz         |   |
| Sugar, brown          | 1 lb          |   |
| Eggs                  | 4 (7 oz)      | Add eggs and vanilla to creamed mixture. Mix on medium speed for 5 minutes.         |
| Vanilla               | 2 tsp         |   |
| Flour, all-purpose    | 2 lb          | Combine dry ingredients.  |
| Cream of tartar       | 2 tsp         |   |
| Baking soda           | 2 tsp         |   |
| Dates, finely chopped | 8 oz          | Add dry ingredients, dates, and nuts to dough. Mix on low speed until well blended. |
| Nuts, chopped         | 8 oz          |   |

Form dough into three 2-lb rolls, 2 inches in diameter. Wrap in waxed paper. Chill several hours.  
Slice cookies  $\frac{1}{8}$  inch thick. Place on ungreased baking sheets. Bake at 375°F for 8–10 minutes.

*Approximate nutritive values per cookie***Calories 128**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 6 g | <b>9%</b> | <b>Cholest.</b> 9 mg | <b>3%</b> | <b>Total Carb.</b> 18 g | <b>6%</b> | <b>Vitamin A</b> | <b>1%</b> | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 1 g         | <b>6%</b> | <b>Sodium</b> 54 mg  | <b>2%</b> | Fiber 1 g               | <b>3%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>3%</b> |
| <b>Protein</b> 2 g   |           |                      |           | Sugars 5 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**CRISP GINGER COOKIES**

Yield: 8 dozen cookies

Oven: 375°F Bake: 8–10 minutes

| <i>Ingredient</i>  | <i>Amount</i>        | <i>Procedure</i>   |
|--------------------|----------------------|--|
| Molasses           | 1 cup                | Combine molasses and sugar. Boil 1 minute. Cool.   |
| Sugar, granulated  | 8 oz                 |  |
| Shortening         | 8 oz                 | Place shortening and molasses in mixer bowl. Blend on medium speed, using flat beater.     |
| Eggs               | 2 (4 oz)             | Add eggs and mix thoroughly.   |
| Flour, all-purpose | 1 lb 12 oz (or more) | Combine dry ingredients. Add to molasses-egg mixture. Mix on low speed until well blended. |
| Salt               | $\frac{1}{2}$ tsp    |  |
| Baking soda        | 1 tsp                |  |
| Ginger, ground     | 2 tsp                |  |

Form dough into two rolls 2 inches in diameter. Wrap in waxed paper. Chill thoroughly.  
Cut into  $\frac{1}{8}$ -inch slices. Place on lightly greased baking sheets. Bake at 375°F for 8–10 minutes.

*Approximate nutritive values per cookie*
**Calories 70**

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 5 mg | 2%  | <b>Total Carb.</b> 11 g | 4%  | <b>Vitamin A</b> | 0%  | <b>Calcium</b> | 0%  |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 26 mg  | 1%  | Fiber 0.2 g             | 1%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 3%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 4 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Dough may be rolled and cut with cookie cutter.

**OATMEAL CRISPIES**
*Yield:* 8 dozen cookies

*Oven:* 350°F      *Bake:* 12–15 minutes

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------|---------------|--|
| Flour, all-purpose           | 12 oz         | Combine flour, salt, and soda in mixer bowl.   |
| Salt                         | 2 tsp         |  |
| Baking soda                  | 2 tsp         |  |
| Shortening                   | 1 lb          | Add shortening, sugar, eggs, and vanilla to flour mixture. Mix on low speed about 5 minutes, using flat beater.                              |
| Sugar, granulated            | 1 lb          |  |
| Sugar, brown                 | 1 lb          |  |
| Eggs                         | 4 (7 oz)      |  |
| Vanilla                      | 2 tsp         |  |
| Rolled oats, quick, uncooked | 1 lb          | Add rolled oats and nuts. Mix on low speed to blend. Shape dough into three 2-lb rolls, 2 inches in diameter. Wrap in waxed paper and chill. |
| Nuts, chopped                | 8 oz          |  |
|                              |               | Cut dough into slices $\frac{1}{4}$ inch thick. Place 2 inches apart on ungreased baking sheets. Bake at 350°F for 12–15 minutes.            |

*Approximate nutritive values per cookie*
**Calories 126**

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 6 g | 10% | <b>Cholest.</b> 9 mg | 3%  | <b>Total Carb.</b> 16 g | 5%  | <b>Vitamin A</b> | 0%  | <b>Calcium</b> | 1%  |
| Sat. Fat 1 g         | 7%  | <b>Sodium</b> 76 mg  | 3%  | Fiber 0.3 g             | 1%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 3%  |
| <b>Protein</b> 2 g   |     |                      |     | Sugars 5 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • For smaller cookies form into four 1½-inch rolls and slice  $\frac{1}{8}$  inch thick. Yield: approximately 25 dozen.

**Variation** • **Oatmeal Coconut Crispies.** Add 1 cup flaked coconut.

## ROLLED SUGAR COOKIES

*Yield:* 10 dozen cookies      *Portion:* 2-inch cookie

*Oven:* 375°F      *Bake:* 7 minutes

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---------------------|---------------|---|
| Margarine or butter | 1 lb          | Cream margarine and sugar on medium speed for 5 minutes, using flat beater.                             |
| Sugar, granulated   | 1 lb          |   |
| Eggs                | 4 (7 oz)      | Add eggs and vanilla to creamed mixture.  |
| Vanilla             | 1 Tbsp        | Blend on medium speed for 2 minutes.  |
| Flour, all-purpose  | 1 lb 8 oz     | Combine dry ingredients.  |
| Salt                | 2 tsp         | Add to creamed mixture. Mix on low speed until blended.   |
| Baking powder       | 2 tsp         |   |
| Flour, all-purpose  | 4 oz          | Mix flour and sugar.  |
| Sugar, granulated   | 2 oz          | Roll dough $\frac{1}{8}$ inch thick on a surface that has been lightly dusted with flour-sugar mixture. |
|                     |               | Cut into desired shapes. Place on ungreased baking sheets.  |
|                     |               | Bake at 375°F for 7 minutes or until lightly browned.   |

### *Approximate nutritive values per cookie*

**Calories 71**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 3 g  | <b>5%</b>  | <b>Cholest.</b> 7 mg  | <b>2%</b>  | <b>Total Carb.</b> 9 g | <b>3%</b>  | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 1 g          | <b>3%</b>  | <b>Sodium</b> 78 mg   | <b>3%</b>  | Fiber 0.2 g            | <b>1%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 4 g             |            | <b>Calcium</b>   | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Christmas Wreath Cookies.** Cut rolled dough with doughnut cutter. Brush with beaten egg and sprinkle with chopped nuts. Decorate with candied cherry rings and pieces of citron arranged to represent holly.
  - **Coconut Cookies.** Cut rolled dough with round cookie cutter. Brush with melted margarine or butter and sprinkle with shredded coconut, plain or tinted with food coloring.
  - **Filled Cookies.** Cut dough with round cutter. Cover half with Fig or Date Filling (p. 197). Brush edges with milk and cover with remaining cookies. Press edges together with tines of fork.
  - **Pinwheel Cookies.** Divide dough into two portions. Add 2 oz melted unsweetened chocolate to one portion. Roll each portion into the same size sheet,  $\frac{1}{8}$  inch thick. Place chocolate dough over the white dough and press together. Roll as for jelly roll. Chill thoroughly. Cut into thin slices.

## PIE RECIPES

### PASTRY

*Yield:* 50 lb dough

| <i>Ingredient</i>        | <i>Amount</i>                    | <i>Procedure</i>   |
|--------------------------|----------------------------------|--|
| Flour, all-purpose       | 25 lb                            | Mix flour and shortening on low speed, using flat beater.  |
| Shortening, hydrogenated | 18 lb                            | Mix until fat particles are the size of small peas for a flaky crust. For a mealy crust, mixture should resemble cornmeal. |
| Ice water                | 3 <sup>3</sup> / <sub>4</sub> qt | Add water and salt to flour-fat mixture.   |
| Salt                     | 12 oz                            | Mix on low speed only until dough will hold together.  |

#### *Approximate nutritive values per pound*

**Calories** 2268

| <i>Amount/portion</i>  | <i>%DV</i>  | <i>Amount/portion</i> | <i>%DV</i>  | <i>Amount/portion</i>    | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|------------------------|-------------|-----------------------|-------------|--------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 166 g | <b>255%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>   | <b>Total Carb.</b> 173 g | <b>58%</b> | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 41 g          | <b>206%</b> | <b>Sodium</b> 2643 mg | <b>110%</b> | Fiber 6 g                | <b>25%</b> | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 23 g    |             |                       |             | Sugars 4 g               |            | <b>Calcium</b>        | <b>5%</b>  |
|                        |             |                       |             |                          |            | <b>Iron</b>           | <b>58%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- For seven 9-inch one-crust pies, use 4 lb; for seven 9-inch two-crust pies, use 7 lb. See pp. 224–226 for directions for preparation.
- For eight 8-inch one-crust pies, use 2 lb 8 oz; for eight 8-inch two-crust pies, use 4 lb 8 oz. See pp. 224–226 for directions for preparation.

## PASTRY FOR ONE-CRUST PIES

*Yield:* 56 portions or 4 lb dough or 7 9-inch pies

*Portion:* 8 pieces per pie

| <i>Ingredient</i>        | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------------|----------------|--|
| Flour, all-purpose       | 2 lb           | Mix flour and shortening on low speed for 1 minute, using pastry knife or flat beater. Scrape sides of bowl and continue mixing until shortening is evenly distributed, 1 to 2 minutes.  |
| Shortening, hydrogenated | 1 lb 6 oz      |  |
| Ice water                | 1–1¼ cups      | Dissolve salt in smaller amount of water (use reserved amount of water if needed). Add to flour mixture. Mix on low speed only until a dough is formed, about 40 seconds. Portion into 9-oz balls for 9-inch pies. See Note for 8-inch pies. |
| Salt                     | 1 oz (1½ Tbsp) |  |

### TO MAKE A ONE-CRUST PIE:

1. Roll dough into a circle 2 inches larger than pie pan.
2. Fit pastry loosely into pan so that there are no air spaces between the crust and pan (Figure 5.4).
3. Trim, allowing ½ inch extra to build up edge.
4. For custard-type pie, crimp edge, add filling, and bake according to the recipe.
5. For cream or chiffon pies, crimp edge (Figure 5.4) and prick crust with fork. Bake according to directions that follow.
6. Bake in a hot oven (425°F) for 10 minutes or until light brown. Cool. A second pan may be placed over the crust for the first part of baking, then removed and the crust allowed to brown. The second pan helps to keep the crust in shape.
7. Fill baked crust with desired filling.

### Approximate nutritive values per portion

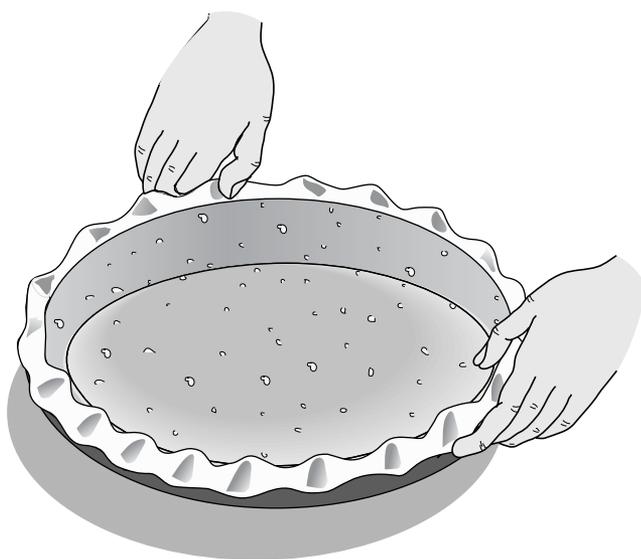
Calories 157

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 11 g | 17% | Cholest. 0 mg  | 0%  | Total Carb. 12 g | 4%  | Vitamin A | 0%  |
| Sat. Fat 3 g   | 14% | Sodium 172 mg  | 7%  | Fiber 0.4 g      | 2%  | Vitamin C | 0%  |
| Protein 2 g    |     |                |     | Sugars 0 g       |     | Calcium   | 0%  |
|                |     |                |     |                  |     | Iron      | 4%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- For eight 8-inch pies, use 1 lb 3 oz flour, 13 oz shortening, 1 cup water, and 2½ tsp salt. Scale 5 oz for each crust. To serve, cut pies in six portions.



**FIGURE 5.4** Preparing pastry for a baked pie shell. Holes are made in shells to keep them flat during baking.

## PASTRY FOR TWO-CRUST PIES

*Yield:* 56 portions or 7 lb dough or 7 9-inch pies

*Portion:* 8 pieces per pie

| <i>Ingredient</i>        | <i>Amount</i>   | <i>Procedure</i>   |
|--------------------------|---|--|
| Flour, all-purpose       | 3 lb 6 oz   | Mix flour and shortening on low speed for 1 minute, using pastry knife or flat beater.<br>Scrape sides of bowl and continue mixing until shortening is evenly distributed, 1–2 minutes.  |
| Shortening, hydrogenated | 2 lb 7 oz   |  |
| Ice water                | 1 <sup>3</sup> / <sub>4</sub> –2 cups                                 | Dissolve salt in smaller amount of water (use reserved amount of water if needed).<br>Add to flour mixture. Mix on low speed only until a dough is formed, about 40 seconds.<br>Portion into 9-oz balls for bottom crust and 7-oz for top crust.<br>See Notes for 8-inch pies. |
| Salt                     | 1 <sup>3</sup> / <sub>4</sub> oz (2 <sup>1</sup> / <sub>2</sub> Tbsp) |  |

### TO MAKE A TWO-CRUST PIE:

1. Roll each ball of dough into a circle. Place pastry for bottom crust in pie pans, easing into pans without stretching the dough.
2. Trim off overhanging dough. If desired, leave  $\frac{1}{2}$  inch extra pastry around the edge and fold over to make a pocket of pastry to prevent fruit juices from running out.
3. Add desired filling.
4. Moisten edge of bottom crust with water (Figure 5.5).
5. Cover with top crust, in which slits or vents have been cut near the center to allow steam to escape.
6. Trim top pastry to extend  $\frac{1}{2}$  inch beyond edge of pan.
7. Fold edge of top pastry under edge of lower pastry, then seal by pressing the two crusts together and fluting with fingertips.
8. If desired, brush top crusts with milk and sprinkle with sugar.
9. Bake as directed in the recipe.

### Approximate nutritive values per portion

Calories 275

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV       | %DV              | %DV       |
|-----------------------|------------|----------------------|------------|-------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 20 g | <b>31%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 21 g | <b>7%</b> | <b>Vitamin A</b> | <b>0%</b> |
| Sat. Fat 5 g          | <b>25%</b> | <b>Sodium</b> 286 mg | <b>12%</b> | Fiber 1 g               | <b>3%</b> | <b>Vitamin C</b> | <b>0%</b> |
| <b>Protein</b> 3 g    |            |                      |            | Sugars 0 g              |           | <b>Calcium</b>   | <b>0%</b> |
|                       |            |                      |            |                         |           | <b>Iron</b>      | <b>7%</b> |

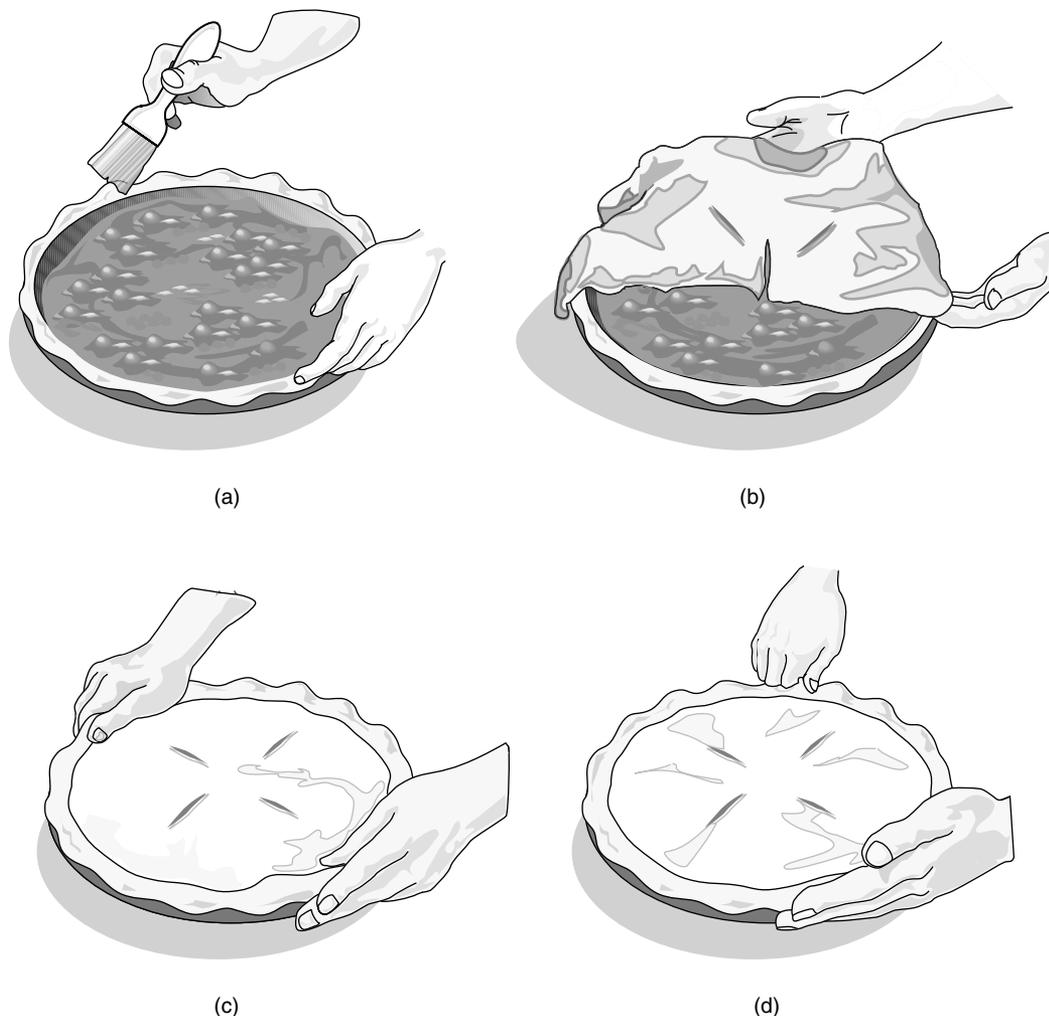
Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- For eight 8-inch pies, use 2 lb flour, 1 lb 8 oz shortening, 1 $\frac{1}{2}$ –1 $\frac{3}{4}$  cups water, and 1 oz (1 $\frac{1}{2}$  Tbsp) salt. Scale 5 oz for bottom crust and 4 oz for top crust. To serve, cut into six portions.
- Using scrap dough is often necessary. Using no more than 50 percent of scrap dough and restricting its use to bottom crusts is recommended. Care must be taken to handle the dough as little as possible.

### Variation

- **Cheddar Cheese Pastry.** Use 2 lb 8 oz flour, 1 lb 13 oz shortening, 1 lb 14 oz shredded cheddar cheese,  $\frac{3}{4}$  cup water, and 1 $\frac{1}{2}$  oz salt. Add cheese after flour and shortening have been mixed.



**FIGURE 5.5** Preparing pastry for a two-crust pie. (a) Moistening edge of crust. (b) Placing top crust on filled pie. (c) Pressing top crust to seal tightly. (d) Fluting edge of pie.

### GRAHAM CRACKER CRUST

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie  
*Oven:* 375°F      *Bake:* 5 minutes

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------|---------------|--|
| Graham cracker crumbs | 2 lb          | Mix all ingredients.   |
| Sugar, granulated     | 15 oz         | Pat 9 oz crumb mixture evenly into each pie pan. For 8-inch crusts, see Notes. |
| Margarine, melted     | 15 oz         | Bake at 375°F for about 5 minutes.   |

#### *Approximate nutritive values per portion*

**Calories 155**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 8 g  | <b>12%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 20 g | <b>7%</b>  | <b>Vitamin A</b> | <b>7%</b>  |
| Sat. Fat 1 g          | <b>6%</b>  | <b>Sodium</b> 169 mg  | <b>7%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 7 g              |            | <b>Calcium</b>   | <b>0%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>2%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- For eight 8-inch shells, use 1 lb 5 oz crumbs, 10 oz sugar, and 10 oz melted margarine. Portion 5 oz per shell.
  - Vanilla wafer crumbs or chocolate cookie crumbs may be substituted for graham cracker crumbs.
  - Crusts may be refrigerated several hours instead of baking.

- Variation**
- **Chocolate Crumb Crust.** Add 6 oz cocoa to graham cracker crumbs and sugar. Mix, then add melted margarine.

## MERINGUE FOR PIES

*Yield:* 56 portions or meringue for 7 9-inch pies  
*Oven:* 375°F

*Bake:* 10–12 minutes

*Portion:* 8 pieces per pie

| <i>Ingredient</i>  | <i>Amount</i>    | <i>Procedure</i>   |
|--|------------------|--|
| Pasteurized egg whites, at room temperature  | 16 (2 cups/1 lb) | Add salt and cream of tartar to egg whites. Whip past frothy stage, on high speed, approximately 1½ minutes, using wire whip attachment. |
| Salt   | ½ tsp            |  |
| Cream of tartar  | ½ tsp            |  |
| Sugar, granulated  | 1 lb             | Add sugar gradually while beating. Beat until sugar has dissolved. The meringue should be stiff enough to hold peaks but not dry.        |
| Spread meringue on filled pies while filling is hot, 5–6 oz per pie. The meringue should touch all edges of the crust. Brown in oven at 375°F for 10–12 minutes or until golden brown. |                  |  |

### *Approximate nutritive values per portion*

**Calories 36**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 8 g | <b>3%</b>  | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 33 mg   | <b>1%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 8 g             |            | <b>Calcium</b>   | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>0%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- For 8-inch pies, use 4 oz per pie.
  - For proper volume, egg whites must have no yolk mixed in them, and the beater and bowl must be free of any trace of fat. Even a small trace of fat will prevent the whites from foaming properly.
  - Egg whites should be at room temperature before beating. The meringue will be higher and lighter.
  - For food safety reasons, pasteurized egg whites are recommended.

## MERINGUE SHELLS

*Yield:* 50 shells      *Portion:* 3 oz

*Oven:* 275°F      *Bake:* 1 hour

| <i>Ingredient</i>  | <i>Amount</i>            | <i>Procedure</i>  |
|--|--------------------------|---|
| Egg whites   | 28<br>(3 cups/1 lb 8 oz) | Add salt and cream of tartar to egg whites.<br>Beat on high speed until frothy, using wire whip attachment.                                     |
| Salt   | 1 tsp                    |   |
| Cream of tartar  | 1 tsp                    |   |
| Sugar, granulated  | 3 lb                     | Add sugar ½ cup at a time, beating on high speed between each addition until sugar is dissolved and mixture will hold its shape, 20–30 minutes. |
| <p>Place mixture on greased and floured baking sheets with No. 10 dipper and shape into nests with spoon; or place on pans with pastry tube.<br/>Bake at 275°F for about 1 hour.<br/>Watch carefully the last 15–20 minutes to avoid overcooking.<br/>Meringues should be white, not brown. If overcooked, they are too brittle.<br/>Serve ice cream or fruit in the center.</p> |                          |   |

### *Approximate nutritive values per portion*

**Calories 112**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 27 g | <b>9%</b>  | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 65 mg   | <b>3%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 26 g             |            | <b>Calcium</b>   | <b>0%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>0%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Angel Pie.** Place meringue in well-greased and floured pie pans, about 1¼ qt per pan. Use spoon to build up sides. After baking, fill each shell with 3 cups Cream Pie filling (p. 235), Lemon Pie filling (p. 237), or Chocolate Cream Pie filling (p. 235). Then top with a thin layer of whipped cream.
  - **Meringue Sticks.** Force mixture through pastry tube to form sticks. Sprinkle with chopped nuts. Bake.

## PIES MADE WITH CANNED FRUIT

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie

*Oven:* 400°F      *Bake:* 30 minutes

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>  |
|------------------------------------|---------------|---|
| Pastry for Two-Crust Pies (p. 225) | 7 lb          | Make pastry. Divide into 9-oz balls for bottom crust and 7-oz balls for top crusts.<br>Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes. |
| Fruit, pie pack                    | 2 No. 10 cans | Drain fruit. Measure liquid and add water to make 2 qt.<br>Bring 1½ qt of the liquid to boiling point.  |
| Cornstarch                         | 8 oz          | Mix remaining liquid with cornstarch and add gradually to hot liquid, while stirring with a wire whip.<br>Cook until thick and clear.                                     |

|                   |           |  |
|-------------------|-----------|--|
| Sugar, granulated | 3 lb 8 oz | While still hot, add sugar and salt. Mix thoroughly and bring to boiling point.        |
| Salt              | 2 tsp     | Add drained fruit and mix carefully to avoid breaking or mashing fruit. Cool slightly. |

Scale 1 lb 12 oz–2 lb (3½–4 cups) filling into each unbaked pie shell. Moisten edge of bottom crust with water. Cover with top crust. Seal edge, trim, and flute edges (Figure 5.5). Bake at 400°F for 30 minutes or until crust is browned.

- Notes**
- For eight 8-inch pies, make 4 lb 8 oz dough for crusts and portion into 5 oz for bottom crust and 4 oz for top crust. For filling, use 1½ No. 10 cans fruit, 3 lb sugar (variable), 6 oz cornstarch, and 1½ tsp salt. Drain liquid from fruit and add water to make 1½ qt liquid. Scale 1 lb–1 lb 8 oz (approximately 3 cups) filling per pie.
  - Suggested fillings: apple, apricot, blackberry, cherry, gooseberry, or peach.
  - Other thickening agents may be used, such as waxy maize (6 oz total for 9-inch or 4½ oz total for 8-inch pies) or tapioca (9 oz total for 9-inch or 7½ oz total for 8-inch pies).

## PIES MADE WITH FROZEN FRUIT

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie  
*Oven:* 400°F      *Bake:* 30–40 minutes

| <i>Ingredient</i>                    | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------------------|---------------|---|
| Pastry for Two-Crust Pies (p. 225)   | 7 lb          | Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes.  |
| Fruit, frozen                        | 10 lb         | Thaw fruit. Measure juice. If necessary, add water to bring total liquid to 1½–2 qt according to consistency desired.   |
| Sugar, granulated                    | See Table 5.3 | Combine sugar and starch.   |
| Cornstarch or waxy maize (see Notes) | See Table 5.3 | Add to hot liquid, stirring with wire whip.   |
| Seasonings                           | See Table 5.3 | Add seasonings to thickened liquid and pour over fruit. Mix carefully to avoid breaking or mashing fruit.   |
|                                      |               | Scale 1 lb 12 oz–2 lb (3½–4 cups) filling into each unbaked pie shell. Moisten edge of bottom crust with water. Cover with top crust in which slits have been made for steam to escape. Seal edge, trim and flute edges (see Figure 5.5). Bake at 400°F for 30–40 minutes or until fruit is done and crust is golden brown. |

- Notes**
- Allow 2–3 oz cornstarch or 2–2½ oz waxy maize per qt of liquid. Use of waxy maize or other waxy starch products results in a translucent soft gel through which the fruit shows clearly. The color is brighter and the gel is less opaque and less rigid, making it ideal for thickening fruit fillings. It is important to use a waxy starch if the pies are to be frozen.
  - For eight 8-inch pies, use 4 lb 8 oz pastry, portioned 5 oz for bottom crust and 4 oz for top crust. Portion 1 lb–1 lb 8 oz (approximately 3 cups) filling per pie.

**TABLE 5.3** Guide for Using Frozen Fruit in Pies or Cobblers (Seven 9-inch Pies)

| <i>Fruit 10 lb</i> | <i>Sugar*</i> | <i>Thickening</i>             |                               | <i>Seasonings</i>  |
|--------------------|---------------|-------------------------------|-------------------------------|--|
|                    |               | <i>Cornstarch<sup>a</sup></i> | <i>Waxy maize<sup>a</sup></i> |  |
| Apples             | 1 lb 8 oz     | 3 oz                          | 2½ oz                         | Salt, 1 tsp; nutmeg, 1 tsp; cinnamon, 1 Tbsp; butter, 2 oz                       |
| Apricots           | 2 lb          | 5½ oz                         | 4 oz                          | Cinnamon, 2 tsp  |
| Berries            | 2½–3½ lb      | 6½ oz                         | 5 oz                          | Lemon juice, 2 Tbsp; salt, 1 tsp   |
| Blueberries        | 3 lb          | 8 oz                          | 6 oz                          | Salt, 1 tsp; butter, 2 oz; lemon juice, 1½ cups; cinnamon, 1 tsp                 |
| Blue plums         | 2–2½ lb       | 5½ oz                         | 4 oz                          | Salt, 1 tsp; butter, 2 oz  |
| Cherries           | 1 lb 12 oz    | 7 oz                          | 5 oz                          | Salt, 1 tsp  |
| Gooseberries       | 6 lb          | 14 oz                         | 10 oz                         | Salt, ½ tsp  |
| Peaches            | 1 lb 6 oz     | 5½ oz                         | 4 oz                          | Butter, 1 oz; salt, 1 tsp; almond extract, ¼ tsp; cinnamon, 1 tsp; nutmeg, 1 tsp |
| Pineapple          | 2 lb          | 5½ oz                         | 4 oz                          | Salt, 1 tsp  |
| Rhubarb            | 5 lb          | 7 oz                          | 5 oz                          | Salt, 1 tsp  |
| Strawberries       | 2 lb          | 12 oz                         | 8½ oz                         | Lemon juice, ¾ cup; red color, ¾ tsp   |

\*The amount of sugar and cornstarch or waxy maize added to the fruit will vary according to the pack of the fruit and individual preferences of flavor and consistency. Frozen fruits packed without the addition of sugar are known as “dry pack.” When sugar is added during the freezing process, the ratio is usually 3, 4, or 5 parts by weight of fruit to 1 part by weight of sugar. Use less thickening for cobblers. Some fruits are available individually quick frozen (IQF) without added sugar.

## FRESH APPLE PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie  
*Oven:* 400°F      *Bake:* 45 minutes

| <i>Ingredient</i>                  | <i>Amount</i>            | <i>Procedure</i>   |
|------------------------------------|--------------------------|--|
| Pastry for Two-Crust Pies (p. 225) | 7 lb                     | Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust. Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Notes.   |
| Apples, tart, fresh                | 12 lb (EP)<br>15 lb (AP) | Peel, core, and slice apples.  |
| Sugar, granulated                  | 3 lb                     | Combine sugar, fruit, and cinnamon.  |
| Flour, all-purpose                 | 4 oz                     | Add to apples and mix carefully.   |
| Cinnamon                           | 1 Tbsp                   |  |
| Margarine                          | 8 oz                     | Portion 2 lb 4 oz filling into each unbaked crust. Add 1 oz margarine to each pie. Moisten edge of bottom crust. Cover with perforated top crust. Seal edge, trim excess dough, and flute edges (see Figure 5.5). Bake at 400°F for 45 minutes or until apples are tender. |

### *Approximate nutritive values per portion*

**Calories 462**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 24 g | <b>36%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 62 g | <b>21%</b> | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 6 g          | <b>28%</b> | <b>Sodium</b> 326 mg  | <b>14%</b> | Fiber 3 g               | <b>12%</b> | <b>Vitamin C</b>      | <b>9%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 37 g             |            | <b>Calcium</b>        | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>8%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- For eight 8-inch pies, use 4 lb 8 oz dough for crust and portion 5 oz for bottom crust and 4 oz for top crust. Portion filling, 2 lb per pie.
  - Suggested apples are Jonathan, Granny Smith, and Winesap. Frozen (IQF) apples may be substituted for fresh apples.

- Variation**
- **Apple Crumb Pie.** Omit top crust. Sprinkle apples with **Streusel Topping:** Mix 1 lb flour, 1 lb 10 oz sugar, 2 oz nonfat dry milk, and 1 tsp salt. Cut in 10 oz margarine or butter and add 6 oz chopped pecans. Use 1 cup per pie. Bake until apples are tender and topping is brown.

## SOUR CREAM APPLE NUT PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie

*Oven:* 450°F, 350°F      *Bake:* 10 minutes, 55 minutes

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Pastry for One-Crust Pies (p. 224) | 4 lb          | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note.  |
| Sour cream                         | 3 lb          | Combine and mix until thoroughly blended.  |
| Sugar, granulated                  | 8 oz          |  |
| Flour, all-purpose                 | 6 oz          |  |
| Eggs                               | 4 (6 oz)      |  |
| Vanilla                            | 2 Tbsp        |  |
| Salt                               | 1 tsp         |  |
| Frozen sliced apples               | 8 lb 8 oz     | Combine apples and sour cream mixture, being careful not to break apples.  |
|                                    |               | Scale 1 lb 12 oz filling into each unbaked crust. Bake at 450°F for 10 minutes. Reduce temperature to 350°F and continue baking until filling is slightly puffed and golden brown, about 40 minutes. |

### TOPPING

|                           |        |  |
|---------------------------|--------|--|
| Flour, all-purpose        | 5 oz   | Combine flour, sugars, and cinnamon.   |
| Sugar, brown              | 4 oz   |  |
| Sugar, granulated         | 5 oz   |  |
| Cinnamon                  | 2 Tbsp |  |
| Margarine                 | 5 oz   | Add margarine to dry ingredients. Mix until crumbly.                         |
| Walnuts, coarsely chopped | 8 oz   | Add nuts. Mix in. Scale 3½ oz topping over each pie and bake for 15 minutes. |

### Approximate nutritive values per portion

Calories 345

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 21 g | 33% | <b>Cholest.</b> 24 mg | 8%  | <b>Total Carb.</b> 36 g | 12% | <b>Vitamin A</b> | 7%  | <b>Calcium</b> | 4%  |
| Sat. Fat 7 g          | 33% | <b>Sodium</b> 254 mg  | 11% | Fiber 2 g               | 9%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 8%  |
| <b>Protein</b> 5 g    |     |                       |     | Sugars 7 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. For filling, scale apple mixture 1 lb 8 oz per pie and topping 3 oz per pie.

**RAISIN PIE**

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie  
*Oven:* 400°F      *Bake:* 30 minutes

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Pastry for Two-Crust Pies (p. 225) | 7 lb          | Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust.<br>Roll and place bottom crusts in seven 9-inch pie pans. For 8-inch pies, see Note. |
| Raisins                            | 4 lb          | Simmer raisins in water until plump.<br>Cool slightly.   |
| Water, hot                         | 4½ qt         |  |
| Sugar, granulated                  | 2 lb 4 oz     | Combine sugar, cornstarch, and salt.<br>Add to raisins and cook until thickened.<br>Remove from heat.  |
| Cornstarch                         | 6 oz          |  |
| Salt                               | 2 tsp         |  |
| Lemon juice                        | 6 Tbsp        | Add lemon juice and margarine to raisin mixture. Cool slightly.  |
| Margarine                          | 3 oz          |  |

Portion 2 lb 4 oz (3½–4 cups) filling into each unbaked crust. Moisten edge of bottom crust. Cover with perforated top crust. Seal edge, trim excess dough, and flute edges (see Figure 5.5). Bake at 400°F for 30 minutes or until crust is golden brown.

*Approximate nutritive values per portion***Calories 465**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 21 g | <b>33%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 68 g | <b>23%</b> | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 5 g          | <b>26%</b> | <b>Sodium</b> 384 mg  | <b>16%</b> | Fiber 2 g               | <b>10%</b> | <b>Vitamin C</b>      | <b>2%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 39 g             |            | <b>Calcium</b>        | <b>2%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- For eight 8-inch pies, use 4 lb 8 oz dough, portioned 5 oz for bottom crust and 4 oz for top crust. For filling, portion 1 lb 14 oz (3–3½ cups) filling per pie.
- Variation**
- Dried Apricot Pie.** Use 5 lb dried apricots. Cover with hot water; let stand 1 hour. Cook slowly without stirring until tender. Combine 4 lb granulated sugar and 2½ oz cornstarch. Mix with ½ cup cold water. Add to fruit a few minutes before it is done. Continue cooking until juice is clear. Proceed as for Raisin Pie.

## RHUBARB PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie

*Oven:* 400°F      *Bake:* 35 minutes

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Rhubarb, fresh or frozen           | 10 lb (EP)    | If fresh rhubarb is used, wash and trim. Do not peel. Cut in 1-inch pieces.  |
| Sugar, granulated                  | 5 lb 8 oz     | Combine and stir into rhubarb. Let stand 30 minutes.   |
| Tapioca, quick-cooking             | 6 oz          |  |
| Salt                               | 2 tsp         |  |
| Orange peel, grated                | 3 Tbsp        |  |
| Pastry for Two-Crust Pies (p. 225) | 7 lb          | Make pastry. Divide into 9-oz balls for bottom crust, 7-oz balls for top crust.<br>Roll and place bottom crusts in seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes.  |
| Margarine, melted                  | 5 oz          | Portion 2 lb 4 oz filling into each unbaked crust.<br>Distribute margarine over filling in each pie.<br>Moisten edges with cold water.<br>Cover with top crust or pastry strips. Press edges together.<br>Bake at 400°F for 35 minutes or until crust is golden brown and fruit is tender. |

### *Approximate nutritive values per portion*

**Calories** 494

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 22 g | <b>34%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 72 g | <b>24%</b> | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 5 g          | <b>27%</b> | <b>Sodium</b> 391 mg  | <b>16%</b> | Fiber 2 g               | <b>9%</b>  | <b>Vitamin C</b>      | <b>11%</b> |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 44 g             |            | <b>Calcium</b>        | <b>7%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>8%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- For eight 8-inch pies, use 4 lb 8 oz dough portioned 5 oz for bottom crust and 4 oz for top crust. Scale 1 lb 14 oz filling per pie.
- 8 oz cornstarch or 5 oz waxy maize starch may be substituted for the tapioca.

**RHUBARB CUSTARD PIE**

Yield: 56 portions or 7 9-inch pies      Portion: 8 pieces per pie

Oven: 375°F      Bake: 45–50 minutes

| Ingredient                         | Amount         | Procedure   |
|------------------------------------|----------------|---|
| Pastry for One-Crust Pies (p. 224) | 4 lb           | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. Flute edges.<br>For 8-inch pies, see Notes.  |
| Rhubarb, fresh or frozen           | 8 lb (EP)      | If fresh rhubarb is used, wash and trim. Do not peel. Cut into ¼-inch pieces.   |
| Eggs, beaten                       | 12 (1 lb 5 oz) | Add eggs to rhubarb.  |
| Sugar, granulated                  | 4 lb 8 oz      | Mix dry ingredients. Add to rhubarb mixture. Scale 2 lb (4½ cups) filling into each unbaked crust.<br>Bake at 375°F for 45–50 minutes or until custard is set.<br>Cool. Refrigerate if not served within 4 hours. |
| Flour, all-purpose                 | 9 oz           |   |
| Salt                               | 1 tsp          |   |
| Lemon peel, grated                 | 1 tsp          |   |

*Approximate nutritive values per portion***Calories 345**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV       |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|-----------|
| <b>Total Fat</b> 13 g | <b>19%</b> | <b>Cholest.</b> 45 mg | <b>15%</b> | <b>Total Carb.</b> 55 g | <b>18%</b> | <b>Vitamin A</b> | <b>2%</b> |
| Sat. Fat 3 g          | <b>16%</b> | <b>Sodium</b> 227 mg  | <b>9%</b>  | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>8%</b> |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 36 g             |            | <b>Calcium</b>   | <b>6%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>7%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough, portioned 5 oz per pie. Use 1 lb 12 oz filling per pie.
- May be topped with Meringue (p. 227).
- Unbaked pie may be covered with a top crust or a latticed top made of ⅛-inch pastry strips.

## CREAM PIE

*Yield:* 56 portions or 7 9-inch pies

*Portion:* 8 pieces per pie

*Oven:* 425°F for pastry, 375°F for meringue

*Bake:* 10 minutes, 12 minutes

| <i>Ingredient</i>                  | <i>Amount</i>  | <i>Procedure</i>   |
|------------------------------------|----------------|--|
| Pastry for One-Crust Pies (p. 224) | 4 lb           | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note.<br>Flute edges and prick crust with fork (Figure 5.4).<br>Bake at 425°F for 10 minutes or until light brown. Cool. |
| Milk                               | 3¾ qt          | Heat milk to boiling point in a steam-jacketed or other large kettle.  |
| Sugar, granulated                  | 2 lb 12 oz     | Mix sugar, cornstarch, and salt.   |
| Cornstarch                         | 13 oz          | Add cold milk and stir until smooth.   |
| Salt                               | 2½ tsp         | Add to hot milk gradually, stirring briskly with a wire whip.  |
| Milk, cold                         | 1¼ qt          | Cook until smooth and thick, approximately 10 minutes.   |
| Egg yolks, beaten                  | 20 (13 oz)     | Add, while stirring, a small amount of hot mixture to the egg yolks.<br>Add to remaining hot mixture, stirring constantly. Stir slowly and cook 5–10 minutes.<br>Remove from heat.                   |
| Margarine                          | 5 oz           | Stir in margarine and vanilla.   |
| Vanilla                            | 2½ Tbsp        | Pour 2 lb (4 cups) filling into each baked pie shell.  |
| Egg whites                         | 20 (1 lb 6 oz) | Prepare Meringue (p. 227).   |
| Salt                               | ½ tsp          | Cover each filled pie with 5 oz meringue.  |
| Sugar, granulated                  | 1 lb 4 oz      | Bake at 375°F for 10–12 minutes or until meringue is golden brown.   |
| Cream of tartar                    | ½ tsp          | Cool quickly (within 4 hours) to below 41°F. Refrigerate until served.   |

### *Approximate nutritive values per portion*

**Calories 397**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 17 g | <b>26%</b> | <b>Cholest.</b> 40 mg | <b>13%</b> | <b>Total Carb.</b> 55 g | <b>18%</b> | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 5 g          | <b>26%</b> | <b>Sodium</b> 380 mg  | <b>16%</b> | Fiber 0.5 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 7 g    |            |                       |            | Sugars 36 g             |            | <b>Calcium</b>   | <b>11%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough, portioned 5 oz per pie. Use 1 lb 12 oz (3½ cups) filling per pie.

### Variations

- **Banana Cream Pie.** Slice 1 large banana into each pie shell before adding cream filling.
- **Chocolate Cream Pie.** Add 6 oz cocoa or 8 oz unsweetened chocolate. Increase sugar to 3 lb. If using cocoa, mix with cornstarch and sugar. If using chocolate, melt and add to hot milk.
- **Coconut Cream Pie.** Add 10 oz toasted coconut to filling and sprinkle 2 oz coconut over meringue.
- **Date Cream Pie.** Add 3 lb chopped, pitted dates to cooked filling.
- **Fruit Glazed Pie.** Use frozen blueberries, strawberries, or cherries. Thaw 6 lb frozen fruit and drain. Measure 1 qt fruit syrup, adding water if needed to make that amount. Add slowly to a mixture of 6 oz sugar, 4 oz cornstarch, and ¾ cup lemon juice if using blueberries, strawberries or sweet cherries or ¾ cup additional water if using sour cherries. Cook until thick and clear. Cool slightly. Add drained fruit. Spread over cream pies.
- **Nut Cream Pie.** Add ½ cup chopped pecans or other nuts.
- **Pineapple Cream Pie.** Add 3½ cups crushed pineapple, drained, to cooked filling.

**BUTTERSCOTCH CREAM PIE**

Yield: 56 portions or 7 9-inch pies

Portion: 8 pieces per pie

Oven: 425°F for pastry, 375°F for meringue

Bake: 10 minutes, 12 minutes

| Ingredient                         | Amount         | Procedure   |
|------------------------------------|----------------|---|
| Pastry for One-Crust Pies (p. 224) | 4 lb           | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes.<br>Flute edges and prick crust with fork (Figure 5.4).<br>Bake at 425°F for 10 minutes or until light brown.   |
| Margarine                          | 1 lb           | Melt margarine. Stir in sugar.  |
| Sugar, brown                       | 2 lb 8 oz      | Cook over low heat to 220°F, stirring occasionally.   |
| Milk                               | 3 qt           | Add milk slowly to margarine-sugar mixture while stirring with wire whip. Stir until all sugar is dissolved.<br>Heat mixture to boiling.  |
| Cornstarch                         | 6 oz           | Combine cornstarch, flour, and salt.  |
| Flour, all-purpose                 | 6 oz           |   |
| Salt                               | 1 Tbsp         |   |
| Milk, warm                         | 1 qt           | Combine milk and eggs. Add to cornstarch and flour mixture and mix.<br>Add to the hot mixture while stirring. Cook until thick.<br>Remove from heat.  |
| Eggs, whole                        | 5 (9 oz)       |   |
| Egg yolks                          | 10 (6 oz)      |   |
| Margarine                          | 4 oz           | Add margarine and vanilla. Cool partially.<br>Fill baked pie shells, 1 lb 12 oz (3½ cups) per pie.  |
| Vanilla                            | 2 Tbsp         |   |
| Egg whites                         | 16 (1 lb 2 oz) | Prepare Meringue (p. 227).<br>Cover each filled pie with 5 oz meringue.<br>Bake at 375°F for 10–12 minutes, or until meringue is golden brown.<br>Cool quickly (within 4 hours) to temperature below 41°F.<br>Refrigerate until served. |
| Salt                               | ½ tsp          |   |
| Sugar, granulated                  | 1 lb           |   |
| Cream of tartar                    | ½ tsp          |   |

*Approximate nutritive values per portion***Calories 427**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        | Amount/portion | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 23 g | <b>36%</b> | <b>Cholest.</b> 68 mg | <b>23%</b> | <b>Total Carb.</b> 49 g | <b>16%</b> | <b>Vitamin A</b> | <b>12%</b> | <b>Calcium</b> | <b>11%</b> |
| Sat. Fat 6 g          | <b>31%</b> | <b>Sodium</b> 465 mg  | <b>19%</b> | Fiber 0.5 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>1%</b>  | <b>Iron</b>    | <b>8%</b>  |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 12 g             |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. Use 1 lb 8 oz (3 cups) filling per pie.
- Recipe may be used for pudding. Omit flour and increase cornstarch to 8 oz.

## LEMON PIE

Yield: 56 portions or 7 9-inch pies

Portion: 8 pieces per pie

Oven: 425°F pastry, 375°F meringue

Bake: 10 minutes, 12 minutes

| Ingredient                         | Amount         | Procedure  |
|------------------------------------|----------------|--|
| Pastry for One-Crust Pies (p. 224) | 4 lb           | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note.<br>Flute edges and prick bottom and sides of crust with fork.<br>Bake at 425°F for 10 minutes or until light brown.                            |
| Water                              | 2¼ qt          | Heat water, salt, and lemon peel to boiling point.   |
| Salt                               | 2 tsp          |  |
| Lemon rinds, grated                | 3              |  |
| Sugar, granulated                  | 3 lb 8 oz      | Mix sugar and cornstarch. Add cold water and stir until mixed.<br>Add slowly to boiling water, stirring constantly with wire whip.<br>Cook until thickened and clear.<br>Remove from heat.                                       |
| Cornstarch                         | 12 oz          |  |
| Water, cold                        | 3 cups         |  |
| Egg yolks, beaten                  | 16 (1½ cups)   |  |
| Margarine                          | 3 oz           | Add margarine and lemon juice. Blend.<br>Scale into baked pie shells, 1 lb 10 oz (3½ cups) per pie.  |
| Lemon juice                        | 1½ cups        |  |
| Egg whites                         | 16 (1 lb 2 oz) | Prepare Meringue (p. 227).<br>Cover each pie with 5 oz meringue.<br>Bake at 375°F for 10–12 minutes, or until meringue is golden brown.<br>Cool quickly (within 4 hours) to temperature below 41°F.<br>Refrigerate until served. |
| Salt                               | ½ tsp          |  |
| Sugar, granulated                  | 1 lb           |  |
| Cream of tartar                    | ½ tsp          |  |
|                                    |                |  |

## Approximate nutritive values per portion

Calories 355

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 14 g | <b>22%</b> | <b>Cholest.</b> 61 mg | <b>20%</b> | <b>Total Carb.</b> 55 g | <b>18%</b> | <b>Vitamin A</b> | <b>9%</b> | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 4 g          | 18%        | <b>Sodium</b> 302 mg  | 13%        | Fiber 0.5 g             | 2%         | <b>Vitamin C</b> | 3%        | <b>Iron</b>    | 5%        |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 36 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. Use 3 cups filling per pie.

**CUSTARD PIE***Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie*Oven:* 450°F, 350°F      *Bake:* 15 minutes, 20 minutes

| <i>Ingredient</i>                  | <i>Amount</i>  | <i>Procedure</i>  |
|------------------------------------|----------------|---|
| Pastry for One-Crust Pies (p. 224) | 4 lb           | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges.   |
| Eggs                               | 30 (3 lb 4 oz) | Beat eggs slightly.   |
| Sugar, granulated                  | 1 lb 14 oz     | Add sugar, salt, and vanilla. Mix.  |
| Salt                               | 1¼ tsp         |   |
| Vanilla                            | 2½ Tbsp        |   |
| Milk, scalded                      | 1¼ gal         | Add hot milk, slowly at first, then more rapidly. Pour into unbaked pie shells, 1 qt per pie.   |
| Nutmeg, ground                     | 2 tsp          | Sprinkle nutmeg over top of pies. Bake at 450°F for 15 minutes. Reduce heat to 350°F and bake for 20 minutes, or until a knife inserted halfway between the edge and center comes out clean. Cool quickly (within 4 hours) to below 41°F. Refrigerate until served. |

*Approximate nutritive values per portion***Calories 312**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 17 g | <b>26%</b> | <b>Cholest.</b> 124 mg | <b>41%</b> | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b> | <b>8%</b>  |
| Sat. Fat 5 g          | <b>27%</b> | <b>Sodium</b> 296 mg   | <b>12%</b> | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 8 g    |            |                        |            | Sugars 19 g             |            | <b>Calcium</b>   | <b>12%</b> |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz dough portioned 5 oz per pie. For filling, use 24 (2 lb 8 oz) eggs, 1 lb 8 oz sugar, 1 tsp salt, 2 Tbsp vanilla, and 1 gal milk, portioned 3 cups per pie.

**Variation**

- **Coconut Custard Pie.** Add 1 lb flaked coconut. Omit nutmeg.

## PUMPKIN PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie

*Oven:* 450°F, 350°F      *Bake:* 15 minutes, 30 minutes

| <i>Ingredient</i>   | <i>Amount</i>                                      | <i>Procedure</i>  |
|---|--|---|
| Pastry for One-Crust Pies (p. 224)  | 4 lb   | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes. Flute edges.   |
| Eggs, beaten<br>Pumpkin   | 14 (1 lb 8 oz)<br>2½ qt (3 No.<br>2½ cans)         | Combine eggs and pumpkin in mixer bowl.   |
| Sugar, granulated<br>Sugar, brown<br>Ginger, ground<br>Cinnamon, ground<br>Salt | 1 lb 12 oz<br>10 oz<br>1½ tsp<br>1½ Tbsp<br>1 Tbsp | Combine sugars and seasonings. Add to pumpkin mixture.  |
| Milk, hot   | 2¾ qt  | Add milk to pumpkin mixture. Mix. Pour into unbaked pie shells, 1 qt per pie. Bake at 450°F for 15 minutes. Reduce heat to 350°F and bake for 30 minutes, or until a knife inserted halfway between the edge and center comes out clean. Cook quickly (within 4 hours) to below 41°F. Refrigerate until served. |

### *Approximate nutritive values per portion*

**Calories 295**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i>  | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|-------------|-----------------------|------------|
| <b>Total Fat</b> 14 g | <b>22%</b> | <b>Cholest.</b> 58 mg | <b>19%</b> | <b>Total Carb.</b> 38 g | <b>13%</b> | <b>Vitamin A</b>      | <b>100%</b> | <b>Calcium</b>        | <b>8%</b>  |
| Sat. Fat 4 g          | <b>21%</b> | <b>Sodium</b> 329 mg  | <b>14%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b>      | <b>3%</b>   | <b>Iron</b>           | <b>9%</b>  |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 16 g             |            |                       |             |                       |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. Use 3½ cups filling per pie.
- Undiluted evaporated milk may be substituted for fresh milk.
- One pound chopped pecans may be sprinkled over tops of pies after 15 minutes of baking. Continue baking.

### Variation

- **Praline Pumpkin Pie.** Mix 12 oz finely chopped pecans, 14 oz brown sugar, and 8 oz margarine or butter. Pat 4 oz of mixture into each unbaked pie shell before pouring in filling.

## PECAN PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie  
*Oven:* 350°F      *Bake:* 40 minutes

| <i>Ingredient</i>                  | <i>Amount</i>  | <i>Procedure</i>  |
|------------------------------------|----------------|---|
| Pastry for One-Crust Pies (p. 224) | 4 lb           | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Note. Flute edges.  |
| Sugar, granulated                  | 5 lb           | Cream sugar, margarine, and salt on medium speed until fluffy, using flat beater.   |
| Margarine                          | 5 oz           |   |
| Salt                               | 1 Tbsp         |   |
| Eggs, beaten                       | 30 (3 lb 4 oz) | Add eggs to creamed mixture and mix well.   |
| Corn syrup, white                  | 1¼ qt          | Add corn syrup and vanilla. Blend thoroughly.   |
| Vanilla                            | 3 Tbsp         |   |
| Pecan halves or pieces             | 2 lb           | Place 4½ oz pecans in each unbaked pie shell. Pour 1 lb 8 oz (3 cups) egg-sugar mixture over pecans. Bake at 350°F for 40 minutes, or until filling is set. |

### *Approximate nutritive values per portion*

**Calories 568**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 27 g | <b>41%</b> | <b>Cholest.</b> 112 mg | <b>37%</b> | <b>Total Carb.</b> 78 g | <b>26%</b> | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 5 g          | <b>25%</b> | <b>Sodium</b> 365 mg   | <b>15%</b> | Fiber 1.5 g             | <b>6%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 6 g    |            |                        |            | Sugars 54 g             |            | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. Use 2½ cups filling and 4 oz pecans per pie.

## PECAN CREAM CHEESE PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie

*Oven:* 375°F, 350°F      *Bake:* 10 minutes, 40–45 minutes

| <i>Ingredient</i>                  | <i>Amount</i>  | <i>Procedure</i>  |
|------------------------------------|----------------|---|
| Pastry for One-Crust Pies (p. 224) | 4 lb           | Make pastry. Line seven 9-inch pie pans, 5 oz per pan. For 8-inch pies, see Notes.<br>Flute edges and prick crust with fork (Figure 5.4).<br>Bake at 375°F for 10 minutes or until set. Cool. |
| Cream cheese, softened             | 3 lb 12 oz     | Combine cream cheese and sugar in mixer bowl.<br>Beat on medium until smooth, using flat beater.  |
| Sugar, granulated                  | 1 lb           |   |
| Eggs                               | 7 (12 oz)      | Add eggs, salt, and vanilla to creamed mixture. Beat until smooth.<br>Spread 12 oz filling into each pie shell.   |
| Salt                               | 1 tsp          |   |
| Vanilla                            | 2 Tbsp         |   |
| Pecan pieces                       | 2 lb 3 oz      | Sprinkle 5 oz pecans over cream cheese layer.   |
| Eggs                               | 11 (1 lb 4 oz) | Combine eggs, sugar, corn syrup, and vanilla in mixer bowl.<br>Mix until blended.   |
| Sugar, brown                       | 8 oz           |   |
| Corn syrup                         | 2 lb 8 oz      | Scale 10 oz (approximately 1 cup) over pecans.<br>Bake at 350°F for 40–45 minutes.<br>Cool. Refrigerate 6–8 hours before serving.   |
| Vanilla                            | 1 Tbsp         |   |

### *Approximate nutritive values per portion*

**Calories 514**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 36 g | <b>55%</b> | <b>Cholest.</b> 103 mg | <b>34%</b> | <b>Total Carb.</b> 43 g | <b>14%</b> | <b>Vitamin A</b>      | <b>16%</b> |
| Sat. Fat 11 g         | <b>55%</b> | <b>Sodium</b> 337 mg   | <b>14%</b> | Fiber 2 g               | <b>6%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 7 g    |            |                        |            | Sugars 19 g             |            | <b>Calcium</b>        | <b>5%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>           | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store at temperature below 41°F.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, portion 11 oz cream cheese filling, 8 oz (1 cup) syrup mixture, and 4 oz pecans per pie.

**CHOCOLATE CHIFFON PIE**

Yield: 56 portions or 7 9-inch pies      Portion: 8 pieces per pie

Oven: 425°F pastry      Bake: 10 minutes

| Ingredient                         | Amount          | Procedure   |
|------------------------------------|-----------------|---|
| Pastry for One-Crust Pies (p. 224) | 4 lb            | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes.<br>Flute edges and prick crust with a fork (Figure 5.4).<br>Bake at 425°F for 10 minutes or until light brown.   |
| Gelatin, unflavored                | 1½ oz           | Sprinkle gelatin over water. Let stand 10 minutes.  |
| Water, cold                        | 1½ cups         |   |
| Unsweetened chocolate              | 8 oz            | Melt chocolate. Add hot water slowly. Stir until mixed.<br>Add gelatin and stir until dissolved.  |
| Water, boiling                     | 3 cups          |   |
| Egg yolks, beaten                  | 24 (1 lb)       | Combine egg yolks, sugar, and salt.<br>Cook until mixture begins to thicken.  |
| Sugar, granulated                  | 1 lb 8 oz       |   |
| Salt                               | 1½ tsp          |   |
| Vanilla                            | 2 Tbsp          | Add vanilla and chocolate to egg mixture.<br>Chill until mixture begins to congeal.   |
| Egg whites (see Notes)             | 24 (1 lb 12 oz) | Beat egg whites until frothy.<br>Gradually add sugar and beat at high speed until meringue can be formed into soft peaks.<br>Fold into chocolate mixture.<br>Scale into baked pie shells, 1 lb (4 cups) per pie.<br>Cool quickly (within 4 hours) to below 41°F.<br>Refrigerate until served. |
| Sugar, granulated                  | 1 lb 8 oz       |   |
| Cream, whipping                    | 1 qt            |   |
| Sugar, granulated                  | ¼ cup           |   |
|                                    |                 |   |

*Approximate nutritive values per portion*

Calories 365

| Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 21 g | 33% | <b>Cholest.</b> 123 mg | 41% | <b>Total Carb.</b> 40 g | 13% | <b>Vitamin A</b> | 21% | <b>Calcium</b> | 3%  |
| Sat. Fat 8 g          | 39% | <b>Sodium</b> 263 mg   | 11% | Fiber 1 g               | 3%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 7%  |
| <b>Protein</b> 6 g    |     |                        |     | Sugars 26 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store at temperature below 41°F.
- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For filling, use 12 oz (3 cups) per pie.
- Graham Cracker Crust (p. 226) may be used in place of pastry.

**Variations**

- **Chocolate Peppermint Chiffon Pie.** Cover pie with whipped cream to which 1 lb crushed peppermint candy sticks has been added.
- **Chocolate Refrigerator Dessert.** Use  $\frac{2}{3}$  recipe Chocolate Chiffon Pie. Spread 12 oz vanilla wafer crumbs over bottom of 12 × 20 × 2-inch pan. Pour in chocolate chiffon mixture and cover with 1 lb 12 oz crumbs.
- **Frozen Chocolate Chiffon Pie.** Fold in 3 cups cream, whipped. Pile into pastry or graham cracker crust. Spread over tops of pies 1½ cups cream, whipped and sweetened with 3 Tbsp sugar. Freeze. Serve frozen.

## STRAWBERRY CHIFFON PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie

*Oven:* 425°F pastry      *Bake:* 10 minutes

| <i>Ingredient</i>                     | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------------------|---------------|--|
| Pastry for One-Crust Pies (p. 224)    | 4 lb          | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8 inch pies, see Notes.<br>Flute edges and prick crust with fork (Figure 5.4).<br>Bake at 425°F for 10 minutes or until light brown.  |
| Strawberries, sliced frozen           | 3 lb 12 oz    | Drain strawberries. Reserve juice.   |
| Strawberry gelatin                    | 1 lb 4 oz     | Dissolve gelatin in boiling water.   |
| Water, boiling                        | 1¼ qt         |  |
| Strawberry juice drained from berries | 2 lb (1 qt)   | Add enough water to reserved juice to make 1 qt.<br>Combine lemon and strawberry juices. Add to gelatin mixture.<br>Chill until partially set. Stir occasionally.  |
| Lemon juice                           | ⅔ cup         |  |
| Whipped topping                       | 3 cups        | Whip topping stiff but not dry.<br>Whip gelatin mixture until soft peaks form.<br>Fold in whipped topping.   |
| Egg whites (see Notes)                | 10 (12 oz)    | Add salt to egg whites. Beat until soft peaks form.<br>Gradually add sugar. Beat until stiff peaks form.<br>Fold in gelatin mixture.<br>Fold strawberries into mixture.<br>Portion 1 lb 4 oz filling into each baked pie shell.<br>Cook quickly (within 4 hours) to below 41°F.<br>Refrigerate until served. |
| Salt                                  | 1 tsp         |  |
| Sugar, granulated                     | 12 oz         |  |

### *Approximate nutritive values per portion*

**Calories 295**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 15 g | <b>24%</b> | <b>Cholest.</b> 14 mg | <b>5%</b>  | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b>      | <b>4%</b>  |
| Sat. Fat 5 g          | <b>26%</b> | <b>Sodium</b> 472 mg  | <b>20%</b> | Fiber 1.3 g             | <b>5%</b>  | <b>Vitamin C</b>      | <b>27%</b> |
| <b>Protein</b> 7 g    |            |                       |            | Sugars 9 g              |            | <b>Calcium</b>        | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- Use of pasteurized frozen egg whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, use 1 lb per pie.

## LEMON CHIFFON PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie

*Oven:* 425°F pastry      *Bake:* 10 minutes

| <i>Ingredient</i>                  | <i>Amount</i>  | <i>Procedure</i>   |
|------------------------------------|----------------|--|
| Pastry for One-Crust Pies (p. 224) | 4 lb           | Make pastry. Line seven 9-inch pie pans, 9 oz per pan. For 8-inch pies, see Notes.<br>Flute edges and prick crust with fork (Figure 5.4).<br>Bake at 425°F for 10 minutes or until light brown.  |
| Gelatin, unflavored                | 1½ oz          | Sprinkle gelatin over water. Let stand 10 minutes.   |
| Water, cold                        | 1¾ cups        |  |
| Egg yolks, beaten                  | 21 (13 oz)     | Add sugar, salt, and lemon juice to egg yolks.<br>Cook in steam-jacketed kettle or over hot water until consistency of custard. Remove from heat.<br>Add softened gelatin. Stir until dissolved.   |
| Sugar, granulated                  | 1 lb 8 oz      |  |
| Salt                               | 2 tsp          |  |
| Lemon juice                        | 2½ cups        |  |
| Lemon peel, grated                 | 2 Tbsp         | Add lemon peel. Chill until mixture begins to congeal.   |
| Egg whites (see Notes)             | 21 (1 lb 8 oz) | Beat egg whites until frothy.<br>Gradually add sugar and beat until meringue will form soft peaks.<br>Fold into lemon mixture.<br>Scale into baked pie shells, 1 lb (4 cups) per pie.<br>Cool quickly (within 4 hours) to below 41°F.<br>Refrigerate until served. |
| Sugar, granulated                  | 1 lb 2 oz      |  |
| Cream, whipping                    | 1 qt           |  |
| Sugar, granulated                  | ½ cup          |  |
|                                    |                | Just before serving, whip cream.<br>Spread 1 cup cream over each pie.  |

### *Approximate nutritive values per portion*

**Calories 331**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 19 g | <b>29%</b> | <b>Cholest.</b> 103 mg | <b>34%</b> | <b>Total Carb.</b> 37 g | <b>12%</b> | <b>Vitamin A</b>      | <b>18%</b> |
| Sat. Fat 7 g          | <b>34%</b> | <b>Sodium</b> 280 mg   | <b>12%</b> | Fiber 0.5 g             | <b>2%</b>  | <b>Vitamin C</b>      | <b>5%</b>  |
| <b>Protein</b> 5 g    |            |                        |            | Sugars 23 g             |            | <b>Calcium</b>        | <b>2%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>           | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store at temperature below 41°F.
- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry portioned 5 oz per pie. For the filling, use 12 oz (3 cups) per pie.
- Graham Cracker Crust (p. 226) may be used in place of pastry.

### Variations

- **Frozen Lemon Pie.** Increase sugar in custard to 2 lb. Delete sugar from meringue. Beat egg whites and fold into 2 qt cream, whipped. Fold into chilled lemon mixture. Pour into Graham Cracker Crust (p. 226). Freeze. Serve frozen.
- **Lemon Refrigerator Dessert.** Crush 3 lb 8 oz vanilla wafers. Spread half of crumbs in bottom of 12 × 20 × 2-inch pan. Pour chiffon pie mixture over crumbs and cover with remaining crumbs.
- **Orange Chiffon Pie.** Substitute 2 cups orange juice for 2 cups lemon juice. Substitute grated orange peel for lemon peel.

## ICE CREAM PIE

*Yield:* 56 portions or 7 9-inch pies      *Portion:* 8 pieces per pie

*Oven:* 500°F      *Bake:* 2–3 minutes

| <i>Ingredient</i>                | <i>Amount</i>   | <i>Procedure</i>   |
|----------------------------------|-----------------|--|
| Graham Cracker Crust<br>(p. 226) | 1 recipe        | Prepare seven 9-inch crusts.<br>For 8-inch pies, see Notes.  |
| Vanilla ice cream                | 2 gal           | Soften ice cream. Dip into prepared crusts, using 4½ cups per pie.<br>Freeze several hours.  |
| Egg whites (see Notes)           | 24 (2 lb 10 oz) | Add salt to egg whites. Beat until frothy, using whip attachment.<br>Add sugar gradually, beating at high speed until sugar has dissolved.<br>Add vanilla.<br>Cover pies with meringue, 9 oz per pie.<br>Brown quickly (2–3 minutes) in oven at 500°F.<br>Return to freezer if not served immediately. |
| Salt                             | ¾ tsp           |  |
| Sugar, granulated                | 1 lb 8 oz       |  |
| Vanilla                          | 1½ tsp          |  |
| Chocolate Sauce<br>(p. 584)      | 1½ qt           | Serve with chocolate sauce or fresh strawberries.  |

### *Approximate nutritive values per portion*

**Calories** 467

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 22 g | <b>34%</b> | <b>Cholest.</b> 35 mg | <b>12%</b> | <b>Total Carb.</b> 64 g | <b>21%</b> | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 9 g          | <b>43%</b> | <b>Sodium</b> 339 mg  | <b>14%</b> | Fiber 0.3 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 7 g    |            |                       |            | Sugars 31 g             |            | <b>Calcium</b>   | <b>12%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Use of pasteurized frozen egg whites is recommended.
- For eight 8-inch pies, portion 1 qt ice cream per pie. Cover with 8 oz meringue.
- Pastry crust, baked, may be used in place of graham cracker crust.
- Other flavors of ice cream may be used.

### Variation

- **Raspberry Alaska Pie.** Thicken three 40-oz packages frozen red raspberries with 2 oz cornstarch. Make thin layers of thickened berries and ice cream in graham cracker crusts, using about half of the berries. Proceed as for Ice Cream Pie. Spoon remaining berries over individual servings of pie.

**FROZEN MOCHA ALMOND PIE***Yield:* 56 portions or 7 9-inch pies*Portion:* 8 pieces per pie

| <i>Ingredient</i>                | <i>Amount</i>  | <i>Procedure</i>  |
|----------------------------------|----------------|---|
| Graham Cracker Crust<br>(p. 226) | 1 recipe       | Prepare seven 9-inch crusts. For 8-inch pies, see Notes.  |
| Gelatin, unflavored              | 1½ oz          | Sprinkle gelatin over water. Let stand 10 minutes.  |
| Water, cold                      | 1 cup          |   |
| Egg yolks, beaten                | 18 (11 oz)     | Add sugar, salt, and coffee to egg yolks. Cook in steam-jacketed kettle or over hot water until mixture coats spoon. Remove from heat. Add softened gelatin. Stir until dissolved. Chill until mixture is consistency of unbeaten egg whites. |
| Sugar, granulated                | 1 lb 8 oz      |   |
| Salt                             | 1 Tbsp         |   |
| Coffee, hot                      | 2 qt           |   |
| Egg whites (see Notes)           | 18 (1 lb 5 oz) | Add cream of tartar to egg whites. Beat until frothy. Add sugar gradually and beat on high speed until consistency of meringue. Fold into gelatin mixture.  |
| Cream of tartar                  | 1½ tsp         |   |
| Sugar, granulated                | 1 lb 8 oz      |   |
| Cream, whipping                  | 1 qt           | Whip cream. Add sugar to one-third of the whipped cream. Save for topping.  |
| Sugar, granulated                | ¼ cup          |   |
| Almonds, toasted                 | 1 lb           | Add almonds and vanilla to remaining whipped cream. Fold into gelatin mixture. Pour into prepared crusts. Spread remaining whipped cream over pies and freeze. Remove from freezer 15–20 minutes before serving.                              |
| Vanilla                          | 2 Tbsp         |   |

*Approximate nutritive values per portion***Calories 378**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 19 g | <b>29%</b> | <b>Cholest.</b> 90 mg | <b>30%</b> | <b>Total Carb.</b> 48 g | <b>16%</b> | <b>Vitamin A</b> | <b>18%</b> |
| Sat. Fat 6 g          | <b>29%</b> | <b>Sodium</b> 312 mg  | <b>13%</b> | Fiber 0.7 g             | <b>3%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 33 g             |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Use of pasteurized frozen egg yolks and whites is recommended.
- For eight 8-inch pies, use 2 lb 8 oz pastry, portioned 5 oz per pie. Portion filling 3 cups per pie.

## OTHER DESSERT RECIPES

### BUTTERSCOTCH PUDDING

Yield: 50 portions or 6 qt      Portion: ½ cup

| Ingredient         | Amount    | Procedure  |
|--------------------|-----------|--|
| Margarine          | 10 oz     | Cook margarine and sugar in steam-jacketed kettle until sugar starts to dissolve.  |
| Sugar, brown       | 3 lb 4 oz |  |
| Water, warm        | 1 qt      | Add water slowly, while stirring. Turn off heat.   |
| Milk               | 2½ qt     | Add milk to warm mixture.  |
| Cornstarch         | 6 oz      | Combine dry ingredients in mixer bowl.   |
| Flour, all-purpose | 2½ oz     | Add milk to make a smooth paste.   |
| Salt               | ½ tsp     | Slowly add to warm sugar-milk mixture, stirring constantly.  |
| Milk               | 3 cups    | Cook until mixture thickens. Turn off heat.  |
| Eggs               | 8 (14 oz) | Beat eggs on medium speed for 3 minutes.<br>Add some of the hot mixture to the beaten eggs while still beating.<br>Gradually add egg mixture to hot mixture. Turn on heat.<br>Cook to 185°F.                               |
| Vanilla            | 2 Tbsp    | Stir in vanilla.<br>Cool quickly (within 4 hours) to temperature below 41°F.<br>Cover with plastic wrap or waxed paper while cooling to prevent formation of film (see Notes).<br>Serve cold with No. 10 dipper (rounded). |

#### Approximate nutritive values per portion

Calories 222

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 7 g | 12% | <b>Cholest.</b> 42 mg | 14% | <b>Total Carb.</b> 36 g | 12% | <b>Vitamin A</b> | 5%  | <b>Calcium</b> | 10% |
| Sat. Fat 2 g         | 12% | <b>Sodium</b> 128 mg  | 5%  | Fiber 0 g               | 0%  | <b>Vitamin C</b> | 1%  | <b>Iron</b>    | 4%  |
| <b>Protein</b> 3 g   |     |                       |     | Sugars 3 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet

#### Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

## CHOCOLATE PUDDING

*Yield:* 50 portions or 6 qt      *Portion:* ½ cup

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Sugar, granulated  | 2 lb 6 oz     | Combine dry ingredients.   |
| Flour, all-purpose | 6 oz          |  |
| Cornstarch         | 3 oz          |  |
| Salt               | 1 tsp         |  |
| Cocoa              | 8 oz          |  |
| Milk               | 1 gal         | Pour milk into steam-jacketed kettle or stock pot. Gradually add dry ingredients while stirring briskly with a wire whip. Heat to boiling point, then cook until thickened, about 20 minutes. Stir occasionally. Remove from heat. |
| Margarine          | 8 oz          | Add margarine and vanilla. Blend. Cool quickly (within 4 hours) to temperature below 41°F. Cover with plastic wrap or waxed paper while cooling to prevent formation of film (see Notes). Serve cold with No. 10 dipper (rounded). |
| Vanilla            | 2 Tbsp        |  |

### *Approximate nutritive values per portion*

**Calories 193**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 7 g  | <b>10%</b> | <b>Cholest.</b> 11 mg | <b>4%</b>  | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b> | <b>4%</b>  |
| Sat. Fat 2 g          | <b>12%</b> | <b>Sodium</b> 127 mg  | <b>5%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 25 g             |            | <b>Calcium</b>   | <b>10%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### **Notes**

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

### **Variations**

- **Chocolate Banana Pudding.** Slice 12 bananas into cooled pudding.
- **Chocolate Pudding with Chips.** Stir 8 oz peanut butter, butterscotch, or chocolate chips into cooled pudding.

## TAPIOCA CREAM PUDDING

*Yield:* 50 portions or 6 qt      *Portion:* ½ cup

| <i>Ingredient</i>      | <i>Amount</i> | <i>Procedure</i>  |
|------------------------|---------------|---|
| Milk                   | 1 gal         | Heat milk to boiling point in a steam-jacketed kettle or stock pot.   |
| Tapioca, quick-cooking | 9 oz          | Add tapioca gradually while stirring with a wire whip. Cook until clear, stirring frequently.   |
| Eggs yolks, beaten     | 10 (6 oz)     | Mix egg yolks, sugar, and salt.   |
| Sugar, granulated      | 1 lb          | Add slowly to hot mixture while stirring.   |
| Salt                   | 2 tsp         | Cook about 10 minutes.<br>Remove from heat.   |
| Egg whites (see Notes) | 10 (12 oz)    | Beat egg whites until frothy.   |
| Sugar, granulated      | 4 oz          | Add sugar and beat on high speed to form a meringue.  |
| Vanilla                | 2 Tbsp        | Fold egg whites and vanilla into tapioca mixture.<br>Cool quickly (within 4 hours) to temperature below 41°F.<br>Serve cold with No. 10 dipper (rounded). |

### *Approximate nutritive values per portion*

**Calories** 129

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 4 g  | <b>6%</b>  | <b>Cholest.</b> 54 mg | <b>18%</b> | <b>Total Carb.</b> 20 g | <b>7%</b>  | <b>Vitamin A</b> | <b>9%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 137 mg  | <b>6%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 15 g             |            | <b>Calcium</b>   | <b>9%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Use of pasteurized frozen egg whites is recommended.
- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

### Variation

- **Fruit Tapioca Cream.** Add 1 qt chopped canned peaches or crushed pineapple, drained. Add ½ tsp almond extract for peach tapioca.

## VANILLA CREAM PUDDING

*Yield:* 50 portions or 6 qt      *Portion:* ½ cup

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Milk              | 3 qt          | Heat milk and sugar in steam-jacketed kettle.   |
| Sugar, granulated | 1 lb          |   |
| Sugar, granulated | 1 lb 4 oz     | Combine dry ingredients with cold milk in mixer bowl. Whip until smooth.<br>Add to hot milk mixture slowly, stirring constantly with a wire whip.<br>Cook mixture until it is thickened and there is no starch taste, approximately 10 minutes. |
| Cornstarch        | 6 oz          |   |
| Salt              | 1½ tsp        |   |
| Milk, cold        | 2¼ qt         |   |
| Egg yolks, beaten | 20 (12 oz)    | Add, while stirring, a small amount of hot mixture to the beaten eggs.<br>Add to remainder of hot mixture in kettle, stirring constantly. Stir slowly and cook about 2 minutes. Remove from heat.   |
| Margarine         | 4 oz          | Stir in margarine and vanilla.<br>Cool quickly (within 4 hours) to temperature below 41°F.<br>Cover with waxed paper while cooling to prevent formation of film (see Notes).<br>Serve cold with No. 10 dipper (rounded).                        |
| Vanilla           | 2 Tbsp        |   |

### *Approximate nutritive values per portion*

**Calories 197**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 101 mg | <b>34%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b>      | <b>17%</b> |
| Sat. Fat 3 g          | <b>16%</b> | <b>Sodium</b> 139 mg   | <b>6%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>1%</b>  |
| <b>Protein</b> 5 g    |            |                        |            | Sugars 25 g             |            | <b>Calcium</b>        | <b>13%</b> |
|                       |            |                        |            |                         |            | <b>Iron</b>           | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

### Variations

- **Banana Cream Pudding.** Add 12 bananas, sliced, to cooled pudding.
- **Chocolate Cream Pudding.** Add 6 oz sugar and 8 oz cocoa.
- **Coconut Cream Pudding.** Add 8 oz shredded coconut just before serving.
- **Pineapple Cream Pudding.** Add 1 qt crushed pineapple, well drained.

**BAKED DATE PUDDING***Yield:* 54 portions or 1 pan 12 × 20 × 2 inches*Portion:* 3 oz*Oven:* 350°F*Bake:* 45 minutes**Ingredient****Amount****Procedure**

Dates 2 lb 4 oz  
 Water, hot 2½ cups

Pour hot water over dates in mixer bowl. Cover and let dates steam for 15 minutes.  
 Mix on low speed and then on medium speed until dates are broken into small pieces.

Sugar, granulated 1 lb  
 Flour, all-purpose 1 lb  
 Baking powder 1½ oz  
 Nonfat dry milk 2 oz  
 Salt 1½ tsp  
 Walnuts, coarsely chopped 12 oz

Combine dry ingredients in bowl and stir until blended. Add to date mixture. Mix on low speed only until blended. Scale into well-greased 12 × 20 × 2-inch baking pan.

Sugar, brown 1 lb 4 oz  
 Margarine 2 oz  
 Water, boiling 1½ qt

Mix sugar, margarine, and water. Heat to boiling point. Pour hot sauce over batter in pan. Do not stir. Bake at 350°F for 45 minutes. Cool.

Cut 6 × 9 for 54 portions or 6 × 8 for 48 portions. Serve with whipped cream or whipped topping.

**Approximate nutritive values per portion****Calories 205**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|-----------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 5 g | <b>7%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 40 g | <b>13%</b> | <b>Vitamin A</b> | <b>1%</b> | <b>Calcium</b> | <b>8%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 160 mg | <b>7%</b> | Fiber 2 g               | <b>8%</b>  | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>5%</b> |
| <b>Protein</b> 3 g   |           |                      |           | Sugars 21 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**LEMON CAKE PUDDING**

Yield: 60 portions or 2 pans 12 × 20 × 2 inches

Portion: 2½ × 3 inches

Oven: 350°F

Bake: 1 hour

**Ingredient****Amount****Procedure**

|                     |                |   |
|---------------------|----------------|---|
| Egg yolks           | 35 (1 lb 6 oz) | Beat egg yolks, lemon juice, and margarine together until lemon colored.  |
| Lemon juice         | 5 cups         |   |
| Margarine, softened | 3 oz           |   |
| Sugar, granulated   | 6 lb           | Combine sugar, flour, and salt.   |
| Flour, all-purpose  | 1 lb 3 oz      |   |
| Salt                | 1 oz (1½ Tbsp) |   |
| Milk                | 3 qt           | Add dry ingredients and milk alternately to egg mixture on low speed, ending with dry ingredients.  |
| Egg whites          | 27 (2 lb)      | Beat egg whites on high speed, until stiff, using wire whip attachment.<br>Blend into egg mixture on low speed.   |
|                     |                | Pour pudding into two 12 × 20 × 2-inch counter pans, 9 lb 8 oz per pan.<br>Set filled pans in two other counter pans that have been filled half full with boiling water.<br>Bake at 350°F for 1 hour.<br>Cut 5 × 6. |

**Approximate nutritive values per portion****Calories 297**

| Amount/portion       | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g | <b>9%</b>  | <b>Cholest.</b> 140 mg | <b>47%</b> | <b>Total Carb.</b> 56 g | <b>19%</b> | <b>Vitamin A</b> | <b>22%</b> |
| Sat. Fat 2 g         | <b>11%</b> | <b>Sodium</b> 232 mg   | <b>10%</b> | Fiber 0.3 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>9%</b>  |
| <b>Protein</b> 6 g   |            |                        |            | Sugars 47 g             |            | <b>Calcium</b>   | <b>7%</b>  |
|                      |            |                        |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. Store at internal temperature below 41°F.

## CHEESECAKE

*Yield:* 48 portions or 6 8-inch cakes      *Portion:* cut 8 per cake  
*Oven:* 350°F      *Bake:* 45 minutes

| <i>Ingredient</i>     | <i>Amount</i>  | <i>Procedure</i>  |
|-----------------------|----------------|---|
| Graham cracker crumbs | 1 lb 8 oz      | Combine crumbs, sugar, and melted margarine. Place 1 cup crumb mixture into each of six 8-inch pie pans or six 6 × 6-inch square cake pans. Press crumbs to sides and bottom of pans.     |
| Sugar, granulated     | 12 oz          |   |
| Margarine, melted     | 12 oz          |   |
| Cream cheese          | 4 lb 8 oz      | Let cheese stand until it reaches room temperature. Cream until smooth, using flat beater.  |
| Eggs                  | 11 (1 lb 3 oz) | Add eggs slowly to cream cheese while beating.  |
| Sugar, granulated     | 1 lb 2 oz      | Add sugar and vanilla to cheese mixture. Beat on high speed for about 5 minutes. Place about 3 cups filling in each shell. Bake at 350°F for 30–35 minutes or until set. Do not overbake. |
| Vanilla               | 2 Tbsp         |   |
| Sour cream            | 1¼ qt          |   |
| Sugar, granulated     | 4 oz           | Mix sour cream, sugar, and vanilla. Spread 1 cup topping on each cake.  |
| Vanilla               | 1½ tsp         |   |
| Graham cracker crumbs | 4 oz           | Sprinkle with a few graham cracker crumbs. Bake 10 minutes.   |

### *Approximate nutritive values per portion*

**Calories 420**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 28 g | <b>44%</b> | <b>Cholest.</b> 106 mg | <b>35%</b> | <b>Total Carb.</b> 35 g | <b>12%</b> | <b>Vitamin A</b>      | <b>28%</b> |
| Sat. Fat 14 g         | <b>72%</b> | <b>Sodium</b> 321 mg   | <b>13%</b> | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 7 g    |            |                        |            | Sugars 20 g             |            | <b>Calcium</b>        | <b>7%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>           | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. Store below 41°F.

**Variation** • **Cheesecake with Fruit Glaze.** Cover baked cheesecake with the following glaze: Thaw and drain 6 lb frozen strawberries, raspberries, or cherries. Measure 1 qt fruit syrup, adding water if needed to make that amount. Add slowly to mixture of 4 oz cornstarch, 6 oz granulated sugar, and ¾ cup lemon juice if using berries or sweet cherries or ¾ cup additional water if using sour cherries. Cook until thick and clear. Cool slightly. Add drained fruit. Spread over cheesecakes. Canned fruit pie fillings may be used for the glaze.

**BAKED CUSTARD**

*Yield:* 50 custards      *Portion:* 4 oz  
*Oven:* 325°F      *Bake:* 40–45 minutes

| <i>Ingredient</i> | <i>Amount</i>  | <i>Procedure</i>   |
|-------------------|----------------|--|
| Eggs              | 20 (2 lb 3 oz) | Beat eggs slightly, using wire whip attachment.  |
| Sugar, granulated | 1 lb 4 oz      | Add sugar, salt, cold milk, and vanilla.   |
| Salt              | ½ tsp          | Mix on low speed only until blended.   |
| Milk, cold        | 1 qt           |  |
| Vanilla           | 2 Tbsp         |  |
| Milk              | 1 gal          | Scald milk by bringing to point just below boiling. Add to egg mixture and blend.  |
| Nutmeg            | 2 tsp          | Pour mixture into custard cups that have been arranged in baking pans.<br>Sprinkle nutmeg over tops.<br>Pour hot water around cups.<br>Bake at 325°F for 40–45 minutes or until a knife inserted in custard comes out clean (180°F).<br>Cool quickly (within 4 hours) to below 41°F. |

*Approximate nutritive values per portion***Calories 136**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 5 g  | 8%         | <b>Cholest.</b> 98 mg | 33%        | <b>Total Carb.</b> 16 g | 5%         | <b>Vitamin A</b> | 7%         |
| Sat. Fat 3 g          | 13%        | <b>Sodium</b> 95 mg   | 4%         | Fiber 0 g               | 0%         | <b>Vitamin C</b> | 1%         |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 16 g             |            | <b>Calcium</b>   | 12%        |
|                       |            |                       |            |                         |            | <b>Iron</b>      | 1%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store at internal temperature below 41°F.
- Custard may be baked in a 12 × 20 × 2-inch pan set in a pan of hot water. Cut 5 × 8 for 40 portions.

**Variations**

- **Bread Pudding.** Pour liquid mixture over 1 lb dry bread cubes and let stand until bread is softened. Add 1 lb raisins if desired. Bake. Day-old sweet rolls may be substituted for bread.
- **Caramel Custard.** Add 1 cup Burnt Sugar Syrup (p.175) slowly to scalded milk and stir carefully until melted.
- **Rice Custard.** Use ½ Baked Custard recipe, adding 1 lb rice (AP) cooked, 1 lb raisins, and 3 oz melted margarine or butter.

## FLOATING ISLAND

*Yield:* 50 portions or 6 qt

*Portion:* ½ cup (4 oz)

| <i>Ingredient</i>  | <i>Amount</i>   | <i>Procedure</i>  |
|--|-----------------|---|
| Milk   | 4½ qt           | Heat milk to boiling point.   |
| Sugar, granulated  | 1 lb            | Combine sugar, cornstarch, and salt. Add gradually to hot milk, stirring briskly with wire whip. Cook over hot water or in steam-jacketed kettle until slightly thickened.  |
| Cornstarch   | 4 oz            |   |
| Salt   | ½ tsp           |   |
| Egg yolks, beaten  | 27 (1 lb 2 oz)  | Gradually stir egg yolks and vanilla into hot mixture. Continue cooking until thickened, about 5 minutes.   |
| Vanilla  | 2 Tbsp          |   |
| Egg whites   | 27 (1 lb 14 oz) | Beat egg whites on high speed past the frothy stage, approximately 1½ minutes, using wire whip attachment. Add sugar gradually, while beating. Beat until sugar has dissolved and mixture resembles meringue. Drop by spoonfuls onto hot water and bake at 375°F until set. |
| Sugar, granulated  | 12 oz           |   |
| Cool custard slightly and pour into sherbet dishes; or dip, using a No. 10 dipper. Lift meringues from water with a fork and place on top of portioned custards. Add dash of nutmeg. Chill quickly before serving (below 41°F within 4 hours). |                 |   |

### *Approximate nutritive values per portion*

**Calories** 164

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 121 mg | <b>40%</b> | <b>Total Carb.</b> 23 g | <b>8%</b>  | <b>Vitamin A</b>      | <b>19%</b> |
| Sat. Fat 3 g          | <b>13%</b> | <b>Sodium</b> 95 mg    | <b>4%</b>  | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>1%</b>  |
| <b>Protein</b> 6 g    |            |                        |            | Sugars 20 g             |            | <b>Calcium</b>        | <b>11%</b> |
|                       |            |                        |            |                         |            | <b>Iron</b>           | <b>2%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store at an internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

### Variation

- **Creamy Custard Sauce with Fruit.** Ladle 3 oz custard over fresh fruit. Suggested combinations are sliced bananas, blueberries and sliced peaches; or cubed pineapple, raspberries, and sliced peaches.

## CHRISTMAS PUDDING

Yield: 48 portions      Portion: 3 oz  
 Steam pressure: 5–6 lb      Steam: 40–45 minutes

| Ingredient            | Amount          | Procedure   |
|-----------------------|-----------------|---|
| Carrots, raw, peeled  | 1 lb 4 oz (EP)  | Peel and grate carrots and potatoes.                          |
| Potatoes, raw, peeled | 1 lb 11 oz (EP) |   |
| Sugar, granulated     | 2 lb            | Cream sugar and margarine on medium speed, using flat beater. |
| Margarine             | 1 lb            |   |
| Raisins               | 1 lb 4 oz       | Add raisins, dates, and nuts to creamed mixture.              |
| Dates, chopped        | 1 lb 4 oz       | Add carrots and potatoes.                                     |
| Nuts, chopped         | 12 oz           | Mix on low speed until blended.                               |
| Flour, all-purpose    | 1 lb            | Combine dry ingredients.                                      |
| Baking soda           | 4 tsp           | Add to fruit mixture. Mix on low speed until blended.         |
| Cinnamon              | 1 Tbsp          |   |
| Cloves                | 1 Tbsp          |   |
| Nutmeg                | 1 Tbsp          |   |
| Salt                  | ¼ tsp           |   |

Portion mixture with No. 16 dipper into greased muffin pans. Cover each filled pan with an inverted empty muffin pan. Steam for 40–45 minutes. Serve warm with Vanilla Sauce (p. 586), Hard Sauce (p. 586), or Nutmeg Sauce (p. 586). Garnish with holly leaf and whole cranberries for Christmas.

### Approximate nutritive values per portion

Calories 304

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 12 g | 18% | Cholest. 0 mg  | 0%  | Total Carb. 50 g | 17% | Vitamin A | 36% | Calcium | 3%  |
| Sat. Fat 2 g   | 10% | Sodium 213 mg  | 9%  | Fiber 3 g        | 11% | Vitamin C | 4%  | Iron    | 7%  |
| Protein 3 g    |     |                |     | Sugars 35 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variation** • **Flaming Pudding.** Dip sugar cube in lemon extract. Place on hot pudding and light just before serving.

**CREAM PUFFS**

*Yield:* 50 portions  
*Oven:* 425°F, 325°F

*Portion:* 1 puff  
*Bake:* 15 minutes, 30 minutes

| <i>Ingredient</i>   | <i>Amount</i>   | <i>Procedure</i>  |
|---------------------|-----------------|---|
| Margarine or butter | 1 lb            | Melt margarine in boiling water.  |
| Water, boiling      | 1 qt            |   |
| Flour, all-purpose  | 1 lb 3 oz       | Add flour and salt all at once to boiling mixture. Beat vigorously. Remove from heat as soon as mixture leaves sides of pan. Transfer to mixer bowl. Cool slightly. |
| Salt                | 1 tsp           |   |
| Eggs                | 16 (1 lb 12 oz) | Add eggs one at a time, beating on high speed after each addition.  |
|                     |                 | Drop batter with No. 24 dipper onto greased baking sheets. Bake at 425°F for 15 minutes. Reduce heat to 325°F and bake 30 minutes longer.                           |
|                     |                 | When ready to use, make a cut in top of each puff with a sharp knife.   |
|                     |                 | Fill with Custard Filling (p. 198), using a No. 16 dipper. Top with Chocolate Sauce (p. 584) if desired.  |

*Approximate nutritive values per portion plus filling***Calories 128**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 9 g  | <b>14%</b> | <b>Cholest.</b> 68 mg | <b>23%</b> | <b>Total Carb.</b> 9 g | <b>3%</b>  | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 149 mg  | <b>6%</b>  | Fiber 0.3 g            | <b>1%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 0 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. Hold for service at below 41°F internal temperature when filled.

**Variations**

- **Butterscotch Cream Puffs.** Fill cream puffs with Butterscotch Pudding (p. 247). Top with Butterscotch Sauce (p. 583) if desired.
- **Eclairs.** Shape cream puff mixture by piping with a pastry tube,  $\frac{3}{4}$  inch wide and 4 inches long. Bake. Split lengthwise. Proceed as for Cream Puffs. When filled, ice with Chocolate Glaze (p. 195).
- **Ice Cream Puffs.** Fill puffs with vanilla ice cream and serve with Chocolate Sauce (p. 584).
- **Orange Cream Puffs with Chocolate Filling.** Add  $\frac{1}{2}$  cup grated orange peel and 10 oz chopped almonds to cream puff mixture. Bake. Fill with Chocolate Cream Filling (p. 196) or Chocolate Pudding (p. 248).
- **Puff Shells.** Make bite-size shells with pastry tube or No. 100 dipper. Bake. Fill with chicken, fish, or ham salad. Yield: approximately 200 puffs.

**PINEAPPLE BAVARIAN CREAM**

Yield: 60 portions or 2 pans 12 × 20 × 2 inches

Portion: 2½ × 3 inches

| <i>Ingredient</i>                      | <i>Amount</i>              | <i>Procedure</i>   |
|--|----------------------------|--|
| Gelatin, unflavored<br>Water, cold     | 3 oz<br>1 qt               | Sprinkle gelatin over water. Let stand 10 minutes.   |
| Crushed pineapple<br>Sugar, granulated | 1 No. 10 can<br>1 lb 12 oz | Heat pineapple and sugar to boiling point.   |
| Lemon juice                            | ¼ cup                      | Add gelatin to pineapple mixture. Stir until dissolved.<br>Add lemon juice. Chill until mixture begins to congeal.       |
| Whipping cream                         | 1 qt                       | Whip cream and fold into pineapple mixture.<br>Pour into 50 individual molds or two 12 × 20 × 2-inch pans.<br>Cut 5 × 6. |

*Approximate nutritive values per portion*

Calories 129

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 5 g | 8%  | <b>Cholest.</b> 18 mg | 6%  | <b>Total Carb.</b> 20 g | 7%  | <b>Vitamin A</b> | 5%  |
| Sat. Fat 3 g         | 15% | <b>Sodium</b> 9 mg    | 1%  | Fiber 0.4 g             | 2%  | <b>Vitamin C</b> | 8%  |
| <b>Protein</b> 2 g   |     |                       |     | Sugars 22 g             |     | <b>Calcium</b>   | 1%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- May be used for pie filling.
- Variations**
- **Apricot Bavarian Cream.** Substitute 3 lb dried apricots, cooked, or 6 lb canned apricots, sieved, for the crushed pineapple.
  - **Strawberry Bavarian Cream.** Substitute 6 lb fresh or frozen sliced strawberries for pineapple.

**RUSSIAN CREAM**

Yield: 50 portions or 5 qt

Portion: 4 oz

| <i>Ingredient</i>                                | <i>Amount</i>        | <i>Procedure</i>   |
|--|----------------------|--|
| Gelatin, unflavored<br>Water, cold               | 1½ oz<br>1¼ qt       | Sprinkle gelatin over cold water.<br>Let stand 10 minutes.   |
| Light cream (half-and-half)<br>Sugar, granulated | 1½ qt<br>2 lb        | Combine half-and-half and sugar.<br>Heat until warm in steam-jacketed kettle or over hot water.<br>Stir in softened gelatin. Heat until gelatin and sugar are dissolved but do not boil. Cool. |
| Sour cream<br>Vanilla                            | 2 lb 8 oz<br>2½ Tbsp | When mixture begins to thicken, fold in sour cream and vanilla, which have been beaten until smooth. Cool quickly (within 4 hours) to below 41°F.  |
| Raspberries, frozen                              | 5 lb                 | Dip pudding with No. 12 dipper.<br>Serve with No. 30 dipper of partially defrosted raspberries.  |

*Approximate nutritive values per portion*

Calories 209

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 8 g  | 13% | Cholest. 21 mg | 7%  | Total Carb. 32 g | 11% | Vitamin A | 9%  | Calcium | 6%  |
| Sat. Fat 5 g   | 25% | Sodium 26 mg   | 1%  | Fiber 2 g        | 8%  | Vitamin C | 14% | Iron    | 2%  |
| Protein 3 g    |     |                |     | Sugars 27 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store at internal temperature below 41°F.
- See p. 44 for recommended cooling procedures.

**APPLE CRISP**

*Yield:* 64 portions or 2 pans 12 × 20 × 2 inches  
*Oven:* 350°F

*Portion:* 3 × 2½ inches  
*Bake:* 45–50 minutes

*Ingredient**Amount**Procedure*

|                                      |            |  |
|--------------------------------------|------------|--|
| Apples, sliced                       | 15 lb (EP) | Mix sugar and lemon juice with apples.               |
| Sugar, granulated                    | 12 oz      | Arrange in two greased 12 × 20 × 2-inch baking pans, |
| Lemon juice                          | ⅓ cup      | 8 lb per pan.  |
| Margarine, soft                      | 1 lb 4 oz  | Combine remaining ingredients and mix until crumbly. |
| Flour, all-purpose                   | 12 oz      | Spread evenly over apples, 2 lb 4 oz per pan.        |
| Rolled oats, quick-cooking, uncooked | 12 oz      | Bake at 350°F for 45–50 minutes.                     |
| Sugar, brown                         | 2 lb       | Serve with whipped cream, ice cream, or cheese.      |
|                                      |            | Cut 4 × 8.   |

*Approximate nutritive values per portion*

Calories 240

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 8 g  | 12% | Cholest. 19 mg | 6%  | Total Carb. 43 g | 14% | Vitamin A | 7%  | Calcium | 2%  |
| Sat. Fat 5 g   | 23% | Sodium 80 mg   | 3%  | Fiber 2 g        | 10% | Vitamin C | 10% | Iron    | 5%  |
| Protein 2 g    |     |                |     | Sugars 19 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Fresh, frozen, or canned apples may be used.
- 1 tsp cinnamon or nutmeg may be added to the topping.
- 8 oz finely chopped pecans may be added to the topping.

**Variations**

- **Cheese Apple Crisp.** Add 8 oz grated cheese to topping mixture.
- **Cherry Crisp.** Substitute frozen pie cherries for apples. Increase granulated sugar to 1 lb. Add ½ tsp almond extract.
- **Fresh Fruit Crisp.** Combine 3 lb granulated sugar, 12 oz flour, 1 Tbsp nutmeg, and 1 Tbsp cinnamon. Add to 15 lb fresh fruit, peeled and sliced. Top with mixture of 2 lb 6 oz margarine, 2 lb 8 oz brown sugar, and 2 lb 6 oz flour. Cream margarine, add brown sugar and flour, and mix until of dough consistency. Spread over fruit. Bake. Serve warm with cream.
- **Peach Crisp.** Substitute sliced peaches for apples.

**BAKED APPLES**

Yield: 50 portions      Portion: 1 apple

Oven: 375°F      Bake: 45 minutes

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Apples            | 50            | Wash and core apples.<br>Peel down about one-fourth of the way from the top.<br>Place in baking pans, peeled-side up.   |
| Sugar, granulated | 3 lb          | Mix sugar, water, salt, and cinnamon. Pour over apples.<br>Bake at 375°F until tender, about 45 minutes, basting<br>occasionally while cooking to glaze.<br>Test for doneness with a pointed knife inserted in the apple. |
| Water, hot        | 3 cups        |   |
| Salt              | 1 tsp         |   |
| Cinnamon, ground  | 1 Tbsp        |   |

*Approximate nutritive values per portion***Calories 187**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV        | %DV              | %DV        |
|----------------------|-----------|----------------------|-----------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 48 g | <b>16%</b> | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 45 mg  | <b>2%</b> | Fiber 3 g               | <b>12%</b> | <b>Vitamin C</b> | <b>13%</b> |
| <b>Protein</b> 0 g   |           |                      |           | Sugars 45 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                      |           |                      |           |                         |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Use apples of uniform size, suitable for baking, such as Rome Beauty or Jonathan.
- Amount of sugar will vary with tartness of apples.
- ½ cup red cinnamon candies may be substituted for cinnamon.
- Apple centers may be filled with chopped dates, raisins, nuts, or mincemeat.
- 3 oz margarine or butter may be added to the syrup for flavor.

## APPLE DUMPLINGS

*Yield:* 50 dumplings      *Portion:* 1 dumpling  
*Oven:* 350°F      *Bake:* 25–30 minutes

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Pastry for Two-Crust Pies (p. 225) | 7 lb          | Make pastry. Scale into 10-oz balls. Chill for 10 minutes or more.   |
| Flour, all-purpose                 | 10 oz         | Make sauce. Combine flour, sugar, salt, and cinnamon.  |
| Sugar, granulated                  | 6 lb          |  |
| Salt                               | 1 Tbsp        |  |
| Cinnamon, ground                   | 1 Tbsp        |  |
| Water, hot                         | 1½ gal        | Add dry ingredients to water while stirring with a wire whip. Cook until thickened.  |
| Margarine                          | 1 lb          | Add margarine and stir until margarine is melted. Remove from heat.  |
| Vanilla                            | 2 Tbsp        | Add vanilla.   |
| Apples, medium size                | 50            | Wash, core, and peel apples.   |
| Margarine                          | 1 lb 8 oz     | Roll pastry to ⅛-inch thickness. Position apple on dough and cut a circle approximately 7 inches in diameter around it. Insert 1 Tbsp margarine into center of each apple. Push toward center of apple.  |
| Sugar, granulated                  | 1 lb 5 oz     | Combine sugar, cinnamon, and nutmeg. Use mixture to fill centers of apples. Enclose the apple in the cut dough, pinching to seal the edges. Turn the apple over so that the bottom is the top and make three slashes in the top of the apple. Place in lightly greased baking pans. Bake for 15 minutes at 350°F. Baste dumplings with one-half of the sauce and bake 10–15 minutes longer or until golden brown. Serve dumplings with additional warm sauce as desired. |
| Cinnamon, ground                   | 1½ Tbsp       |  |
| Nutmeg, ground                     | 2 tsp         |  |
|                                    |               |  |

### *Approximate nutritive values per portion*

**Calories 831**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>    | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|--------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 41 g | <b>63%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 116 g | <b>39%</b> | <b>Vitamin A</b>      | <b>7%</b>  |
| Sat. Fat 9 g          | <b>46%</b> | <b>Sodium</b> 668 mg  | <b>28%</b> | Fiber 4 g                | <b>16%</b> | <b>Vitamin C</b>      | <b>13%</b> |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 83 g              |            | <b>Calcium</b>        | <b>3%</b>  |
|                       |            |                       |            |                          |            | <b>Iron</b>           | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Apples may be wrapped with dough and frozen for later use. To serve, make sauce and bake as directed but allow 15–20 minutes longer baking time.
- Sliced apples, frozen or fresh, may be used in place of whole apples. Cut pastry into 6-inch squares. Place No. 10 dipper of fruit in the center and sprinkle with sugar-cinnamon mixture. Fold corners of pastry to the center and on top of fruit and seal edges together. Bake as directed for Apple Dumplings.

## APPLESAUCE

*Yield:* 50 portions      *Portion:* ½ cup (4 oz)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>   |
|-------------------|---------------|--|
| Apples, tart      | 15 lb (AP)    | Wash, peel, and core apples. Cut into quarters.                            |
| Water             | 1 qt          | Add water to apples. Cook slowly until soft.                               |
| Sugar, granulated | 3 lb          | Add sugar and stir until dissolved.<br>Serve with No. 10 dipper (rounded). |

### *Approximate nutritive values per portion*

**Calories 185**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 48 g | <b>16%</b> | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 2 mg    | <b>0%</b>  | Fiber 3 g               | <b>12%</b> | <b>Vitamin C</b> | <b>12%</b> |
| <b>Protein</b> 0 g    |            |                       |            | Sugars 45 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Thin slices of lemon, lemon juice, or 1 tsp cinnamon may be added.
- Peaches or pears may be substituted for apples.
- Apples may be cooked unpeeled.
- Amount of sugar will vary with tartness of apples.

### Variation

- **Apple Compote.** Combine sugar and water and heat to boiling point. Add apples and cook until transparent.

## FRUIT COBLER

*Yield:* 64 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 3 × 2½ inches

*Oven:* 425°F      *Bake:* 30 minutes

| <i>Ingredient</i>  | <i>Amount</i>                  | <i>Procedure</i>   |
|--|--------------------------------|--|
| Fruit, frozen  | 10 lb                          | Drain fruit. Reserve juice.  |
| Juice drained from fruit, plus water to make total amount needed | 2 qt                           | Heat juice and water to boiling point.   |
| Sugar, granulated  | 1–2 lb (see Table 5.3, p. 230) | Mix sugar, cornstarch, salt, and seasonings, if any.   |
| Cornstarch   | 6 oz                           |  |
| Seasonings   | See Table 5.3, p. 230          |  |
| Water, cold  | 2 cups                         | Add cold water to dry ingredients and stir until smooth. Add to hot juice while stirring briskly with a wire whip. Cook until thickened.                               |
|  |                                | Add cooked, drained fruit to thickened juice. Mix carefully to prevent breaking or mashing fruit. Cool. Pour into two 12 × 20 × 2-inch baking pans, 9 lb 6 oz per pan. |
| Pastry (p. 223) or Biscuit Topping for Fruit Cobbler (p. 263)    | 3 lb                           | Roll pastry or topping to fit pans. Place on top of fruit. Seal edges to sides of pan. Perforate top. Bake at 425°F for 30 minutes or until top is browned. Cut 4 × 8. |

*Approximate nutritive values per portion*

Calories 193

| Amount/portion       | %DV        | Amount/portion       | %DV       | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|----------------------|------------|----------------------|-----------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 8 g | <b>13%</b> | <b>Cholest.</b> 2 mg | <b>1%</b> | <b>Total Carb.</b> 30 g | <b>10%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 2 g         | 11%        | <b>Sodium</b> 144 mg | 6%        | Fiber 2 g               | 7%         | <b>Vitamin C</b> | 0%        | <b>Iron</b>    | 3%        |
| <b>Protein</b> 1 g   |            |                      |           | Sugars 10 g             |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Use cherries, berries, peaches, apricots, apples, plums, or other fruits.
- The amount of sugar will vary with the tartness of the fruit.
- For canned fruit, see p. 228.

**Variations**

- **Fruit Slices.** Use 2 lb 12 oz pastry. Line an 18 × 26 × 2-inch baking pan with 1 lb 8 oz of the pastry. Add fruit filling prepared as for cobbler. Moisten edges of dough and cover with crust made of remaining pastry. Trim and seal edges and perforate top. Bake at 400°F for 1–1¼ hours.
- **Peach Cobbler with Hard Sauce.** Use 10 lb frozen sliced peaches, thawed, and mixed with 1 lb sugar, 1 tsp nutmeg, 4 oz flour, and 6 oz margarine, melted. Top with pastry crust and bake. Serve warm with Hard Sauce (p. 586) or ice cream.

**BISCUIT TOPPING FOR FRUIT COBLER***Yield:* topping for two 12 × 20-inch pans or 64 portions

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Flour, all-purpose | 1 lb 6 oz     | Blend dry ingredients in mixer bowl.   |
| Baking powder      | 1 oz          |  |
| Salt               | 1 tsp         |  |
| Sugar, granulated  | 3 oz          |  |
| Nonfat dry milk    | 2 tsp         |  |
| Shortening         | 8 oz          | Cut shortening into dry ingredients on low speed until it appears as coarse as cornmeal.   |
| Eggs               | 2 (4 oz)      | Beat eggs. Add water and blend.<br>Add to flour-shortening mixture.<br>Blend on low speed until a soft dough is formed.  |
| Water              | 1¼ cups       |  |
|                    |               | Scale 1 lb 8 oz dough per pan. Roll to fit 12 × 20-inch pan. Roll onto rolling pin. Place over filling in pan, allowing dough to extend up edge of pan, about 1 inch all around (to allow for shrinkage).<br>Cut several slits in dough. |
| Milk               | ¼ cup         | Brush top of each pan with 2 Tbsp milk and 2 Tbsp sugar.   |
| Sugar, granulated  | 2 oz          |  |

*Approximate nutritive values per portion*

Calories 79

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 4 g | <b>6%</b> | <b>Cholest.</b> 8 mg | <b>3%</b> | <b>Total Carb.</b> 10 g | <b>3%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>3%</b> |
| Sat. Fat 1 g         | 5%        | <b>Sodium</b> 81 mg  | 3%        | Fiber 0.3 g             | 1%        | <b>Vitamin C</b> | 0%        | <b>Iron</b>    | 2%        |
| <b>Protein</b> 1 g   |           |                      |           | Sugars 2 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**OLD-FASHIONED STRAWBERRY SHORTCAKE**Yield: 50 individual shortcakes      Portion: 1 shortcake +  $\frac{3}{4}$  cup (6 oz) strawberries

Oven: 375°F      Bake: 15 minutes

| <i>Ingredient</i>                 | <i>Amount</i>           | <i>Procedure</i>  |
|-----------------------------------|-------------------------|---|
| Strawberries, fresh               | 9 qt                    | Wash, drain, and stem strawberries.   |
| Sugar, granulated                 | 2 lb (variable)         | Slice and sweeten. Adjust sugar according to sweetness of berries.  |
| Flour, all-purpose                | 4 lb                    | Mix dry ingredients in mixer bowl.  |
| Baking powder                     | 5 oz                    |   |
| Salt                              | 1 Tbsp                  |   |
| Sugar                             | 1 lb 5 oz               |   |
| Margarine or butter               | 2 lb                    | Cut margarine into dry ingredients, using pastry blender or flat beater.<br>Mixture should have coarse, mealy consistency.  |
| Milk                              | 1½ qt                   | Stir milk quickly into flour mixture. Mix just enough to moisten.<br><br>Portion dough with No. 20 dipper onto ungreased baking sheets. Place about 2 inches apart to allow for spreading. Bake at 375°F for 12–15 minutes or until golden brown. |
| Cream, half-and-half, or whipping | 1½ qt (3 qt if whipped) | To serve, dip $\frac{3}{4}$ cup (6 oz) strawberries over shortcake. Serve with cream or top with whipped cream.   |

*Approximate nutritive values per portion***Calories 470**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV         |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|-------------|
| <b>Total Fat</b> 20 g | <b>30%</b> | <b>Cholest.</b> 15 mg | <b>5%</b>  | <b>Total Carb.</b> 69 g | <b>23%</b> | <b>Vitamin A</b> | <b>10%</b>  |
| Sat. Fat 6 g          | <b>28%</b> | <b>Sodium</b> 611 mg  | <b>25%</b> | Fiber 3 g               | <b>12%</b> | <b>Vitamin C</b> | <b>102%</b> |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 37 g             |            | <b>Calcium</b>   | <b>27%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>11%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • For frozen strawberries, use 12 lb. Portion  $\frac{1}{2}$  cup over shortcake.

## FRUIT AND CHEESE DESSERT

*Yield:* 50 portions      *Portion:* 2<sup>1</sup>/<sub>3</sub>–3 oz

| <i>Ingredient</i>   | <i>Amount</i>                      | <i>Procedure</i>   |
|---|------------------------------------|--|
| Fruit—choose from:<br>Apples cut in wedges<br>Bananas, cut in chunks<br>Kiwi fruit, cut in wedges<br>Pears, quartered<br>Pineapple spears<br>Strawberries | 5–6 lb                             | Select fruit in season that offers contrast in color and texture. Arrange attractively on a platter or tray.   |
| Dessert cheese—choose from:<br>Blue<br>Brie<br>Camembert<br>Gruyère<br>Port du Salut  | 3–4 lb                             | Place cheese on the platter with the fruit or alongside. Cut cheese into serving pieces or provide knife or cheese server so guests may serve themselves. Garnish. Seasonal garnishes are appropriate. |
| Dessert crackers or wafers  | 2–2 <sup>1</sup> / <sub>2</sub> lb | Serve fruit and cheese with dessert crackers or wafers.  |

### *Approximate nutritive values per portion*

**Calories 242**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 12 g | <b>18%</b> | <b>Cholest.</b> 32 mg | <b>11%</b> | <b>Total Carb.</b> 26 g | <b>9%</b>  | <b>Vitamin A</b>      | <b>10%</b> | <b>Calcium</b>        | <b>20%</b> |
| Sat. Fat 6 g          | <b>30%</b> | <b>Sodium</b> 435 mg  | <b>18%</b> | Fiber 5 g               | <b>21%</b> | <b>Vitamin C</b>      | <b>27%</b> | <b>Iron</b>           | <b>6%</b>  |
| <b>Protein</b> 11 g   |            |                       |            | Sugars 7 g              |            |                       |            |                       |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • See p. 713–715 for wine accompaniments.



## CHAPTER 6

# Eggs and Cheese

Eggs, cheese, and milk are basic ingredients in many quantity recipes, and their cookery requires carefully controlled temperatures and cooking times.

## EGGS

### Market Forms

#### Fresh Eggs

The quality of an egg is indicated by grade and is not related to size. Federal quality standards, determined by both interior and exterior quality, classify fresh shell eggs as AA, A, and B. Grades AA and A are best for poaching, frying, and cooking in the shell because the yolks are firm, round, and high, and the thick white stands high around the yolk.

Eggs are classified also according to size and are available as jumbo (30 oz per doz), extra large (27 oz per doz), large (24 oz per doz), medium (21 oz per doz), and small (18 oz per doz). Recipes in this book were tested using large eggs. Substituting smaller or larger eggs in recipes where exact proportions are important will require some calculation based on weights. Table 1.3 gives additional information on weights for whole eggs, whites, and yolks.

Eggs are susceptible to bacterial growth, so proper storage, handling, and cooking are important in maintaining quality. Fresh eggs deteriorate rapidly at room temperature and should be refrigerated at 41°F or below. If kept under proper refrigeration they will retain their quality for 3 weeks. Eggs should be kept in their case to prevent loss of moisture and should be stored away from foods with strong odors.

#### Processed Eggs

Although fresh shell eggs are used extensively for table service, processed eggs are convenient to use in many food products and eliminate the time-consuming task of breaking eggs. Whole eggs, whites, yolks, and various blends are available in liquid, frozen, and dried forms. All egg products must be processed in sanitary facilities under USDA supervision and bear the USDA inspection mark. They must be pasteurized and are routinely analyzed for salmonella contamination. Processed eggs may be contaminated easily and care must be taken to handle them properly.

**Frozen Eggs.** Eggs may be purchased frozen whole or in the form of whites or yolks, and they are available in containers of various sizes. High-quality eggs are used for frozen eggs, and they are suitable for omelets, scrambled eggs, and French toast, as well as for baking.

Frozen egg products should be transferred to refrigerators or freezers immediately upon delivery. Store frozen eggs at 0°F or below, and when defrosting, leave in the refrigerator. Never thaw at room temperature. If 30-lb cans are used, they require 2–3 days to defrost in the refrigerator. Use defrosted eggs promptly. Refrigerate any unused portion and use within 1–3 days.

**Dried Eggs.** Dried eggs are used less frequently than frozen and fresh eggs and are used primarily for baking. They should be stored in a cool, dry place where the temperature does not exceed 50°F, preferably in the refrigerator. After opening a package, any unused portion should be refrigerated in a container with a close-fitting lid.

Reconstitute only the amount that will be used immediately. Dried eggs may be blended with water; more often they are combined with other dry ingredients in the recipe and the amount of water needed to reconstitute is added. Reconstituted eggs should be used immediately or refrigerated promptly in an airtight container and used within an hour.

See Table 1.3 for substituting processed for shell eggs.

## Egg Cookery

Important rules in egg cooking are to use low temperatures and short cooking times. Eggs should be cooked until the white is completely coagulated (set) and the yolk begins to thicken. It is not necessary to cook eggs until hard or rubbery to kill bacteria that may be present. Egg white coagulates between 140°F and 149°F. Whole eggs cooked until the white is set (completely coagulated and firm) and the yoke is beginning to thicken (no longer runny but not hard) are considered to have met necessary time and temperature requirements for safety.

Poached, soft- or hard-cooked, and scrambled eggs should be prepared as close to service as possible by batch cooking or cooking to order. If eggs must be held on a hot counter, they should be undercooked slightly to compensate for the additional heating that will occur. Directions for cooking eggs are given beginning on p. 271.

## CHEESE AND MILK

### Cheese Cookery

Cheese used in cooking should be appropriate in flavor and texture to the item being prepared and should blend well with other ingredients. Aged natural cheese or processed cheese blends more readily than green or unripened cheese. Processed cheese is a blend of fresh and aged natural cheeses that have been melted, pasteurized, and mixed with an emulsifier. It has no rind or waste, is easy to slice, and melts readily. During processing, however, it loses some of the characteristic flavor of natural cheese. For this reason, a natural cheese with a more pronounced flavor may be preferred for cheese sauce and as an addition to other cooked foods where a distinctive cheese flavor is desired.

Cheese to be combined with other ingredients usually is ground, shredded, or diced to expedite melting and blending. Cheese melts in a 300°–325°F oven, so baked dishes containing cheese should be cooked at a temperature no higher than 350°F. Excessive temperature and prolonged cooking cause cheese

to toughen and become stringy and the fat to separate. When making cheese sauce, the cheese should be added after the white sauce is completely cooked and the mixture heated only enough to melt the cheese. When cheese is used as a topping, a thin layer of buttered bread crumbs will protect it from the heat and from becoming stringy.

Because it is available in many forms, cheddar cheese is commonly used in quantity food preparation and ranges in flavor from mild to very sharp. Cheese may be used for appetizers, sandwiches, and salads, or with crackers and fruit for dessert (see p. 265 for dessert suggestions). Table 6.1 lists some of the most common cheeses.

### Milk Cookery

Milk should be heated or cooked at a low temperature. At high temperatures the protein in milk coagulates, leaving a film on the surface and a coating on the sides of the kettle. This coating tends to scorch when milk is heated over direct heat. To prevent formation of this coating, milk should be heated over water, in a steamer, or in a steam-jacketed kettle. Whipping the milk to form a foam or tightly covering the pan and heating the milk to below boiling temperature help to prevent formation of a surface film.

Curdling may be caused by holding the milk at high temperature or by adding foods containing acids and tannins. For example, the tannins in potatoes often cause curdling of the milk used in scalloped potatoes. Milk in combination with ham or certain vegetables, such as asparagus, green beans, carrots, peas, or tomatoes, may curdle. Curdling may be lessened by limiting the salt used, adding the milk in the form of a white sauce, keeping the temperature below boiling, and shortening the cooking time. Danger of curdling in tomato soup may be lessened by adding the tomato to the milk, by having both milk and tomato hot when they are combined, or by thickening the milk or tomato juice before they are combined.

Dry milk is substituted often for fluid milk in quantity cooking, because dry milk is comparatively lower in cost and easy to handle and store. It is available as whole milk, nonfat milk, and buttermilk. Nonfat dry milk is pure, fresh milk from which the fat and water have been removed. It has better keeping qualities than dry whole milk, although both should be kept dry and cool. Once reconstituted, dry milk should be refrigerated.

When dry milk is used in recipes that contain a large proportion of dry ingredients, such as bread, biscuits, and cakes, the only change in method would be to mix the unsifted dry milk with the other dry ingredients and use water in place of fluid milk. For best

**TABLE 6.1** Guide to natural cheeses

| <i>Type</i> | <i>Fat grams per ounce (approx.)</i> | <i>Characteristics</i>   | <i>Mode of serving</i>   |
|-------------|--------------------------------------|--|--|
| American    | 9                                    | Mild flavor; semisoft to soft; smooth, plastic body; processed   | In sandwiches, on crackers   |
| Asiago      |                                      | Sharp, semisoft to hard  | Sliced with fruit, grated in pasta, soups, sauces                        |
| Bel Paese   |                                      | Mild to moderately robust flavor; soft; smooth waxy body   | On crackers, with fruit, in sandwiches; as such (dessert)                |
| Blue (bleu) | 8                                    | Tangy, piquant flavor; semisoft, pasty sometimes crumbly texture; white interior marbled or streaked with blue veins of mold; resembles Roquefort  | In dips, salad dressings, and cooked foods; as such (dessert)            |
| Boursin     |                                      | Mild; smooth; creamy; often flavored with herbs, garlic, peppers   | Breakfast; with fruit; filling for baked chicken breasts                 |
| Brick       | 8                                    | Mild to moderately sharp flavor; semisoft to medium firm, elastic texture, creamy white to yellow interior; brownish exterior; slices well without crumbling   | In salads and sandwiches; as such (dessert)                              |
| Brie        | 8                                    | Mild to pungent flavor; soft, smooth texture; creamy yellow interior; edible thin brown and white crust  | As such (dessert)  |
| Camembert   |                                      | Distinctive mild to tangy flavor; smooth texture, almost fluid when fully ripened; creamy yellow interior; edible thin white or gray-white crust   | As such (dessert)  |
| Cheddar     | 9                                    | Mild to very sharp flavor; hard, smooth, firm body; can be crumbly; light cream to orange  | As such; in sandwiches, cooked foods                                     |
| Colby       | 9                                    | Mild to mellow flavor, similar to cheddar; softer body and more open texture than cheddar; light cream to orange   | As such; in sandwiches, cooked foods                                     |
| Cottage     | 5<br>(creamed)                       | Mild, slightly acid flavor; soft, open texture with tender curds of varying size; white to creamy white  | As such; in salads, dips, cooked foods                                   |
| Cream       | 10                                   | Delicate, slightly acid flavor; soft, smooth texture; white  | As such; in salads, in sandwiches, in dips, on crackers, on sweet breads |
| Edam        | 7                                    | Mellow, nutlike, sometimes salty flavor; rather firm, rubbery texture, creamy yellow or medium yellow-orange interior; surface coated with red wax; usually shaped like a flattened ball                   | As such; on crackers, with fresh fruit                                   |
| Feta        | 6                                    | Salty; soft, flaky, similar to very dry, high-acid cottage cheese; white   | As such; in cooked foods; in salads                                      |
| Fontina     |                                      | Mild, creamy, nutty  | With fruits; in sauces, soups  |
| Gorgonzola  |                                      | Sharp; creamy; like Blue   | As such; in salads; with fruits  |
| Gouda       | 7                                    | Mellow, nutlike flavor, similar to Edam; smooth texture, often containing small holes; creamy yellow or medium yellow-orange interior; usually has a red wax coating; usually shaped like a flattened ball | As such, on crackers, with fresh fruit, in cooked dishes                 |

Continues

TABLE 6.1 *continued*

| <i>Type</i>                           | <i>Fat grams per ounce (approx.)</i> | <i>Characteristics</i>   | <i>Mode of serving</i>  |
|---------------------------------------|--------------------------------------|--|---|
| Gruyère                               |                                      | Nutlike, salty flavor, similar to Swiss but sharper; firm, smooth texture with small holes or eyes; light yellow                             | As such (dessert); fondue   |
| Havarti                               |                                      | Pale yellow; many small holes; mild; creamy; often flavored with herbs   | As such; sandwiches   |
| Jarlsberg                             |                                      | Mild and firm, similar to Swiss  | In sauces; with crackers, fruit   |
| Mascarpone                            |                                      | Very mild; sweet; extremely smooth and creamy; pale ivory color  | Sweet and savory sauces; as a spread on bread; with fresh fruit         |
| Monterey Jack                         | 9                                    | Very mild flavor; semisoft (whole mild), hard (lowfat or skim milk); smooth texture with small opening throughout; creamy white              | As such; in sandwiches; grating cheese if made from lowfat or skim milk |
| Mozzarella                            | 5<br>(part skim)                     | Delicate, mild flavor; semisoft, plastic texture; creamy white   | As such; used in cooking, on pizza                                      |
| Muenster                              | 9                                    | Mild to mellow flavor; semisoft; smooth, waxy body, numerous small mechanical openings; yellow, tan, or white surface; creamy white interior | As such; in sandwiches  |
| Neufchâtel (reduced-fat cream cheese) | 7                                    | Soft, smooth, creamy   | As such; in sandwiches, dips, salads                                    |
| Parmesan                              | 7                                    | Sharp, distinctive flavor; very hard, granular texture; yellowish white  | Grated on salads, in soups and pasta dishes                             |
| Port du Salut                         |                                      | Mellow to robust flavor similar to Gouda; semisoft, smooth elastic texture; creamy white or yellow   | As such (dessert); with fresh fruit; on crackers                        |
| Provolone                             | 8                                    | Bland, acid flavor to sharp and piquant; hard, stringy texture; slices without crumbling; plastic  | As such (dessert) after it has ripened for 6–9 months; in sandwiches    |
| Ricotta                               | 10<br>(part skim)                    | Bland but semisweet; soft, moist, and grainy or dry; similar to cottage cheese but dry   | As such; in cooked foods  |
| Romano                                |                                      | Very sharp, piquant flavor; very hard, brittle, granular texture; yellowish white interior   | Grated on salads, soups, pasta, pizza                                   |
| Roquefort                             |                                      | Sharp, peppery, piquant flavor; semisoft pasty, sometimes crumbly texture; white interior streaked with blue-green veins of mold. See Blue.  | As such (dessert); in salads, salad dressings; on crackers              |
| Stilton                               |                                      | White or pale yellow with blue veins; pungent, rich, tangy   | As such (dessert); with crackers, fruit, port                           |
| Swiss, Emmentaler (firm)              | 8                                    | Mild, sweet, nutlike flavor; hard, smooth with large gas holes or eyes; pale yellow  | As such; in sandwiches, with salads; fondue                             |

Based on information from the National Dairy Council, Rosemont, IL.

results, dry milk should be weighed, not measured. Package directions for reconstituting dry milk solids should be followed. A general guide is to use 3.5 ounces, by weight, of instant or regular spray process nonfat dry milk plus  $3\frac{3}{4}$  cups water to make 1 quart liquid milk; or 1 pound plus  $3\frac{3}{4}$  quarts water to make

1 gallon. The same proportion is used for dry buttermilk. For some foods, additional fat (1.2 oz per quart of liquid) should be added. Additional amounts of nonfat dry milk may be added to some foods to supplement their nutritional value, although excessive amounts that affect palatability should not be used.

## EGG AND CHEESE RECIPES

### PROCEDURE FOR COOKING EGGS

| <i>Method</i>                  | <i>Equipment and procedure</i>  |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
|--------------------------------|---|--------------------|--|-------------------|---|-----------------|--------------------|--------------------|-------------|-------------|--------------|-------|-------------|-------------|------|-------------|--------------|
| Hard or Soft Cooked (in Shell) | <p><b>Kettle:</b></p> <ol style="list-style-type: none"> <li>Place eggs in wire baskets and lower into kettle of boiling water. Simmer (do not boil), timing as follows: <table style="margin-left: 40px;"> <tr> <td style="text-align: center;"><i>Soft cooked</i></td> <td style="text-align: center;"><i>Hard cooked</i></td> </tr> <tr> <td style="text-align: center;">5–7 minutes</td> <td style="text-align: center;">10–15 minutes</td> </tr> </table> </li> <li>Immerse hard-cooked eggs in cold water or serve immediately. Serve soft-cooked eggs immediately after cooking.</li> </ol> <p><b>Steamer:</b></p> <ol style="list-style-type: none"> <li>Place eggs in perforated counter pans, 3 doz per 12 × 20 × 2-inch pan.</li> <li>Place in steamer and time as follows: <table style="margin-left: 40px;"> <tr> <td style="text-align: center;"><i>Pressure</i></td> <td style="text-align: center;"><i>Soft cooked</i></td> <td style="text-align: center;"><i>Hard cooked</i></td> </tr> <tr> <td style="text-align: center;">5 lb</td> <td style="text-align: center;">5–7 minutes</td> <td style="text-align: center;">8–10 minutes</td> </tr> <tr> <td style="text-align: center;">15 lb</td> <td style="text-align: center;">4–6 minutes</td> <td style="text-align: center;">7–9 minutes</td> </tr> <tr> <td style="text-align: center;">0 lb</td> <td style="text-align: center;">6–8 minutes</td> <td style="text-align: center;">9–10 minutes</td> </tr> </table> </li> <li>Immerse in cold water or serve immediately.</li> </ol> | <i>Soft cooked</i> | <i>Hard cooked</i>                                   | 5–7 minutes       | 10–15 minutes   | <i>Pressure</i> | <i>Soft cooked</i> | <i>Hard cooked</i> | 5 lb        | 5–7 minutes | 8–10 minutes | 15 lb | 4–6 minutes | 7–9 minutes | 0 lb | 6–8 minutes | 9–10 minutes |
| <i>Soft cooked</i>             | <i>Hard cooked</i>  |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 5–7 minutes                    | 10–15 minutes   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| <i>Pressure</i>                | <i>Soft cooked</i>  | <i>Hard cooked</i> |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 5 lb                           | 5–7 minutes   | 8–10 minutes       |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 15 lb                          | 4–6 minutes   | 7–9 minutes        |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 0 lb                           | 6–8 minutes   | 9–10 minutes       |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| Hard Cooked (out of Shell)     | <p><b>Steamer:</b></p> <ol style="list-style-type: none"> <li>Crack eggs into a 12 × 20 × 2-inch solid, greased counter pan. Eggs should be thick enough in pans so whites come up to level of yolks (4 doz per pan).</li> <li>Place in steamer and time as follows: <table style="margin-left: 40px;"> <tr> <td style="text-align: center;"><i>Pressure</i></td> <td style="text-align: center;"><i>Hard cooked</i></td> </tr> <tr> <td style="text-align: center;">5 lb</td> <td style="text-align: center;">6–8 minutes</td> </tr> <tr> <td style="text-align: center;">15 lb</td> <td style="text-align: center;">5–7 minutes</td> </tr> <tr> <td style="text-align: center;">0 lb</td> <td style="text-align: center;">6–8 minutes</td> </tr> </table> </li> <li>Remove from steamer and drain off any accumulated condensate. Chop and cool quickly (within 4 hours) to below 41°F.</li> </ol>  | <i>Pressure</i>    | <i>Hard cooked</i>                                   | 5 lb              | 6–8 minutes   | 15 lb           | 5–7 minutes        | 0 lb               | 6–8 minutes |             |              |       |             |             |      |             |              |
| <i>Pressure</i>                | <i>Hard cooked</i>  |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 5 lb                           | 6–8 minutes   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 15 lb                          | 5–7 minutes   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 0 lb                           | 6–8 minutes   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| Poached                        | <p><b>Fry pan or kettle:</b></p> <ol style="list-style-type: none"> <li>Break eggs into individual dishes. Carefully slide eggs into simmering water in fry pan or other shallow pan. The addition of 1 Tbsp salt or 2 tsp vinegar to the water increases the speed of coagulation and helps maintain shape.</li> <li>Keep water at simmering (not boiling) temperature. Cook 5 minutes.</li> <li>Remove eggs with slotted spoon.</li> </ol> <p><b>Steamer:</b></p> <ol style="list-style-type: none"> <li>Break eggs into water in 12 × 10 × 2-inch counter pans.</li> <li>Place eggs into steamer and time as follows: <table style="margin-left: 40px;"> <tr> <td style="text-align: center;"><i>Pressure</i></td> <td style="text-align: center;"><i>Soft poached</i></td> </tr> <tr> <td style="text-align: center;">5 lb</td> <td style="text-align: center;">3–4 minutes</td> </tr> <tr> <td style="text-align: center;">15 lb</td> <td style="text-align: center;">2–3 minutes</td> </tr> <tr> <td style="text-align: center;">0 lb</td> <td style="text-align: center;">3–5 minutes</td> </tr> </table> </li> <li>To serve, lift out of water into a warmed pan.</li> </ol>  | <i>Pressure</i>    | <i>Soft poached</i>                                  | 5 lb              | 3–4 minutes   | 15 lb           | 2–3 minutes        | 0 lb               | 3–5 minutes |             |              |       |             |             |      |             |              |
| <i>Pressure</i>                | <i>Soft poached</i>   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 5 lb                           | 3–4 minutes   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 15 lb                          | 2–3 minutes   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| 0 lb                           | 3–5 minutes   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| Fried                          | <p><b>Skillet or griddle:</b></p> <ol style="list-style-type: none"> <li>Break eggs into individual dishes. Slide carefully into hot fat in skillet or on griddle.</li> <li>Cook over low heat until of desired hardness, 5–7 minutes: <table style="margin-left: 40px;"> <tr> <td style="text-align: center;"><i>Sunnyside:</i></td> <td style="text-align: center;">7 minutes at a cooking surface temperature of 250°F.</td> </tr> <tr> <td style="text-align: center;"><i>Over easy:</i></td> <td style="text-align: center;">3 minutes at a cooking surface temperature of 250°F on one side, then turn the egg and fry for another 2 minutes on the other side.</td> </tr> </table> </li> </ol>   | <i>Sunnyside:</i>  | 7 minutes at a cooking surface temperature of 250°F. | <i>Over easy:</i> | 3 minutes at a cooking surface temperature of 250°F on one side, then turn the egg and fry for another 2 minutes on the other side. |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| <i>Sunnyside:</i>              | 7 minutes at a cooking surface temperature of 250°F.  |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| <i>Over easy:</i>              | 3 minutes at a cooking surface temperature of 250°F on one side, then turn the egg and fry for another 2 minutes on the other side.   |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |
| Scrambled                      | See recipe, p. 272  |                    |  |                   |   |                 |                    |                    |             |             |              |       |             |             |      |             |              |

**Notes**

- Hard-cooked eggs will peel easier if the raw eggs have been held in the refrigerator for 24 hours before cooking. A greenish color may appear on the yolks of hard-cooked eggs when the eggs have been overcooked or allowed to cool slowly in the cooking water. Cooking the eggs for the minimum length of time required to make them solid and cooling them in cold running water or ice water help to prevent this color formation.
- Cook scrambled eggs in small batches (no larger than 3 quarts) until no visible liquid egg remains. Do not combine raw egg mixture with cooked scrambled eggs. Keep scrambled egg mixture below 41°F.
- Do not combine eggs that have been held in a steam table pan with a fresh batch of eggs. Always use a fresh steam table pan.
- The practice of breaking large quantities of eggs together and holding for a period of time greatly increases the risk of bacterial contamination.
- Never leave eggs or egg-containing products at temperatures between 40°F and 140°F (room temperature) for more than 1 hour (including preparation and service).
- Hold cold egg dishes below 41°F.
- Hold hot egg dishes above 140°F. Do not hold hot foods on buffet line for longer than 30 minutes.
- When refrigerating a large quantity of a hot egg-rich dish or leftover, divide into several shallow containers so it will cool quickly. See p. 44 for recommended cooling procedures.

**SCRAMBLED EGGS**

Yield: 50 portions

Portion: 3 oz

| Ingredient       | Amount         | Procedure  |
|------------------|----------------|--|
| Eggs (see Notes) | 75 (8 lb 3 oz) | Break eggs into mixer bowl. If using frozen eggs, defrost. Beat slightly on medium speed, using wire whip attachment.  |
| Milk             | 1½ qt          | Add milk and salt to eggs. Beat until blended.   |
| Salt             | 2 Tbsp         | Refrigerate mixture, removing small amounts as needed.   |
| Margarine        | 8 oz           | Melt margarine in fry pan, griddle, or steam-jacketed kettle. Pour in egg mixture (see Notes). Cook over low heat, stirring occasionally, until of desired consistency. Eggs should be glossy and 165°F. Serve with No. 10 dipper. |

*Approximate nutritive values per portion*

Calories 162

| Amount/portion        | %DV        | Amount/portion         | %DV         | Amount/portion         | %DV       | Amount/portion   | %DV        |
|-----------------------|------------|------------------------|-------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>19%</b> | <b>Cholest.</b> 320 mg | <b>107%</b> | <b>Total Carb.</b> 2 g | <b>1%</b> | <b>Vitamin A</b> | <b>16%</b> |
| Sat. Fat 4 g          | <b>18%</b> | <b>Sodium</b> 407 mg   | <b>17%</b>  | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 10 g   |            |                        |             | Sugars 1 g             |           | <b>Calcium</b>   | <b>7%</b>  |
|                       |            |                        |             |                        |           | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Hold uncooked mixture below 41°F and cooked eggs above 140°F.
- Breaking and pooling large quantities of shell eggs is not recommended.
- Recommend using pasteurized eggs when scrambled egg mixture must be held longer than 2 hours.
- The type of equipment used will determine batch size. Eggs should be cooked in small batches and held for a minimum amount of time before serving.
- **Steamer method.** Melt 4 oz margarine in each of two steamer or counter pans. Pour egg mixture into pans. Steam for 6–8 minutes at 5 lb pressure until desired degree of hardness is reached.

- **Oven method.** Melt 4 oz margarine in each of two counter or baking pans. Pour egg mixture into pans. Bake approximately 20 minutes at 350°F, stirring once after 10 minutes of baking.
- For lower cholesterol, egg whites may be substituted for half of the whole eggs.

**Variations**

- **Scrambled Eggs and Cheese.** Add 1 lb grated cheddar cheese.
- **Scrambled Eggs and Chipped Beef.** Add 1 lb chopped chipped beef. Reduce salt to 1 Tbsp or less.
- **Scrambled Eggs and Ham.** Add 1 lb 4 oz chopped cooked ham. Reduce salt to 1 Tbsp or less.

**CREAMED EGGS**

Yield: 50 portion

Portion: 5 oz

| Ingredient                    | Amount         | Procedure  |
|-------------------------------|----------------|--|
| Eggs, hard cooked<br>(p. 271) | 75             | Peel eggs. Set aside for later step.<br>Refrigerate if not using immediately.          |
| Margarine                     | 1 lb           | Melt margarine. Add flour, salt, and pepper. Stir until smooth.<br>Cook for 5 minutes. |
| Flour, all-purpose            | 8oz            |  |
| Salt                          | 1 oz (1½ Tbsp) |  |
| Pepper, white                 | ¼ tsp          |  |
| Milk                          | 1 gal          | Add milk gradually, stirring constantly with wire whip.<br>Cook until thickened.       |

Slice or quarter hard-cooked eggs. Refrigerate if not using immediately.

When ready to serve, pour hot sauce over eggs. Mix carefully. Reheat if necessary to 165°F.

*Approximate nutritive values per portion*

Calories 242

| Amount/portion        | %DV | Amount/portion         | %DV  | Amount/portion         | %DV |                  | %DV |                | %DV |
|-----------------------|-----|------------------------|------|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 17 g | 27% | <b>Cholest.</b> 330 mg | 110% | <b>Total Carb.</b> 8 g | 3%  | <b>Vitamin A</b> | 19% | <b>Calcium</b> | 13% |
| Sat. Fat 5 g          | 27% | <b>Sodium</b> 410 mg   | 17%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 1%  | <b>Iron</b>    | 7%  |
| <b>Protein</b> 13 g   |     |                        |      | Sugars 4 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**Variations**

- **Curried Eggs.** Substitute chicken broth for 2 qt of the milk. Add 2 Tbsp curry powder. May be served with steamed rice or chow mein noodles.
- **Eggs à la King.** Substitute Chicken Stock for 2 qt of the milk. Add 1 lb mushrooms that have been sautéed, 12 oz chopped green peppers, and 8 oz chopped pimiento.
- **Goldenrod Eggs.** Mash or rice egg yolks. Add sliced whites to sauce. Serve on toast. Sprinkle mashed yolks over the top.
- **Scotch Woodcock.** Add 1 lb sharp Cheddar cheese to sauce. Cut eggs in half lengthwise and place in pans. Pour sauce over eggs. Cover with buttered crumbs. Bake until heated through and crumbs are brown.

**BAKED OMELET**

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 3 oz  
*Oven:* 325°F      *Bake:* 45 minutes

| <i>Ingredient</i>   | <i>Amount</i>   | <i>Procedure</i>   |
|---|-----------------|--|
| Margarine   | 12 oz           | Melt margarine. Add flour and seasonings. Stir until smooth. Cook 5 minutes. |
| Flour, all-purpose  | 8 oz            |  |
| Salt  | 2 Tbsp          |  |
| Pepper, white   | ½ tsp           |  |
| Milk  | 3 qt            | Add milk gradually, stirring constantly with a wire whip. Cook until thick.  |
| Egg yolks, beaten   | 24 (15 oz)      | Add egg yolks and mix well with wire whip.                                   |
| Egg whites  | 24 (1 lb 12 oz) | Beat egg whites until they form rounded peaks. Fold into egg yolk mixture.   |
| Pour mixture into two greased 12 × 20 × 2-inch baking pans, 5 lb per pan.<br>Set pans in counter pans with 3 cups of hot water in each.<br>Bake at 325°F for approximately 45 minutes or until set, 180°F internal end-point temperature.<br>Cut 4 × 6. |                 |  |

*Approximate nutritive values per portion*

Calories 146

| Amount/portion | %DV | Amount/portion  | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|-----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 11 g | 16% | Cholest. 122 mg | 41% | Total Carb. 7 g | 2%  | Vitamin A | 21% |
| Sat. Fat 3 g   | 16% | Sodium 394 mg   | 16% | Fiber 0 g       | 0%  | Vitamin C | 0%  |
| Protein 6 g    |     |                 |     | Sugars 3 g      |     | Calcium   | 9%  |
|                |     |                 |     |                 |     | Iron      | 3%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. Hold at internal temperature above 140°F.

**Variations**

- **Bacon Omelet.** Fry 1 lb 8 oz diced bacon; substitute bacon fat for margarine in white sauce. Add diced bacon to egg mixture.
- **Cheese Omelet.** Add 12 oz grated cheese before placing pans in ovens.
- **Cheese and Bacon Omelet.** Combine 8 lb eggs, 1 Tbsp (¾ oz) salt, and 1 Tbsp white pepper and mix on low speed just until blended. Portion with No. 12 dipper onto lightly greased preheated grill. Cook until set. Portion 1 oz shredded processed cheese and ½ oz cooked crumbled bacon over each omelet. Fold omelet with spatula. Place in 12 × 20 × 2-inch pans. Cover and keep hot. Prepare 3 lb cheese and 1 lb 8 oz bacon for 50 omelets.
- **Grilled Cheese Omelet.** Combine 11 lb eggs, 1½ Tbsp (1 oz) salt, and 1 Tbsp white pepper and mix on low speed just until blended. Portion with No. 8 dipper onto lightly greased preheated grill. As omelet begins to set, portion 1½ oz shredded processed cheese over each (4 lb 8 oz for 50 omelets). Fold omelet with spatula and place in 12 × 20 × 2-inch pans. Cover and keep hot.
- **Ham Omelet.** Add 3 lb finely diced cooked ham. Reduce salt to 1 Tbsp or less.
- **Jelly Omelet.** Spread 1 lb tart jelly over cooked omelet.
- **Mushroom and Cheese Omelet.** Add 8 oz grated cheese and 6 oz sliced mushrooms.
- **Spanish Omelet.** Add 8 oz chopped green chilies to egg mixture. Serve with Spanish Sauce (p. 574).

**POTATO OMELET**

*Yield:* 56 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 6 oz  
*Oven:* 325°F      *Bake:* 1 hour

| <i>Ingredient</i>       | <i>Amount</i>   | <i>Procedure</i>   |
|-------------------------|-----------------|--|
| Bacon slices            | 50              | Arrange bacon, slightly overlapping, in baking pans. Cook in oven at 400°F until crisp. Remove from pans. Place on paper towels to absorb fat.   |
| Potatoes, cooked, diced | 9 lb (EP)       | Brown potatoes slightly in bacon fat. Remove to two greased 12 × 20 × 2-inch baking pans, 4 lb 8 oz per pan.   |
| Eggs, beaten            | 36 (3 lb 15 oz) | Combine eggs, milk, and seasonings. Pour over potatoes.<br><br>Bake at 325°F for approximately 1 hour, or until set, 180°F internal end-point temperature.<br>Serve as soon as removed from oven.<br>Cut 4 × 7. Place a slice of crisp bacon on top of each serving. |
| Salt                    | 2 oz            |  |
| Pepper, white           | 1 tsp           |  |
| Pepper, cayenne         | few grains      |  |
| Milk, hot               | 3 qt            |  |

*Approximate nutritive values per portion***Calories 180**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 8 g  | <b>12%</b> | <b>Cholest.</b> 148 mg | <b>49%</b> | <b>Total Carb.</b> 19 g | <b>6%</b>  | <b>Vitamin A</b> | <b>8%</b>  |
| Sat. Fat 3 g          | <b>15%</b> | <b>Sodium</b> 552 mg   | <b>23%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>19%</b> |
| <b>Protein</b> 9 g    |            |                        |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>8%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Hold at internal temperature above 140°F.
- 4 oz chopped green pepper and 4 oz chopped onion may be added.

**Variation**

- **Potato-Ham Omelet.** Omit bacon. Add 4 lb diced cooked ham to potatoes. Reduce salt to 1 Tbsp.

**CHINESE OMELET**

Yield: 48 portions or 2 pans 12 × 20 × 2 inches

Portion: 4 oz

Oven: 325°F

Bake: 45 minutes

| Ingredient                      | Amount          | Procedure  |
|---------------------------------|-----------------|--|
| Rice, long-grain                | 2 lb (AP)       | Cook rice according to directions on p. 399.   |
| Water                           | 2½ qt           |  |
| Salt                            | 1 Tbsp          |  |
| Margarine or vegetable oil      | 1 Tbsp          |  |
| Margarine                       | 4 oz            | Melt margarine. Add flour and salt. Stir until smooth. Cook 5 minutes.   |
| Flour, all-purpose              | 2 oz            |  |
| Salt                            | 1 tsp           |  |
| Milk                            | 1 qt            | Add milk gradually, stirring constantly with wire whip. Cook until thickened.  |
| Cheddar cheese, sharp, shredded | 1 lb            | Add cheese to white sauce. Stir until cheese is melted.  |
| Egg yolks                       | 24 (15 oz)      | Beat egg yolks until light and fluffy. Add seasonings. Add to cheese sauce. Stir until smooth. Add rice and mix to blend |
| Mustard, dry                    | 1 tsp           |  |
| Salt                            | 2 Tbsp          |  |
| Paprika                         | 1 tsp           |  |
| Egg whites                      | 24 (1 lb 12 oz) | Beat egg whites until they form soft peaks. Fold into rice mixture.  |

Pour into two greased 12 × 20 × 2-inch pans, 7 lb per pan. Bake at 325°F for approximately 45 minutes or until set, 180°F internal end-point temperature.

Cut 4 × 6.

Serve with Cheese Sauce (p. 561), Italian Tomato Sauce (p. 573), or Mushroom Sauce (p. 566).

*Approximate nutritive values per portion***Calories 185**

| Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion          | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 9 g | 14% | <b>Cholest.</b> 126 mg | 42% | <b>Total Carb.</b> 18 g | 6%  | <b>Vitamin A</b> | 21% | <b>Calcium</b> | 12% |
| Sat. Fat 4 g         | 19% | <b>Sodium</b> 614 mg   | 26% | Fiber 0.4 g             | 1%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 6%  |
| <b>Protein</b> 8 g   |     |                        |     | Sugars 1 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## EGG AND SAUSAGE BAKE

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 6 oz  
*Oven:* 325°F      *Bake:* 1 hour

| <i>Ingredient</i>        | <i>Amount</i>  | <i>Procedure</i>  |
|--------------------------|----------------|---|
| Bread, sliced            | 2 lb 8 oz      | Cut bread in cubes.<br>Cover bottoms of two greased 12 × 20 × 2-inch baking pans with bread cubes. Pans should be well covered. |
| Sausage, bulk            | 9 lb           | Brown sausage. Drain well.  |
| Cheddar cheese, shredded | 2 lb 8 oz      | Spread cheese and sausage over bread cubes.   |
| Eggs, beaten             | 42 (4 lb 8 oz) | Combine eggs, milk, and mustard.  |
| Milk                     | 3 qt           | Pour over mixture in pans, 2½ qt per pan.   |
| Mustard, dry             | 1½ Tbsp        | May be mixed, covered, and refrigerated overnight.  |

Bake uncovered at 325°F for approximately 1 hour or until set, 180°F internal end-point temperature. If browning too fast, cover with foil.

Cut 4 × 6.

### *Approximate nutritive values per portion*

**Calories 568**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 42 g | <b>64%</b> | <b>Cholest.</b> 286 mg | <b>95%</b> | <b>Total Carb.</b> 15 g | <b>5%</b>  | <b>Vitamin A</b> | <b>17%</b> |
| Sat. Fat 17 g         | <b>84%</b> | <b>Sodium</b> 1483 mg  | <b>62%</b> | Fiber 3 g               | <b>11%</b> | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 32 g   |            |                        |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>30%</b> |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Chopped ham or bacon may be substituted for sausage.

### Variations

- **Sausage-Potato Bake.** Substitute frozen hashed brown potatoes for bread cubes.
- **Egg-Potato Bake.** Delete sausage. Substitute frozen hashed brown potatoes for bread cubes.

## ROASTED PEPPER AND BASIL FRITTATA

Yield: 48 portions      Portion: 4½ oz (1 wedge)  
 Oven: 350°F      Bake: 17–20 minutes

| Ingredient   | Amount          | Procedure  |
|--|-----------------|--|
| Onions, thinly sliced                                | 12 lb (EP)      | Using a covered pan, fry onions in oil on low heat, 200°F, until reduced in bulk.<br>Uncover and continue cooking on very low heat until onions are browned and dry (12 lb fresh sliced onions will yield approximately 4 lb after cooking).   |
| Olive oil  | 2½ cups         |  |
| Roasted Red Bell Peppers, diced (p. 278) (see Notes) | 1 lb (EP)       | Stir peppers and salt into cooked onion.   |
| Salt   | 1 oz            |  |
| Eggs   | 60 (6 lb 12 oz) | Break eggs into bowl. Beat until blended.  |
| Parmesan cheese, shredded                            | 6 oz            | Add onion mixture, cheese, and pepper into eggs. Stir to mix.  |
| Black pepper   | 2 tsp           |  |
| Fresh basil, torn into small pieces                  | 4 oz            | Add basil to egg mixture. Mix lightly.   |
| Butter, melted                                       | 12 oz           | Pour 2 oz butter into six 13-inch round pizza pans. Scale 2 lb 4 oz of egg mixture into each pan. (Stir often while scaling in pans to keep the vegetables evenly distributed.) Bake at 350°F for approximately 20 minutes or until eggs are set and top has some brown speckling beginning to occur. Cut into eight wedges. |

### Approximate nutritive values per portion

Calories 250

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV        |
|-----------------------|------------|------------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 19 g | <b>29%</b> | <b>Cholest.</b> 270 mg | <b>90%</b> | <b>Total Carb.</b> 11 g | <b>4%</b> | <b>Vitamin A</b> | <b>19%</b> |
| Sat. Fat 4 g          | <b>21%</b> | <b>Sodium</b> 350 mg   | <b>15%</b> | Fiber 2.3 g             | <b>9%</b> | <b>Vitamin C</b> | <b>43%</b> |
| <b>Protein</b> 10 g   |            |                        |            | Sugars 3 g              |           | <b>Calcium</b>   | <b>9%</b>  |
|                       |            |                        |            |                         |           | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Use freshly shredded Parmesan cheese.
- Frozen roasted peppers may be substituted for freshly roasted peppers. When using frozen roasted peppers, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).
- 6 oz reconstituted sun-dried tomatoes can be substituted for 6 oz of the roasted red peppers.
- Frittata can be cooked in an ovenproof 10-inch sauté pan. Melt 2 Tbsp butter in pan. When butter begins to foam, pour 1 lb 3 oz of egg mixture into pan. Turn heat to very low and cook until eggs are set on the bottom and only slightly runny on the surface. Put pan under broiler until eggs become set but not browned. Cut into four wedges.

## QUICHE

*Yield:* 48 portions or 12 8-inch quiches  
*Oven:* 375°F      *Bake:* 25–30 minutes

*Portion:* ¼ quiche

| <i>Ingredient</i>   | <i>Amount</i>  | <i>Procedure</i>  |
|---|----------------|---|
| Flour, all-purpose  | 1 lb 13 oz     | Make pastry according to directions on p. 223.<br>Line 12 8-inch pie pans with pastry, 5 oz per pan.<br>Partially bake shells at 375°F for about 10 minutes.            |
| Salt  | 1 Tbsp         |   |
| Shortening  | 1 lb 4 oz      |   |
| Water, cold   | 1¼ cups        |   |
| Eggs  | 30 (3 lb 4 oz) | Beat eggs. Add cream, milk, and seasonings.   |
| Cream or half-and-half                                    | 2 qt           |   |
| Milk  | 2 qt           |   |
| Salt  | 1½ tsp         |   |
| Pepper, white   | ½ tsp          |   |
| Swiss cheese, grated                                      | 3 lb           | Sprinkle partially baked shells with Swiss cheese, 4 oz per pie, and bacon or ham, 2 oz per pie.<br>Pour egg mixture into shells, 15 oz (approximately 2 cups) per pie. |
| Bacon, chopped, cooked, and drained, or ham, finely diced | 1 lb           |   |
| Parmesan cheese, grated                                   | 8 oz           | Sprinkle with Parmesan cheese, 2 Tbsp per pie.<br>Bake until custard is set and lightly browned, 180°F internal end-point temperature.                                  |

### *Approximate nutritive values per portion*

**Calories 473**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 35 g | <b>54%</b> | <b>Cholest.</b> 189 mg | <b>63%</b> | <b>Total Carb.</b> 18 g | <b>6%</b>  | <b>Vitamin A</b> | <b>20%</b> |
| Sat. Fat 15 g         | <b>76%</b> | <b>Sodium</b> 589 mg   | <b>25%</b> | Fiber 0.5 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>6%</b>  |
| <b>Protein</b> 21 g   |            |                        |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>44%</b> |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>8%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

### Variations

- **Mushroom Quiche.** Delete bacon or ham and Parmesan cheese. Sprinkle 3 lb sliced fresh mushrooms and 8 oz fine chopped onions sautéed in 4 oz margarine over bottoms of shells, approximately 4 oz per pie.
- **Sausage Quiche.** Substitute 1 lb cooked, drained sausage (1 lb 12 oz AP) for bacon or ham.
- **Seafood Quiche.** In place of bacon, use 3 lb flaked crab meat, shrimp pieces, or other seafood, 1 lb sliced fresh mushrooms, and 12 oz finely chopped onions sautéed in 4 oz margarine. Scale approximately 5 oz per pie. Delete Parmesan cheese.
- **Swiss Spinach Quiche.** Delete bacon or ham and Parmesan cheese. Increase Swiss cheese to 6 lb. Add 3 lb 8 oz chopped spinach, well drained. Add 1 tsp nutmeg.

## LEEK AND ROASTED PEPPER QUICHE

Yield: 50 portions or 10 9-inch quiches

Portion:  $\frac{1}{5}$  quiche

Oven: 325°F

Bake: 60 minutes

| Ingredient                                     | Amount            | Procedure  |
|--|-------------------|--|
| Flour, all-purpose                             | 3 lb              | Make pastry according to directions (p. 223)<br>Line 10 9-inch pie shells.   |
| Shortening                                     | 2 lb              |  |
| Salt   | 1½ oz             |  |
| Water, cold                                    | 1½–1¾ cups        |  |
| Mushrooms, coarsely chopped                    | 5 lb 4 oz (AP)    | Sauté mushrooms in butter until softened and liquid has evaporated. Weight after sautéing should equal 2 lb.<br>Reserve for later step.  |
| Butter   | 8 oz              |  |
| Butter   | 8 oz              | Sauté onions in butter until tender and slightly browned.<br>Add leeks and continue cooking until wilted.  |
| Onions, coarsely chopped                       | 12 oz (EP)        |  |
| Leeks, thinly sliced                           | 2 lb 12 oz (EP)   |  |
| Roasted Red Peppers, coarsely chopped (p. 278) | 1 lb 4 oz         | Add mushrooms reserved from earlier step and roasted peppers to sautéed onions.<br>Scale 10 oz vegetable mixture in each quiche shell.   |
| Swiss cheese, shredded                         | 3 lb 12 oz        | Toss cheese with flour.<br>Sprinkle 6 oz cheese over vegetables in each pan.   |
| Flour, all-purpose                             | 4 oz              |  |
| Egg whites                                     | 12 oz             | Whip egg whites until frothy. Add whole eggs and blend until just mixed.   |
| Eggs, whole beaten slightly                    | 2 lb 12 oz        |  |
| Milk   | 1¾ qt             | Combine eggs, milk, and spices.<br>Scale 11 oz of egg-milk mixture over cheese in each pan (approximately 1½ cups).<br>Set pans on 18 × 26 × 1-inch pan. Bake at 325°F until quiche reaches 180°F, about 1 hour. |
| Pepper, white                                  | $\frac{3}{4}$ tsp |  |
| Pepper, crushed red                            | $\frac{3}{4}$ tsp |  |

### Approximate nutritive values per portion

Calories 550

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 40 g | <b>61%</b> | <b>Cholest.</b> 160 mg | <b>53%</b> | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b> | <b>29%</b> | <b>Calcium</b> | <b>34%</b> |
| Sat. Fat 16 g         | <b>82%</b> | <b>Sodium</b> 940 mg   | <b>39%</b> | Fiber 2g                | <b>8%</b>  | <b>Vitamin C</b> | <b>47%</b> | <b>Iron</b>    | <b>16%</b> |
| <b>Protein</b> 19g    |            |                        |            | Sugars 4g               |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Vegetable base can be substituted for chicken base. Adjust salt as necessary.

### Variation

- **Vegetable Quiche.** Thaw 1 lb frozen broccoli cuts in a colander. Drain. Steam 1 lb finely chopped carrots. Drain. Mix vegetables together. Combine 4 lb 12 oz shredded processed Swiss cheese and 5½ oz flour. In each quiche shell, scale 8 oz cheese then 3 oz drained vegetables. Prepare the liquid by whipping 1 lb egg whites until frothy and mixing with 3 lb 12 oz slightly beaten whole eggs. Add 5 lb 10 oz milk, 1 tsp nutmeg, and 2 tsp white pepper. Proceed as for Leek and Roasted Vegetable Quiche.

## DEVILED EGGS

Yield: 50 portions      Portion: 2 halves

| Ingredient                      | Amount  | Procedure  |
|---------------------------------|---------|--|
| Eggs, hard cooked<br>(p. 271)   | 50      | Peel eggs. Cut in half lengthwise.<br>Remove yolks to mixer bowl.<br>Arrange whites in rows on a tray.   |
| Milk                            | ½ cup   | Mash yolks, using flat beater.<br>Add milk and mix until blended.  |
| Mayonnaise or<br>salad dressing | 1½ cups | Add remaining ingredients to yolks and mix until smooth.<br>Refill whites with mashed yolks, approximately 1½ Tbsp for<br>each half egg white. |
| Salt                            | 1 Tbsp  | Sprinkle with paprika (optional).  |
| Dry mustard                     | 2 tsp   | Chill quickly (within 4 hours) to below 41° F.   |
| Sugar, granulated               | 1 tsp   |  |
| Vinegar, cider                  | ½ cup   |  |

### Approximate nutritive values per portion

Calories 105

| Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|----------------------|-----|------------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 7 g | 12% | <b>Cholest.</b> 215 mg | 72% | <b>Total Carb.</b> 3 g | 1%  | <b>Vitamin A</b> | 10% | <b>Calcium</b> | 3%  |
| Sat. Fat 2 g         | 10% | <b>Sodium</b> 242 mg   | 10% | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 4%  |
| <b>Protein</b> 6 g   |     |                        |     | Sugars 0 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Pastry bag may be used to fill egg whites. Yolk mixture should be smooth and creamy. Use plain or rose tip.
- 6 oz finely chopped pimientos may be added to yolk mixture.

### Variations

- **Dilled Eggs.** Combine 1¾ qt vinegar, 1¼ qt water, 1 Tbsp dill weed, 1 tsp white pepper, 1 oz (1½ Tbsp) salt, ¼ tsp dry mustard, 1 Tbsp onion juice, and 3 cloves garlic. Pour over peeled, hard cooked eggs. Cover tightly and refrigerate overnight.
- **Hot Stuffed Eggs.** Proceed as for Deviled Eggs. To mash egg yolks, add 3 oz melted margarine or butter, 2 tsp salt, ⅛ tsp cayenne pepper, 1 Tbsp prepared mustard, 1 lb ham, minced. Arrange stuffed eggs in two 12 × 20 × 2-inch baking pans. Cover with 1 gal white sauce (p. 560), 2 qt per pan. Bake at 325°F for 30 minutes. Sprinkle with chopped parsley. Ham may be added to the white sauce instead of to egg yolks.
- **Pickled Eggs.** Combine 3½ cups beet juice, 3½ cups vinegar, 12 oz granulated sugar, and ¼ tsp salt. Stir until sugar is dissolved. Pour over peeled, hard-cooked eggs. Cover tightly and refrigerate overnight.
- **Smoked Eggs.** Combine ½ cup soy sauce, 1 Tbsp salad oil, 1 tsp liquid smoke, 5 tsp granulated sugar, and 1¼ cups water. Pour over peeled hard cooked eggs. Marinate for 2–3 hours. Stir eggs occasionally to keep them moistened with marinade.

**CHEESE BALLS**

Yield: 50 portions or 150 balls      Portion: 3 balls

Deep-fat fryer: 360°F      Fry: 2–3 minutes

| <i>Ingredient</i>        | <i>Amount</i>  | <i>Procedure</i>  |
|--------------------------|----------------|---|
| Cheddar cheese, shredded | 9 lb           | Mix cheese, flour, and seasonings.  |
| Flour, all-purpose       | 8 oz           |   |
| Salt                     | 2 Tbsp         |   |
| Pepper, cayenne          | few grains     |   |
| Egg whites               | 48 (3 lb 8 oz) | Beat egg whites until stiff. Fold into cheese mixture. Shape into balls 1–1¼ inches in diameter or dip with No. 30 dipper onto trays or baking sheets. Chill. |
| Eggs, beaten             | 6 (10 oz)      | Combine eggs and milk. Dip cheese balls in egg mixture, then roll in crumbs. Chill for several hours. Fry in deep fat for 2–3 minutes. Serve immediately.     |
| Milk                     | 2 cups         |   |
| Bread crumbs             | 1 lb 8 oz      |   |

*Approximate nutritive values per portion***Calories 429**

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|------------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 29 g | <b>44%</b> | <b>Cholest.</b> 112 mg | <b>37%</b> | <b>Total Carb.</b> 15 g | <b>5%</b> | <b>Vitamin A</b> | <b>27%</b> |
| Sat. Fat 18 g         | <b>89%</b> | <b>Sodium</b> 927 mg   | <b>39%</b> | Fiber 0.6 g             | <b>2%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 27 g   |            |                        |            | Sugars 3 g              |           | <b>Calcium</b>   | <b>62%</b> |
|                       |            |                        |            |                         |           | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Cool leftovers quickly (within 4 hours) to an internal temperature below 41°F. See p. 44 for recommended cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve cheese balls in center of hot buttered pineapple rings, three per serving.
- For serving as first-course accompaniment, use half the recipe and shape into balls ½–¾ inch in diameter. Yield: 150 balls.
- For two cheese balls per portion, use No. 24 dipper. Yield: 40 portions.

## CHEESE SOUFFLÉ

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 4 oz  
*Oven:* 300°F      *Bake:* 55–60 minutes

| <i>Ingredient</i>  | <i>Amount</i>   | <i>Procedure</i>  |
|--|-----------------|---|
| Margarine  | 1 lb 4 oz       | Melt margarine. Add flour and salt. Stir until smooth. Cook 5 minutes.                      |
| Flour, all-purpose   | 10 oz           |   |
| Salt   | 1 tsp           |   |
| Milk   | 3 qt            | Add milk gradually, stirring constantly with wire whip. Cook until thick.                   |
| Egg yolks, beaten  | 38 (1 lb 8 oz)  | Add egg yolks to white sauce, stirring constantly. Cook for 2 minutes.                      |
| Cheddar cheese, shredded   | 1 lb 8 oz       | Add cheese to sauce and stir until cheese is melted. Remove from heat.                      |
| Egg whites   | 38 (2 lb 12 oz) | Add cream of tartar to egg whites. Beat until stiff, but not dry. Fold into cheese mixture. |
| Cream of tartar  | 2 tsp           |   |
| Scale mixture into two 12 × 20 × 2-inch baking pans, greased only on the bottoms, 6 lb 12 oz per pan. Bake at 300°F for 55–60 minutes or until set. Cut 4 × 6. |                 |   |

### *Approximate nutritive values per portion*

**Calories 265**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 21 g | <b>32%</b> | <b>Cholest.</b> 205 mg | <b>68%</b> | <b>Total Carb.</b> 8 g | <b>3%</b>  | <b>Vitamin A</b> | <b>37%</b> |
| Sat. Fat 7 g          | <b>37%</b> | <b>Sodium</b> 323 mg   | <b>13%</b> | Fiber 0.2 g            | <b>1%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 11 g   |            |                        |            | Sugars 3 g             |            | <b>Calcium</b>   | <b>20%</b> |
|                       |            |                        |            |                        |            | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve with Cheese Sauce (p. 561), Fresh Mushroom Sauce (p. 566), or Shrimp Sauce (p. 562).

### Variation

- **Mushroom Soufflé.** Add 1 lb chopped mushrooms and 5 oz chopped green peppers to uncooked mixture. Serve with Béchamel Sauce (p. 562).

**CHEESE AND BROCCOLI STRATA**

*Yield:* 56 portions or 2 pans 12 × 20 × 2 inches  
*Oven:* 325°F *Bake:* 1–1½ hours

*Portion:* 8 oz

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------|---------------|---|
| Bread slices, dry        | 2 lb          | Cut bread into 1½-inch cubes. Set aside.  |
| Broccoli cuts, frozen    | 5 lb          | Cook broccoli until tender.   |
| Cheddar cheese, shredded | 2 lb          | Layer as follows in each pan:<br>8 oz bread cubes<br>2 lb 8 oz broccoli<br>1 lb cheese<br>8 oz bread cubes  |
| Eggs, beaten             | 9 doz (12 lb) | Combine eggs, milk, and seasonings.<br>Pour 1¼ gal into each pan.<br>Smooth down evenly.<br><br>Sprinkle with paprika, ¼ tsp per pan.<br>Set each pan in another counter pan containing 3 cups hot water.<br>Baked uncovered at 325°F until custard sets, approximately 1–1½ hours, 180°F internal end-point temperature.<br>Cut 4 × 7. |
| Milk                     | 1 gal         |   |
| Salt                     | 2 oz          |   |
| Prepared mustard         | 3 oz (6 Tbsp) |   |
| Hot pepper sauce         | 1½ tsp        |   |
| Paprika                  | ½ tsp         |   |

*Approximate nutritive values per portion***Calories 307**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b>  | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|------------------------|-------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 18 g | <b>28%</b> | <b>Cholest.</b> 441 mg | <b>147%</b> | <b>Total Carb.</b> 14 g | <b>5%</b>  | <b>Vitamin A</b> | <b>34%</b> |
| Sat. Fat 8 g          | <b>40%</b> | <b>Sodium</b> 784 mg   | <b>33%</b>  | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>28%</b> |
| <b>Protein</b> 21 g   |            |                        |             | Sugars 4 g              |            | <b>Calcium</b>   | <b>28%</b> |
|                       |            |                        |             |                         |            | <b>Iron</b>      | <b>13%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Baking time may be reduced if milk mixture is warmed to 140°F before baking.
- May be served with 1 oz Cheese Sauce (p. 561).

**BROCCOLI AND CHEESE CASSEROLE**

*Yield:* 48 portions or 4 pans 12 × 10 × 2 inches      *Portion:* 8 oz  
*Oven:* 350°F      *Bake:* 1 hour 15 minutes

| <i>Ingredient</i>                | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------------|---------------|--|
| Eggs                             | 27 (3 lb)     | Beat eggs and flour together, using a wire whip, until smooth.     |
| Flour, all-purpose               | 12 oz         |  |
| Broccoli cuts, thawed, drained   | 6 lb 4 oz     | Drain, then weigh.<br>Fold into the egg-flour mixture.             |
| Cottage cheese, low fat, drained | 10 lb         | Drain cottage cheese, then weigh.<br>Add cheeses and salt to eggs. |
| Cheddar cheese, shredded         | 5 lb 6 oz     |  |
| Salt                             | 2 Tbsp        |  |

Scale mixture into four greased 10 × 12 × 2-inch pans, 6 lb per pan.  
 Bake at 350°F for approximately 1 hour 15 minutes or until a knife inserted near the center comes out clean, 180°F internal end-point temperature.  
 Let stand 15 minutes. Cut 3 × 4.

*Approximate nutritive values per portion***Calories 372**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 22 g | <b>33%</b> | <b>Cholest.</b> 182 mg | <b>61%</b> | <b>Total Carb.</b> 12 g | <b>4%</b>  | <b>Vitamin A</b> | <b>30%</b> |
| Sat. Fat 13 g         | <b>64%</b> | <b>Sodium</b> 1014 mg  | <b>42%</b> | Fiber 0.2 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>62%</b> |
| <b>Protein</b> 31 g   |            |                        |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>47%</b> |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- May add topping of 3 cups bread crumbs mixed with 1/3 cup melted margarine and 6 oz Parmesan cheese. Add during last 15 minutes of cooking.
- May be garnished with fresh broccoli florets.
- For a vegetable, serve 4 oz portion.

**WELSH RAREBIT**

Yield: 50 portions or 6½ qt      Portion: ½ cup (4 oz)

| Ingredient               | Amount         | Procedure   |
|--------------------------|----------------|---|
| Margarine                | 10 oz          | Melt margarine. Add flour and salt. Stir until smooth. Cook 5 minutes.  |
| Flour, all-purpose       | 8 oz           |   |
| Salt                     | 1 oz (1½ Tbsp) |   |
| Milk                     | 1 gal          | Add milk gradually, stirring constantly with wire whip. Cook until thickened.                                   |
| Cheddar cheese, shredded | 5 lb           | Add cheese and seasonings to sauce. Cook over hot water until cheese is melted. Serve on toast or toasted buns. |
| Dry mustard              | 2 Tbsp         |   |
| Worcestershire sauce     | 2 Tbsp         |   |
| Pepper, white            | ½ tsp          |   |

*Approximate nutritive values per portion*

Calories 290

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 22 g | <b>34%</b> | <b>Cholest.</b> 58 mg | <b>19%</b> | <b>Total Carb.</b> 8 g | <b>3%</b> | <b>Vitamin A</b> | <b>19%</b> |
| Sat. Fat 12 g         | <b>60%</b> | <b>Sodium</b> 571 mg  | <b>24%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 14 g   |            |                       |            | Sugars 5 g             |           | <b>Calcium</b>   | <b>42%</b> |
|                       |            |                       |            |                        |           | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**Variation**

- **Welsh Rarebit with Bacon.** Serve rarebit over toast, with two slices cooked bacon and two slices fresh tomato.

## CHAPTER 7

# Fish and Shellfish

### FIN FISH

#### Market Forms

Fish may be purchased fresh or frozen, and some are available canned. Following are the most common market forms:

**Aberdeen Cuts.** Rhombus-shaped cuts from a block of frozen fish are known as Aberdeen cuts; sides may be squared off or cut with a tapered edge. These usually are breaded or battered. Also called diamond cuts, French cuts.

**Bits or Nuggets.** Small pieces of fish breaded or coated with batter, weighing less than 1 ounce each, are called bits or nuggets. Shapes may be round, square, or irregular. Some are cut from regular blocks of fish; others are cut from frozen blocks of minced fish. Also called bites, cubes, nuggets, petites, tidbits. Generally sold by count per pound, for example, 25–35 per pound.

**Boneless Fillet.** The pinbones are removed from the fillet. Boneless fillets need not be completely boneless; U.S. Federal Grade Standards allow for an occasional small bone in Grade A fillets.

**Butterfly Fillet.** Fish is cut along both sides, with the two pieces remaining joined by a piece of skin and flesh.

**Drawn Fish.** Drawn fish have had the entrails, gills, and scales removed.

**Fillet.** A slice of fish flesh of irregular size and shape that is removed from the carcass by a cut made parallel to the backbone, usually 2–12 ounces.

**Fingers.** Fingers are irregular-shaped pieces of fish, similar to a long, thin fillet, breaded or battered, raw or precooked. Weight per piece varies; they are usually available in portions of 1–3 ounces or in bulk.

**Fish Sticks.** Sticks are rectangles of fish cut from a frozen block, usually 2 × 3 inches, weighing 1–2 ounces each, breaded or battered.

**Headed and Guttled.** Head, tails, fins, and viscera have been removed before sale.

**Portion.** Usually a square or rectangle, cut from a block of frozen fish. Weights vary from 1½–6 ounces. May be plain or breaded, raw or precooked.

**Steaks.** Slices of dressed fish, smaller than chunks, ready for cooking, are called steaks. Salmon, halibut, swordfish, and other large fish are commonly processed and sold as steaks.

**Whole or Round Fish.** Fish are sold just as they come from the water. They must be dressed before cooking.

The cost per edible pound in terms of both convenience and waste should be considered when deciding which form of fish to buy. Whole or round fish yield about 50 percent edible flesh after they have been eviscerated and scaled and the head, tail, and fins have been removed; dressed fish yield 70 percent, steaks 90 percent, and fillets and portions 100 percent. The U.S. government standard on breaded portions is 25 percent breading and 75 percent fish when raw; 35 percent breading and 65 percent fish when oven finished. Battered portions are typically 50 percent batter and 50 percent fish.

**TABLE 7.1** Fin fish buying and cooking guide

| <i>Species</i>     | <i>Characteristics</i>                         | <i>Fat or lean</i> | <i>Usual market forms</i>                                 | <i>Cooking methods</i>         |
|--------------------|--|--------------------|---|--------------------------------|
| Bass, sea          | Flaky, white; rich flavor                      | Fat                | Fillets, steaks; whole, pan-dressed                       | Fry, broil, bake               |
| Bluefish           | Dark, turning light when cooked; mild, soft    | Fat                | Fillets   | Bake, poach                    |
| Catfish            | Firm flesh, abundant flavor                    | Lean               | Whole, dressed; fillets                                   | Fry                            |
| Cod                | Mild flavor; soft white meat, flakes easily    | Lean               | Fillets, steaks; breaded portions                         | Bake, fry, broil               |
| Dolphin (mahimahi) | Firm, white meat; delicate flavor              | Lean               | Fillets   | Broil, sauté, bake             |
| Flounder           | Delicate flavor, white                         | Lean               | Whole, pan-dressed; fillets; breaded                      | Fry, bake, broil               |
| Grouper            | Flaky white, firm; rich flavor                 | Lean               | Whole, steaks, fillets                                    | Fry, bake, poach               |
| Haddock            | White meat, mild flavor                        | Lean               | Whole, steaks, fillets, breaded portions                  | Broil, bake, fry, poach        |
| Halibut            | Tender, white; mild flavor                     | Lean               | Drawn, dressed, steaks                                    | Broil, bake, fry, poach        |
| Monkfish           | Firm, white flesh; mild lobsterlike flavor     | Lean               | Fillets, tails  | Broil, sauté                   |
| Orange roughy      | Snow-white flesh; delicate flavor, sweet taste | Lean               | Fillets   | Sauté, broil                   |
| Perch, ocean       | Firm, white, flaky; mild flavor                | Lean               | Whole, pan-dressed; fillets; breaded fillets and portions | Pan fry, bake, deep-fat fry    |
| Pike, walleye      | Snowy white meat, sweet flavor                 | Lean               | Whole, fillets, round                                     | Pan fry                        |
| Pollack            | Firm texture, white meat; mild                 | Lean               | Fillets, breaded and precooked sticks and portions        | Fry, broil, bake               |
| Pompano            | Firm white flesh                               | Fat                | Whole, fillets  | Sauté, broil                   |
| Redfish            | Light firm flesh, sweet flavor                 | Lean               | Whole, fillets  | Pan fry, blackened             |
| Red snapper        | Firm, white flesh; mild flavor                 | Lean               | Dressed, fillets, portions                                | Bake, fry, broil               |
| Salmon             | Pink to red flesh, rich flavor                 | Fat                | Dressed, steaks, fillets                                  | Bake, poach, broil, pan fry    |
| Shark              | Firm, white flesh                              | Fat                | Steaks  | Grill, broil                   |
| Sole               | Firm, white flesh; delicate flavor             | Lean               | Whole, fillets  | Bake, fry, broil, poach        |
| Swordfish          | Firm flesh, mild flavor                        | Fat                | Steaks, chunks  | Broil, bake, poach             |
| Trout, lake        | Firm texture, rich flavor                      | Fat                | Whole, drawn, fillets                                     | Bake, poach, pan fry           |
| Trout, rainbow     | Delicate flesh, excellent flavor               | Lean               | Whole, dressed; boned and breaded fillets                 | Pan fry, oven fry, broil, bake |
| Tuna (ahi)         | Light flesh, good flavor                       | Fat                | Steaks, drawn, chunks                                     | Bake, broil, sauté             |
| Turbot             | Very tender; white, mild flavor                | Lean               | Fillets   | Fry, bake, broil               |
| Whitefish          | Rich flavor; tender, white flesh               | Fat                | Whole, drawn, dressed; fillets                            | Bake, broil, poach             |
| Whiting            | Firm texture, abundant flavor                  | Lean               | Drawn; breaded portions and fillets                       | Deep-fat fry, broil, sauté     |

## Storage

Seafood is perishable and should be handled with great care during storage, thawing, preparation, cooking, and serving. Fresh fish should be delivered packed in crushed ice and stored in the refrigerator at 32°F. Frozen seafood should be delivered hard frozen and stored in the freezer at 0°F to –20°F until it is

moved for cooking. Thawed fish should not be held longer than one day before cooking.

Frozen fish need not be thawed prior to cooking if it is not to be breaded. Some tempering may be necessary, however, to separate fish portions or cut them into appropriate-size pieces. Breaded fish portions should *not* be thawed before cooking.

## Cooking Methods

Fish by nature is tender and free of tough fibers that need to be softened by cooking, and it should be cooked only until the fish flakes easily when tested with a fork. Fish may be cooked in many ways, but the best method is determined by size, fat content, and flavor. Baking and broiling are suitable for fat fish. If lean fish is baked or broiled, fat is added to prevent dryness, and it often is baked in a sauce. Fish cooked in moist heat requires very little cooking time and usually is served with a sauce. Frying is suitable for all types, but those with firm flesh that will not break apart easily are best for deep-fat frying. Table 7.1 suggests cooking methods for specific types of fish. Table 7.2 lists cooking times and temperatures.

### Baking

**Fish Fillets.** Brush frozen fish in melted margarine or dip in fat, then in flour. Place in greased shallow pan

or pan lined with parchment paper or aluminum foil; do not cover. Season with spices. A thin slice of lemon may be placed on each piece. See p. 591 for Lemon Herb Seasoning. Bake frozen fish at 350°–400°F for 20–25 minutes per inch of thickness. If fish is thawed or fresh, reduce cooking time to 10–12 minutes per inch of thickness.

**Whole Fish for Buffet Display.** Rinse and dry fish, then salt inside and out. Bake at 325°F until fish flakes easily, about 2 hours for a 12-pound fish and approximately 3 hours for a 20–24-pound fish. When done, gently remove skin, then garnish, being careful to arrange garnish so that fish can be cut and served easily. See p. 299 for Baked Whole Salmon.

### Broiling

Fish fillets or steaks should be as dry as possible and at least 1 inch thick. Brush both sides with melted margarine or basting sauce, then season. See p. 591 for Lemon Herb Seasoning. Place frozen fish on greased broiler rack or pan. If the skin is on, place

**TABLE 7.2** Methods of cooking fin fish and shellfish

| Type                                   | Baking           |                | Broiling<br>(3–4 inches<br>from heat) | Deep-fat<br>frying<br>(350°–375°F) | Pan frying<br>(moderate<br>heat) |
|--|------------------|----------------|---------------------------------------|------------------------------------|----------------------------------|
|  | Temperature (°F) | Time (minutes) | Time (minutes)                        | Time (minutes)                     | Time (minutes)                   |
| <b>Fin Fish</b>                        |                  |                |                                       |                                    |                                  |
| Dressed, 3–4 lb                        | 350–400          | 40–60          |                                       |                                    |                                  |
| Pan-dressed, ½–1 lb                    | 350–400          | 25–30          | 5–15                                  | 4–5                                | 15–20                            |
| Steaks, ½–1¼ inch                      | 350–400          | 25–35          | 5–15                                  | 4–5                                | 15–25                            |
| Filletts                               | 350–400          | 25–35          | 5–15                                  | 4–5                                | 8–10                             |
| Portions, 1–6 oz                       | 350–400          | 30–40          |                                       | 4–5                                | 8–10                             |
| Sticks, ¾–1¼ oz                        | 400              | 15–20          |                                       | 3–5                                |                                  |
| <b>Shellfish</b>                       |                  |                |                                       |                                    |                                  |
| Clams, live, shucked                   | 450              | 12–15          | 5–8                                   | 2–3                                | 4–5                              |
| Crabs, live, soft shell                |                  |                | 8–10                                  | 2–4                                |                                  |
| Lobsters, live, ¾–1 lb                 | 400              | 15–20          | 12–15                                 | 2–4                                | 8–10                             |
| Spiny lobster tails,<br>frozen, ¼–½ lb | 450              | 20–30          | 8–12                                  | 3–5                                | 8–10                             |
| Oysters, live, shucked                 | 450              | 12–15          | 5–8                                   | 2–3                                | 4–5                              |
| Scallops, ocean                        | 350              | 15–20          | 6–8                                   | 2–3                                | 4–6                              |
| Shrimp, headless, raw,<br>peeled       | 350              | 15–20          | 5–8                                   | 2–3                                | 8–10                             |

Adapted from *How to Eye and Buy Seafood*, National Marine Fisheries Service, U.S. Department of Commerce; *Seafood, Foodservice Training*, U.S. Department of Commerce, Chicago, IL; and *Seafood, Foodservice Training Manual*, the National Fisheries Institute.

### Notes

- See p. 291 for microwave cooking methods.
- A basic guide is to bake or pan fry fish for 20–25 minutes (350°–400°F) per inch of thickness for frozen fish; 10–15 minutes per inch of thickness for thawed or fresh fish.
- For steaming fish or shellfish, see Table 7.3
- End-point internal temperature must be 145°F.

**TABLE 7.3** Timetable for steaming fish and shellfish

| Type  | Amount<br>per pan | Pan size solid                | Procedure  | Time (minutes) |        |              |
|---|-------------------|-------------------------------|--|----------------|--------|--------------|
|   |                   |                               |  | 5 PSI          | 15 PSI | Pressureless |
| Clams, soft shell                                 | 8–10<br>servings  | 12×20×2½ inches<br>Perforated | Place washed clams in a 2½-inch perforated pan inside a 4-inch solid pan with 2–3 qt water.                              | 6–8            | 4–6    | 6–8          |
| Clams, hard shell                                 | 12 each<br>3 lb   | 12×20×2½ inches               | As above.  | 6–8            | 4–6    | 6–8          |
| Crabs   | 10–16 each        | 12×20×2½ inches<br>Perforated | Put live crabs in perforated pan. Steam cook.  | 16–18          | 14–16  | 16–18        |
| Fish fillets<br>(haddock, sole,<br>cod)           | 5 lb              | 12×20×2½ inches               | Place preportioned fresh or defrosted fish in pan, skin-side down. Season as desired. Time depends on thickness of fish. | 4–12           | 2–8    | 4–12         |
| Fish steaks                                       | 5 lb              | 12×20×2½ inches               | Place steaks, fresh or defrosted, in shallow pan. Season if desired. Cooking time dependent on thickness.                | 6–12           | 4–8    | 6–12         |
| Lobster (1–1½ lb<br>each)                         | 4–5 each          | 12×20×2½ inches<br>Perforated | Put lobsters in perforated pan. Steam cook.  | 6–8            | 4½–6   | 6–8          |
| Lobster (1½–2 lb<br>each)                         | 4 each            | 12×20×2½ inches<br>Perforated | Put lobsters in perforated pan. Steam cook.  | 8–10           | 7–9    | 8–10         |
| Oysters   | 12 each<br>3 lb   | 12×20×2½ inches<br>Perforated | Put oysters in perforated pan. Steam cook.   | 4–6            | 3–4    | 5–7          |
| Shrimp, cooked<br>and deveined<br>(12–15), frozen | 5 lb              | 12×20×2½ inches               | Place shrimp in solid pan. Add 1 quart water and seasonings if desired.  | 4–8            | 3–6    | 4–8          |
| Shrimp, raw                                       | 10 lb             | 12×20×2½ inches<br>Perforated | Place shrimp in perforated pans, being careful not to overcrowd. Steam cook.   | 7–9            | 4–5    | 8–11         |

skin side down. Broil 2–4 inches from preheated heating unit. Broiling time will range from 5 to 20 minutes. Thicker fillets may need to be turned once, halfway through cooking time.

### En Papillote

Cooking en papillote is similar to steaming in that fish, vegetables, herbs, and spices are encased in parchment paper and cooked at a high enough temperature to cause steam to build up inside the bag. Poultry and tender cuts of meat may be cooked by this method.

#### Procedures for en papillote cooking

1. Cut parchment paper into a heart shape of the size needed for the fish, vegetables, and herbs being encased. Butter or oil the paper.
2. Put vegetables, herbs, and spices on one-half of the paper, then place the fish on top.

3. Fold the paper over the top and then fold and crimp the edges. Bake the packet until it is puffed and browned and the fish is done. Serve immediately.

### Frying

**Pan Frying and Sautéing.** To pan fry, season fillets, steaks, or small whole fish with salt and pepper. Dip in milk and roll in flour or cornmeal or a combination of both. To sauté, lightly dust thawed, dry fish with seasoned flour. Cook in a small amount of fat at 360°–375°F. Turn halfway through cooking time to brown each side.

**Deep-Fat Frying.** Dip frozen fish fillets, steaks, or small whole fish in milk or egg mixture and seasoned crumbs; or purchase breaded or battered product. Fry 4–5 minutes at 360°–375°F (thicker whole fish will require more time).

**Oven Frying.** Dip frozen fillets or steaks in seasoned milk; drain, then coat with fine bread crumbs. Place in

greased shallow pan or pan lined with parchment paper or aluminum foil. Do not cover. Drizzle melted fat over fish. Bake at 400°F.

## Microwave

**Primary Cooking Guidelines.** The source for the following microwave cooking directions is the *Seafood Foodservice Training Manual*, published by the National Fisheries Institute, Washington, D.C.:

1. Maximum moisture retention and even cooking can be achieved by generously brushing the fish and seafood item with margarine and tightly covering or wrapping the item before cooking. Fish Marinade, p. 594, may be used.
2. If the item is to be browned under a broiler after microwave cooking, it should be cooked to only 75–80 percent doneness in the microwave. Fish will not yet be flaky, and shellfish will be slightly translucent.
3. Microwave individual portions on medium-high setting to retain juices and flavor.
4. Let fish or seafood stand 2–3 minutes prior to serving.
5. Test for doneness: Fish is flaky when lifted gently with a fork near the center. It should be opaque in color; bones should be easily removed from meat. Shellfish will be slightly translucent in center. Let stand for a short period to finish cooking.

## Oven Steaming

Place frozen fish on greased aluminum foil. Season and flavor with lemon juice, spices, and thinly sliced vegetables. Wrap securely. Place in shallow baking pan. Bake at 400°F for 20–25 minutes per inch of thickness.

## Poaching

Prepare poaching liquid: acidulated water, court bouillon, bouquet garni liquid, fish stock, milk, or milk and water. Place fish fillets or thick steaks in a flat, shallow baking pan. Barely cover fish with boiling liquid, then cover with parchment paper or a lid. Cook in a 350°F oven or in a steamer until fish loses its translucent appearance or until fish flakes easily when tested with a fork (see Table 7.3). Remove fish from liquid and serve with a sauce or garnish.

**Acidulated Water.** Use 1 Tbsp salt and 3 Tbsp lemon juice or vinegar for each quart of water.

**Court Bouillon.** Add to 1 gal water,  $\frac{3}{4}$  cup each of chopped carrots, chopped onion, and chopped celery; 3 Tbsp salt;  $\frac{1}{2}$  cup vinegar; 2 or 3 bay leaves; 6 peppercorns; 9 cloves; and 3 Tbsp margarine or butter. Boil gently for 20–30 minutes. Strain to remove spices and vegetables.

**Bouquet garni.** Place in cheesecloth tied into a bag: 6 parsley sprigs; 2 celery tops; 3 bay leaves; 1 tsp thyme leaves (dried); 1 tsp peppercorns. Makes enough to season 1 gal of liquid.

## SHELLFISH

Shellfish may be purchased fresh, frozen, and canned. Frozen shellfish should be delivered hard frozen and stored in the freezer at 0°F to –20°F until it is removed for cooking. Thawed shellfish should not be held longer than one day before cooking. Live shellfish should be delivered at 35°F but not in direct contact with ice or water. See Tables 7.2 and 7.3 for additional information on buying and cooking shellfish.

### Clams

Clams are available alive in the shell; shucked, fresh or frozen; and canned, whole or chopped. Frozen clam strips are available for deep-fat frying.

### Crabs

Crabs may be purchased alive, but most are marketed cooked and frozen in the shell, as crab legs or claws, or as frozen or canned crabmeat. To cook, simmer hard-shelled crabs for 10–15 minutes in salted water. Cool rapidly in ice water. Break the shells apart and remove meat to be used in cooked dishes and salads. One 2-pound crab yields about 12 ounces of cooked body and leg meat. Soft-shelled crabs usually are par-boiled, dipped in Egg and Crumbs (p. 39), and pan fried or cooked in deep fat.

### Lobsters

Northern lobsters are marketed alive in the shell and as cooked meat, fresh or frozen. A 1-lb lobster will yield about 4 ounces of cooked meat. Rock lobsters are marketed only as lobster tails, usually individually quick frozen (IQF). To prepare frozen lobster tails, follow instructions on the package. Lobster meat, frozen or canned, may be used for salads and in cooked dishes. Live lobsters may be broiled or boiled.

### Oysters

Oysters are marketed alive in the shell; shucked, fresh or frozen; and canned. Shucked oysters are in far greater demand in foodservice than those in the shell. Eastern oysters are larger and more readily available than Pacific oysters. Sizes of Eastern and Gulf oysters are given in Table 7.4.

Oysters are not ordinarily washed before using. If washing seems necessary, care should be taken to remove the oysters from the water quickly, so that they do not become soaked or waterlogged. Any bits of

shell should be removed. Cook oysters just enough to heat through to keep oysters juicy and plump; overcooking shrinks and dries them. To fry, dip oysters in Egg and Crumbs (p. 39) before frying.

### Scallops

Scallops are always sold shucked and are available fresh, by the gallon or pound; and frozen, as individually quick frozen (IQF), in 3- to 5-pound units, or frozen in block form in 5-pound units. Frozen breaded scallops for deep-fat frying are typically sold in 2½- to 3-pound units. They may be breaded whole or cut from a frozen block in uniform pieces for bread- ing. Large sea scallops are graded in sizes from 10 to 70 count per pound; bay scallops are smaller, graded in sizes from 70 to 120 per pound. To prepare fresh scallops, wash and remove any shell particles. Drain. To fry, dip in Egg and Crumb (p. 39), and fry in deep fat at 350°F for 2–3 minutes.

### Shrimp

Shrimp are available raw or cooked, fresh or frozen, shelled or in the shell. Raw shrimp in the shell are called green shrimp. Peeled and deveined (P&D) shrimp have had both the shells and sand veins removed. Peeled, de-

veined, and cooked (P&DC) shrimp have been cooked. Other terms used to specify the method of processing are butterfly (also called split or fantail), in which the shrimp have been cut along the vein; butterfly breaded, which are split part way through on the vein side and spread open, then breaded; whole breaded, which are headless, usually deveined, and available tail on or off. Shrimp are sold by size or count per pound. The larger the shrimp, the more they cost. The name *prawn* is usually given to a large shrimp, those designated jumbo or larger. Count and descriptive names for raw shrimp are given in Table 7.5.

Raw, or green, shrimp should be washed carefully. Cover with water and bring to a boil. Let simmer for 3–5 minutes in water to which has been added 1½ tsp salt to each quart, 2 bay leaves, and mixed spices. Drain. Remove shell and sand vein from the center back of each shrimp. Two pounds of raw shrimp in the shells will yield about 1 pound of cooked, shelled, and deveined meat; about 1½ pounds cooked shrimp in the shells are needed to yield 1 pound of shelled meat. To fry, dip peeled and cleaned raw or cooked shrimp in batter or Egg and Crumb (p. 39). Fry in deep fat at 360°–375°F for 2–3 minutes. Breaded frozen shrimp may be cooked from their hard-frozen state.

**TABLE 7.4 Marketing sizes for oysters**

| <i>Eastern and Gulf oysters</i>             |                         |                               |
|---|-------------------------|-------------------------------|
| <i>Size</i>                                 | <i>Count per gallon</i> | <i>Pacific oysters Sizes*</i> |
| Counts or extra large                       | 160 or less             | Extra large                   |
| Extra selects or large                      | 160–210                 | Large                         |
| Selects or medium<br>(preferred for frying) | 210–300                 | Medium                        |
| Standards or small                          | 300–500                 | Small                         |
| Very small                                  | over 500                | Extra small                   |

Based on information from the National Fisheries Institute, Washington, D.C.

\*Pacific oysters generally do not require count per gallon sizing.

**TABLE 7.5 Count and descriptive names for raw shrimp**

| <i>Number per pound</i> | <i>Description</i>     | <i>Uses</i>         | <i>Amount to buy</i>   |
|-------------------------|------------------------|---------------------|--|
| Less than 10            | Extra colossal         | Hors d'oeuvres      | 3–4 oz shelled shrimp per person   |
| 10–15                   | Colossal               | sautéed,            |  |
| 16–20                   | Extra jumbo            | cocktails           |  |
| 21–25                   | Jumbo                  | Breaded             | 8 oz per person  |
| 26–35                   | Extra large to large   | Breaded             | 8 oz per person  |
| 36–50                   | Medium large to medium | Salads, with sauces | 4–8 oz per person when<br>combined with other foods  |
| 51–70                   | Small to extra small   | Dips, canapés,      | 1 cup cooked, shelled, and deveined per<br>person (12 oz raw shrimp in the shell<br>or 7 oz frozen shelled shrimp) |
| More than 70            | Tiny                   | open sandwiches     |  |

## FISH AND SHELLFISH RECIPES

### BAKED FISH FILLETS

Yield: 50 portions      Portion: 5 oz  
Oven: 375°F      Bake: 25–35 minutes

| Ingredient               | Amount     | Procedure                                    |
|--------------------------|------------|--|
| Fish fillets, 5 oz       | 50         | Dip fish in margarine (see Notes).           |
| Margarine, melted        | 1 lb       |  |
| Bread crumbs             | 1 lb 12 oz | Combine bread crumbs, flour, and seasonings. |
| Flour, all-purpose       | 12 oz      |  |
| Salt                     | 1 Tbsp     |  |
| Paprika                  | 1½ Tbsp    |  |
| Seasoned salt            | 1 Tbsp     |  |
| Marjoram                 | 1 tsp      |  |
| Grated lemon peel, fresh | 1 tsp      |  |

Dredge fish with crumb mixture and place on greased baking pans.

Bake at 375°F for approximately 10 minutes for each inch of thickness, or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F.

#### Approximate nutritive values per portion

Calories 281

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 13 g | <b>19%</b> | <b>Cholest.</b> 49 mg | <b>16%</b> | <b>Total Carb.</b> 25 g | <b>8%</b> | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 3 g          | <b>17%</b> | <b>Sodium</b> 832 mg  | <b>35%</b> | Fiber 1 g               | <b>3%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 17 g   |            |                       |            | Sugars 1 g              |           | <b>Calcium</b>   | <b>9%</b>  |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Double the cooking time for frozen fish that has not been defrosted.
- Fish portions or steaks may be substituted for fish fillets.
- Refrigerate all fish not currently being prepared or cooked.

#### Variation

- **Herbed Marinated Fish Steak.** Make Fish Marinade (p. 594). Marinate steaks for 3 hours. Grill or broil according to Table 7.2.

**LEMON BAKED FISH**

*Yield:* 50 portions      *Portion:* 5 oz  
*Oven:* 375°F      *Bake:* 25–35 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Fish fillets, 5 oz | 50            | Thaw fish (if frozen) and bake, using either Method 1 or Method 2. |

**METHOD 1**

|             |                |   |
|-------------|----------------|---|
| Margarine   | 1 lb 8 oz      | Place 16 thawed fillets onto each 18 × 26-inch sheet pan. Melt margarine. Mix with lemon juice and seasonings. Brush generously on each piece of fish. Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily with a fork when tested at the thickest part and internal temperature is 145°F. Transfer to 12 × 10 × 2-inch pans. |
| Salt        | 1 oz (1½ Tbsp) |   |
| Paprika     | 3 Tbsp         |   |
| Lemon juice | 1/3 cup        |   |

**METHOD 2**

|                    |        |   |
|--------------------|--------|---|
| Shortening, melted | 1 lb   | Mix shortening, salt, pepper, and lemon juice. Dip each piece of fish into seasoned fat.  |
| Salt               | 1 Tbsp |   |
| Pepper, white      | 1 tsp  | Dredge fish with flour. Place close together in single layer in greased baking pans.  |
| Lemon juice        | ½ cup  |   |
| Flour, all-purpose | 1 lb   |   |
| Margarine, melted  | 2 oz   | Mix margarine and milk and drizzle over fish. Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F. Sprinkle with chopped parsley before serving. |
| Milk               | ¾ cup  |   |

*Approximate nutritive values per portion—Method 1*

Calories 228

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       | %DV              | %DV       |
|-----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 75 mg | <b>25%</b> | <b>Total Carb.</b> 0 g | <b>0%</b> | <b>Vitamin A</b> | <b>7%</b> |
| Sat. Fat 3 g          | <b>13%</b> | <b>Sodium</b> 464 mg  | <b>19%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>1%</b> |
| <b>Protein</b> 27 g   |            |                       |            | Sugars 0 g             |           | <b>Calcium</b>   | <b>2%</b> |
|                       |            |                       |            |                        |           | <b>Iron</b>      | <b>2%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

*Approximate nutritive values per portion—Method 2*

Calories 253

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       | %DV              | %DV       |
|-----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 12 g | <b>18%</b> | <b>Cholest.</b> 75 mg | <b>25%</b> | <b>Total Carb.</b> 7 g | <b>2%</b> | <b>Vitamin A</b> | <b>1%</b> |
| Sat. Fat 3 g          | <b>15%</b> | <b>Sodium</b> 257 mg  | <b>11%</b> | Fiber 0.3 g            | <b>1%</b> | <b>Vitamin C</b> | <b>1%</b> |
| <b>Protein</b> 28 g   |            |                       |            | Sugars 0 g             |           | <b>Calcium</b>   | <b>2%</b> |
|                       |            |                       |            |                        |           | <b>Iron</b>      | <b>4%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Double the cooking time for frozen fish that has not been defrosted.
- Refrigerate all fish not in the preparation process or being cooked.

**Variation**

- **Creole Baked Fish.** Make spice mixture of 1 cup dried parsley flakes, ½ cup red pepper flakes, ½ cup black pepper, ½ cup paprika, ¼ cup crushed thyme leaves, ¼ cup crumbled rosemary, 2 Tbsp crumbled oregano, 2 Tbsp crumbled basil. Brush fish fillets with melted margarine. Sprinkle generously with spice mixture. Follow baking directions for Lemon Baked Fish—Method 1.

**BREADED FISH FILLETS**

Yield: 50 portions

Portion: 5 oz

Deep-fat fryer: 360°F

Fry: 4–5 minutes

| Ingredient                | Amount    | Procedure   |
|---------------------------|-----------|---|
| Frozen fish fillets, 5 oz | 50        | Dredge fish in mixture of flour, salt, and pepper (see Notes).  |
| Flour, all-purpose        | 8 oz      |   |
| Salt                      | 1 Tbsp    |   |
| Pepper, white             | 1 tsp     |   |
| Eggs, beaten              | 6 (11 oz) | Combine eggs and milk.  |
| Milk                      | 2 cups    |   |
| Bread crumbs              | 1 lb 4 oz | Dip fish in egg mixture, then in crumbs.<br>Fry in deep fat at 360°F for 4–5 minutes or until fish is golden brown and internal temperature is 145°F.<br>Serve at once or place for a short time in uncovered counter pans in 250°F oven until service. |

*Approximate nutritive values per portion***Calories 205**

| Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 103 mg | 34% | <b>Total Carb.</b> 12 g | 4%  | <b>Vitamin A</b> | 2%  |
| Sat. Fat 1 g         | 5%  | <b>Sodium</b> 340 mg   | 14% | Fiber 1 g               | 2%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 30 g  |     |                        |     | Sugars 1 g              |     | <b>Calcium</b>   | 5%  |
|                      |     |                        |     |                         |     | <b>Iron</b>      | 6%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Keep refrigerated all fish not being prepared or cooked.
- Suggested fish: flounder, sole, haddock, perch, grouper.

**Variation**

- **Cornmeal-Breaded Fish Fillets.** Delete eggs, milk, and bread crumbs. Increase flour to 1 lb. Mix flour, 2 lb 8 oz cornmeal, salt, and pepper. Dip fish fillets into cornmeal-flour mixture, thoroughly coating each piece. Fry according to directions.

**FILLET OF SOLE AMANDINE**

*Yield:* 50 portions      *Portion:* 5 oz  
*Oven:* 375°F      *Bake:* 15–20 minutes

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------|---------------|--|
| Fillet of sole, 3 per lb | 17 lb         | Dredge fish in mixture of flour, salt, and pepper. Place in greased counter pans in single layers (see Notes).   |
| Flour, all-purpose       | 8 oz          |  |
| Salt                     | 1 Tbsp        |  |
| Pepper, white            | 1 tsp         |  |
| Margarine                | 1 lb 8 oz     | Sauté onion and garlic in margarine.   |
| Onion, finely chopped    | 4 oz          |  |
| Garlic, minced           | 1 clove       |  |
| Water                    | 2 cups        | Combine water, lemon juice, and seasonings. Add onions and garlic. Heat, but do not boil. Just before baking, pour sauce over fish, 1 cup per pan.   |
| Lemon juice              | 1½ cups       |  |
| Salt                     | 1 Tbsp        |  |
| Pepper, white            | 1 tsp         |  |
| Almonds, slivered        | 8 oz          | Sprinkle almonds over fish.<br>Bake at 375°F for approximately 10 minutes for each inch of thickness or until fish flakes easily when tested with a fork at thickest part and internal temperature is 145°F. |

*Approximate nutritive values per portion***Calories 324**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|------------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 16 g | <b>24%</b> | <b>Cholest.</b> 104 mg | <b>35%</b> | <b>Total Carb.</b> 5 g | <b>2%</b>  | <b>Vitamin A</b>      | <b>5%</b>  |
| Sat. Fat 3 g          | <b>15%</b> | <b>Sodium</b> 548 mg   | <b>23%</b> | Fiber 1 g              | <b>2%</b>  | <b>Vitamin C</b>      | <b>12%</b> |
| <b>Protein</b> 39 g   |            |                        |            | Sugars 1 g             |            | <b>Calcium</b>        | <b>4%</b>  |
|                       |            |                        |            |                        |            | <b>Iron</b>           | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Keep refrigerated all fish not being prepared or cooked.
- Other white fish, such as halibut, haddock, cod, or flounder, may be used. Baking time on thicker fillets or steaks will be 25–35 minutes.
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## BROILED TUNA WITH WHITE BEANS AND TOMATO SAUCE

*Yield:* 50 portions      *Portion:* 6 oz tuna, 3 oz sauce  
*Broiler:* 400°F      *Broil:* 10 minutes

| <i>Ingredient</i>                                    | <i>Amount</i> | <i>Procedure</i>  |
|--|---------------|---|
| Red wine vinegar                                     | ¾ cup         | Combine vinegar, oil, and spices.   |
| Olive oil  | ½ cup         |   |
| Pepper   | 1½ tsp        |   |
| Salt   | 2 tsp         |   |
| Tuna steaks, 6 oz<br>(approximately<br>1-inch thick) | 50 steaks     | Brush oil mixture evenly over both sides of tuna steaks. Arrange tuna on oiled sheet pans. Place pans in preheated 400°F broiler.<br>Cook approximately 5 minutes on each side, until fish flakes easily and reaches 145°F. |
| White Bean and<br>Tomato Sauce                       | recipe p. 571 | Serve tuna over a 3 oz bed of White Bean and Tomato Sauce. Garnish plate with fresh basil or thyme.   |

### *Approximate nutritive values per portion*

**Calories 401**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 74 mg | <b>25%</b> | <b>Total Carb.</b> 33 g | <b>11%</b> | <b>Vitamin A</b> | <b>6%</b>  |
| Sat. Fat 1 g          | <b>6%</b>  | <b>Sodium</b> 245 mg  | <b>10%</b> | Fiber 1 g               | <b>2%</b>  | <b>Vitamin C</b> | <b>7%</b>  |
| <b>Protein</b> 51 g   |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>16%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>37%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Variation**
- **Broiled Halibut with Black Bean Sauce.** Substitute halibut steaks for tuna. Substitute Black Bean and Tomato Sauce (p. 571) for White Bean and Tomato Sauce.

**LEMON RICE-STUFFED COD**

Yield: 50 portions      Portion: 6 oz cod, 2¼ oz rice

Oven: 350°F      Bake: 25–30 minutes

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>  |
|-------------------------|---------------|---|
| Cod fillets, 6 oz       | 50            | Cut cod portions to open like a wallet, hinged in center.   |
| Margarine               | 4 oz          | Sauté celery and onions in margarine in steam-jacketed kettle or other large pan.                         |
| Celery, diced           | 12 oz         |   |
| Onion, chopped          | 6 oz          |   |
| Water, hot              | 1½ qt         | Add water and seasonings to vegetable mixture.  |
| Salt                    | 1 Tbsp        |   |
| Thyme                   | 1 tsp         |   |
| Rice, uncooked          | 1 lb 4 oz     | Stir in raw rice. Cover and simmer until rice is tender and liquid is absorbed, approximately 15 minutes. |
| Yogurt, plain           | 1 lb          | Stir in yogurt and lemon.   |
| Lemon, peeled and diced | 4 oz          |   |

Place No. 16 dipper (2¼ oz) of rice mixture on one side of fish fillet. Fold other half over top to close like a wallet. Place on greased baking sheets or 12 × 20-inch counter pans. Bake uncovered at 350°F for approximately 25–30 minutes or until fish flakes easily when tested with a fork at thickest part and internal temperature reaches 145°F. Serve garnished with a slice of lemon.

*Approximate nutritive values per portion***Calories 207**

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 75 mg | 25% | <b>Total Carb.</b> 10 g | 3%  | <b>Vitamin A</b> | 3%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 253 mg  | 11% | Fiber 0.2 g             | 1%  | <b>Vitamin C</b> | 5%  |
| <b>Protein</b> 31 g  |     |                       |     | Sugars 1 g              |     | <b>Calcium</b>   | 5%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 6%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Keep refrigerated all fish not being prepared or cooked.
- Brown rice or a brown and wild rice mixture may be substituted for white rice.
- Any firm fish may be substituted for cod: orange roughy, perch, pollack.

**BAKED WHOLE SALMON, CHILLED***Yield:* 1 salmon or 50 portions*Oven:* 350°F      *Bake:* 2 hours

| <i>Ingredient</i>           | <i>Amount</i>     | <i>Procedure</i>  |
|-----------------------------|-------------------|---|
| Whole salmon, thawed        | 1 (approx. 10 lb) | Thoroughly wash fish. Rub inside and outside of fish while running cool, clear water over.<br>Place fish on 12 × 20-inch sheet pan that has been sprayed with vegetable spray or lined with parchment paper.<br>Bake at 350°F for approximately 1 hour. |
|                             |                   | Remove from oven and skin fish. Cut skin behind head, down the length of back and halfway down across belly. Remove cut skin. Leave head, fins, and tail on.  |
| Margarine or butter, melted | 4 oz              | Combine melted butter or margarine and lemon juice. Use to baste fish.  |
| Lemon juice                 | ½ cup (4 oz)      | Return fish to oven and bake approximately 1 hour or until fish flakes easily when tested with a fork at thickest part and internal temperature reaches 145°F.  |
|                             |                   | Remove fish from oven. Cool quickly (within 4 hours) to below 41°F.<br>Fish should be cooked 1 day in advance to be served on cold buffet.  |

**TO SERVE WHOLE BAKED SALMON:**

1. Place fish on attractive tray.
2. Garnish with orange, lemon, and cucumber slices; carrot curls, ripe olives, and shredded cabbage. If mouth is large and open, a fluted orange can be inserted.

*Approximate nutritive values per portion***Calories 148**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 35 mg | <b>12%</b> | <b>Total Carb.</b> 0 g | <b>0%</b>  | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 1 g          | <b>7%</b>  | <b>Sodium</b> 64 mg   | <b>3%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b>      | <b>2%</b>  |
| <b>Protein</b> 19 g   |            |                       |            | Sugars 0 g             |            | <b>Calcium</b>        | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>           | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store at an internal temperature below 41°F. See p. 44 for recommended cooling procedures.
- Thaw fish in refrigerator for 1–2 days.

**POACHED SALMON**

*Yield:* 50 portions      *Portion:* 5 oz  
*Oven:* 350°F      *Bake:* 10-15 minutes

| <i>Ingredient</i>                      | <i>Amount</i> | <i>Procedure</i>  |
|--|---------------|---|
| Onion, coarsely chopped                | 4 oz          | Put vegetables, spices, and lemon into a cheesecloth bag.   |
| Parsley sprigs                         | 2 oz          |   |
| Celery tops, coarsely chopped          | 4 oz          |   |
| Bay leaves                             | 8             |   |
| Thyme, dried leaves                    | 4 tsp         |   |
| Peppercorns, black                     | 2 tsp         |   |
| Salt                                   | 4 tsp         |   |
| Lemons, thickly sliced                 | 2             |   |
| Water                                  | 2 gal         |   |
| White wine                             | 1 qt          |   |
| Salmon fillets, 5 oz (fresh or thawed) | 50 fillets    | Lightly grease four 12 × 20 × 4-inch pans.<br>Divide salmon evenly into pans.<br>Carefully pour approximately 2 qt of simmering hot liquid over salmon. (Fish should be just covered with liquid.)<br>Bake uncovered at 350°F for 10-15 minutes or until fish flakes easily and reaches a temperature of 145°F.<br>Remove salmon carefully from liquid.<br>Serve with Horseradish Caper Sauce (p. 575) or Fruit Salsa (p. 570). |

*Approximate nutritive values per portion***Calories 190**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>           | <i>%DV</i>        |
|-----------------------|------------|-----------------------|------------|------------------------|------------|----------------------|-------------------|
| <b>Total Fat</b> 11 g | <b>16%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 4 g | <b>1%</b>  | <b>Vitamin A</b> 24% | <b>Calcium</b> 1% |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 179 mg  | <b>7%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b> 5%  | <b>Iron</b> 1%    |
| <b>Protein</b> 16 g   |            |                       |            | Sugars 0 g             |            |                      |                   |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Thermometer or thermocouple probe must be inserted in the fish without first passing through the poaching liquid.
- Salmon may be served hot or cold. If served cold, chill quickly (within 4 hours) to 41°F or below.

**SALMON LOAF**

Yield: 50 portions or 5 loaves 5 × 9 inches

Portion: 4½ oz

Oven: 325°F

Bake: 1–1½ hours

| Ingredient        | Amount         | Procedure  |
|-------------------|----------------|--|
| Milk, scalded     | 3¾ cups        | Mix milk and bread cubes.  |
| Bread cubes, soft | 1 lb 4 oz      |  |
| Eggs, beaten      | 18 (2 lb)      | Add eggs to milk and bread mixture.  |
| Salmon, flaked    | 10 lb          | Add salmon and other ingredients.  |
| Salt              | 1 oz (1½ Tbsp) | Mix lightly.   |
| Paprika           | 1 tsp          | Scale salmon mixture into five greased 5 × 9-inch loaf pans, 2 lb 14 oz per pan. |
| Pepper, white     | 1 tsp          |  |
| Onions, chopped   | 3 oz           | Bake at 325°F for 1–1½ hours or until internal temperature reaches 180°F.        |
| Lemon juice       | ½ cup          |  |

*Approximate nutritive values per portion*

Calories 196

| Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion         | %DV | %DV              | %DV |
|----------------------|-----|------------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 8 g | 13% | <b>Cholest.</b> 130 mg | 43% | <b>Total Carb.</b> 7 g | 2%  | <b>Vitamin A</b> | 5%  |
| Sat. Fat 2 g         | 12% | <b>Sodium</b> 785 mg   | 33% | Fiber 0.3 g            | 1%  | <b>Vitamin C</b> | 1%  |
| <b>Protein</b> 22 g  |     |                        |     | Sugars 1 g             |     | <b>Calcium</b>   | 24% |
|                      |     |                        |     |                        |     | <b>Iron</b>      | 7%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For a lighter textured product, beat egg whites separately and fold into salmon mixture.

**Variation**

- **Tuna Loaf.** Substitute drained tuna for salmon.

## TUNA AND NOODLES

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 8 oz  
*Oven:* 350°F      *Bake:* 30–45 minutes

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>  |
|----------------------------|---------------|---|
| Noodles                    | 3 lb AP       | Cook noodles according to direction on p. 369. Drain. (Should yield 9 lb cooked.)   |
| Water, boiling             | 3 gal         |   |
| Salt                       | 2 oz (3 Tbsp) |   |
| Vegetable oil              | 2 Tbsp        |   |
| Tuna                       | 5 lb 8 oz     | Flake tuna and add to noodles.  |
| Margarine                  | 8 oz          | Melt margarine in steam-jacketed or other kettle. Add onions and celery. Sauté until tender.  |
| Onions, chopped            | 1 lb 8 oz     |   |
| Celery, chopped            | 1 lb 8 oz     |   |
| Flour, all-purpose         | 6 oz          | Add flour and pepper to onion mixture. Stir until blended. Cook 5–10 minutes.   |
| Pepper, black              | ½ tsp         |   |
| Chicken base               | 3 oz          | Stir in chicken base. Add water gradually, stirring constantly with wire whip. Cook until thickened. Add tuna and noodles to sauce. Stir gently until well blended.   |
| Water                      | 1 gal         |   |
| Processed cheese, shredded | 8 oz          |   |
| Paprika                    | ½ tsp         |   |
|                            |               | Scale noodle mixture into two greased 12 × 20 × 2-inch baking pans, 13 lb per pan. Sprinkle with cheese, 4 oz per pan. Sprinkle lightly with paprika. Bake at 350°F until mixture is heated to 180°F and cheese is melted, 30–45 minutes. |

### *Approximate nutritive values per portion*

**Calories 251**

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       |                  | %DV        |
|----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 8 g | <b>12%</b> | <b>Cholest.</b> 47 mg | <b>16%</b> | <b>Total Carb.</b> 25 g | <b>8%</b> | <b>Vitamin A</b> | <b>4%</b>  |
| Sat. Fat 2 g         | <b>11%</b> | <b>Sodium</b> 1044 mg | <b>44%</b> | Fiber 1 g               | <b>2%</b> | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 19 g  |            |                       |            | Sugars 2 g              |           | <b>Calcium</b>   | <b>6%</b>  |
|                      |            |                       |            |                         |           | <b>Iron</b>      | <b>13%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Two 46-oz cans cream of mushroom or cream of celery soup and 1 qt milk may be substituted for the sauce made from margarine, flour, chicken base, and water.

### Variations

- **Tuna Macaroni Casserole.** Substitute macaroni for noodles.
- **Tuna and Rice.** Substitute 1 lb 8 oz rice for the noodles. Cook rice according to directions on p. 399.

**CREAMED TUNA**

Yield: 50 portions or 7½ qt

Portion: 4 oz

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Eggs, hard cooked<br>(p. 271)      | 9             | Peel eggs and chop coarsely, reserve for later step.   |
| Margarine                          | 12 oz         | Melt margarine in steam-jacketed or other kettle.  |
| Flour, all-purpose                 | 6 oz          | Add flour and salt. Stir until smooth.   |
| Salt                               | 1 Tbsp        | Cook 5 minutes.  |
| Milk                               | 1 gal         | Add milk gradually, stirring constantly with a wire whip.<br>Cook until thickened.                     |
| Green pepper, chopped              | 6 oz          | Add green pepper, pimiento, and seasonings to sauce.   |
| Pimiento, chopped                  | 6 oz          |  |
| Worcestershire sauce<br>(optional) | 6 Tbsp        |  |
| Pepper, cayenne                    | ¼ tsp         |  |
| Tuna, flaked                       | 5 lb          | Add tuna and eggs to sauce. Heat to 180°F.<br>Serve with 4-oz ladle on toast, biscuits, or corn bread. |

*Approximate nutritive values per portion***Calories** 179

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       | %DV              | %DV        |
|----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 9 g | <b>15%</b> | <b>Cholest.</b> 62 mg | <b>21%</b> | <b>Total Carb.</b> 7 g | <b>2%</b> | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 3 g         | <b>16%</b> | <b>Sodium</b> 413 mg  | <b>17%</b> | Fiber 0.2 g            | <b>1%</b> | <b>Vitamin C</b> | <b>16%</b> |
| <b>Protein</b> 16 g  |            |                       |            | Sugars 4 g             |           | <b>Calcium</b>   | <b>13%</b> |
|                      |            |                       |            |                        |           | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other cooked fish may be substituted for tuna.

**Variations**

- **Creamed Salmon.** Substitute salmon for tuna.
- **Creamed Tuna and Celery.** Delete hard-cooked eggs and green pepper. Add 1 lb diced cooked celery, 3 oz chopped onion sautéed in margarine, and 3 oz chopped pimiento.
- **Creamed Tuna and Peas.** Delete hard-cooked eggs and green pepper. Add 3 lb frozen peas, cooked until just tender and drained.
- **Tuna Rarebit.** Delete hard-cooked eggs. Add 1 lb 8 oz shredded cheddar cheese.

**DEVILED CRAB**

Yield: 50 portions      Portion: 3 oz  
 Oven: 400°F      Bake: 15 minutes

| Ingredient             | Amount         | Procedure   |
|------------------------|----------------|---|
| Crabmeat               | 6 lb           | Separate crabmeat into flakes.  |
| Eggs, beaten           | 5 (9 oz)       | Combine eggs, lemon juice, and seasonings. Add to crabmeat. Mix lightly.  |
| Lemon juice            | ¼ cup          |   |
| Salt                   | 1 oz (1½ Tbsp) |   |
| Pepper                 | 2 tsp          |   |
| Pepper, cayenne        | few grains     |   |
| Worcestershire sauce   | 1 Tbsp         |   |
| Onion juice (optional) | 2 Tbsp         |   |
| Margarine              | 12 oz          | Melt margarine in steam-jacketed or other kettle.   |
| Flour, all-purpose     | 8 oz           | Add flour and stir until smooth.<br>Cook 5 minutes.   |
| Milk                   | 2 qt           | Add milk gradually to flour mixture, stirring constantly with wire whip.<br>Cook until thick.   |
| Prepared mustard       | 1½ tsp         | Add mustard to sauce. Combine with crab mixture. Mix lightly.<br>Fill individual casseroles or shells.  |
| Bread crumbs           | 8 oz           | Combine crumbs and margarine.<br>Sprinkle over crab.<br>Bake at 400°F for approximately 15 minutes or until internal temperature reaches 180°F. |
| Margarine, melted      | 4 oz           |   |

*Approximate nutritive values per portion***Calories 186**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       |                  | %DV       |                | %DV       |
|-----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 11 g | <b>16%</b> | <b>Cholest.</b> 81 mg | <b>27%</b> | <b>Total Carb.</b> 9 g | <b>3%</b> | <b>Vitamin A</b> | <b>5%</b> | <b>Calcium</b> | <b>8%</b> |
| Sat. Fat 3 g          | <b>14%</b> | <b>Sodium</b> 614 mg  | <b>26%</b> | Fiber 0.3 g            | <b>1%</b> | <b>Vitamin C</b> | <b>2%</b> | <b>Iron</b>    | <b>5%</b> |
| <b>Protein</b> 13 g   |            |                       |            | Sugars 2 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Lobster, shrimp, or imitation crab may be substituted for crabmeat.

## SCALLOPED OYSTERS

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 5 oz  
*Oven:* 400°F      *Bake:* 30 minutes

| <i>Ingredient</i>       | <i>Amount</i>  | <i>Procedure</i>   |
|-------------------------|----------------|--|
| Oysters                 | 6 qt           | Drain oysters, saving liquor.  |
| Cracker crumbs          | 3 qt           | Mix crumbs, margarine, and seasonings.   |
| Margarine, melted       | 1 lb           | Spread a third of the crumbs over bottoms of two greased   |
| Salt                    | 1 oz (1½ Tbsp) | 12 × 20 × 2-inch baking pans.  |
| Paprika                 | ½ tsp          | Cover with half of the oysters; repeat with crumbs and oysters.  |
| Pepper, white           | ½ tsp          |  |
| Milk                    | 1 qt           | Mix milk and oyster liquor. Pour over top of oysters.  |
| Oyster liquor (or milk) | 3 cups         | Cover with remaining crumbs.<br>Bake at 400°F for approximately 30 minutes until internal temperature reaches 165°F. |

### *Approximate nutritive values per portion*

**Calories 164**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 5 mg  | <b>2%</b>  | <b>Total Carb.</b> 14 g | <b>5%</b>  | <b>Vitamin A</b>      | <b>3%</b>  |
| Sat. Fat 3 g          | <b>13%</b> | <b>Sodium</b> 585 mg  | <b>24%</b> | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | <b>6%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2 cups finely chopped, partially cooked celery may be added.

**CARIBBEAN SHRIMP**

Yield: 50 Portion: 4 oz

| <i>Ingredient</i>                                | <i>Amount</i> | <i>Procedure</i>   |
|--|---------------|--|
| Large shrimp, peeled and deveined, tails left on | 15 lb (AP)    | Combine shrimp, oil, and spices. Marinate shrimp in refrigerator for 1 hour.   |
| Olive oil  | 1½ cups       |  |
| Garlic, finely minced                            | 4 oz (EP)     | Drain. Discard excess marinade. Using a medium-high heat, cook shrimp in a single layer on a lightly oiled griddle or skillet. Cook until shrimp turn pink and are done (145°F, 4–8 minutes). Turn halfway through cooking time. |
| Thyme, dried, whole                              | 4 Tbsp        |  |
| Rosemary, dried, whole                           | 4 Tbsp        |  |
| Pepper, ground black                             | 1 Tbsp        |  |
| Pepper, crushed red                              | 1 Tbsp        |  |
| Salt   | 2 tsp         |  |
| Fresh limes (optional)                           | 8             |  |

*Approximate nutritive values per portion*

Calories 175

| Amount/portion         | %DV        | Amount/portion       | %DV        | Amount/portion         | %DV       | %DV              | %DV       |
|------------------------|------------|----------------------|------------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 6.5 g | <b>10%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 1 g | <b>0%</b> | <b>Vitamin A</b> | <b>1%</b> |
| Sat. Fat 1 g           | <b>4%</b>  | <b>Sodium</b> 240 mg | <b>23%</b> | Fiber .2 g             | <b>1%</b> | <b>Vitamin C</b> | <b>1%</b> |
| <b>Protein</b> 27 g    |            |                      |            | Sugars .02 g           |           | <b>Calcium</b>   | <b>7%</b> |
|                        |            |                      |            |                        |           | <b>Iron</b>      | <b>8%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Shrimp can be skewered and served for a hot or cold appetizer or as an entree on a bed of seasoned rice or pasta.

**CREOLE SHRIMP WITH RICE**

Yield: 50 portions

Portion: 4 oz creole shrimp + 4 oz rice

| Ingredient                           | Amount         | Procedure   |
|--------------------------------------|----------------|---|
| Shortening                           | 8 oz           | Cook onion, celery, and garlic in shortening until almost tender but not brown.                       |
| Onion, finely chopped                | 10 oz          |   |
| Celery, finely chopped               | 12 oz          |   |
| Garlic, minced                       | 1 tsp          |   |
| Flour, all-purpose                   | 6 oz           | Add flour and seasonings. Stir until smooth.  |
| Salt                                 | 1 oz (1½ Tbsp) | Cook 5 minutes.   |
| Pepper, cayenne                      | ¾ tsp          |   |
| Tomato juice                         | 2 cups         | Add tomato juice, tomatoes, and sugar. Cook 10 minutes.   |
| Tomatoes, canned                     | 2½ qt          |   |
| Sugar, granulated                    | 1 Tbsp         |   |
| Shrimp, cooked, peeled, and deveined | 6 lb EP        | Add shrimp and green peppers to sauce. Heat to 165°F.   |
| Green pepper, chopped                | 8 oz           |   |
| Rice, converted                      | 3 lb 8 oz      | Cook rice according to directions on p. 399. Serve shrimp with 4-oz ladle over No. 10 dipper of rice. |
| Water, boiling                       | 4¼ qt          |   |
| Salt                                 | 2 Tbsp         |   |
| Margarine or vegetable oil           | 2 Tbsp         |   |
|                                      |                |   |

*Approximate nutritive values per portion*

Calories 233

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 6 g | 9%  | <b>Cholest.</b> 84 mg | 28% | <b>Total Carb.</b> 32 g | 11% | <b>Vitamin A</b> | 7%  |
| Sat. Fat 1 g         | 7%  | <b>Sodium</b> 667 mg  | 28% | Fiber 1 g               | 4%  | <b>Vitamin C</b> | 24% |
| <b>Protein</b> 12 g  |     |                       |     | Sugars 2 g              |     | <b>Calcium</b>   | 4%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 18% |

\*Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If raw shrimp are used, purchase 12–14 lb. Cook as directed on p. 290.

**ORIENTAL SHRIMP AND PASTA**

Yield: 50 portions

Portion: 6 oz shrimp and sauce + 4 oz pasta

| <i>Ingredient</i>                    | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------------------|---------------|--|
| Sugar, granulated                    | 1 oz          | Combine in steam-jacketed or other kettle. Blend with wire whip.                         |
| Cornstarch                           | 10 oz         |  |
| Pepper, white                        | ½ tsp         |  |
| Ginger, ground                       | 1½ Tbsp       |  |
| Garlic powder                        | ¾ tsp         |  |
| Pepper, cayenne                      | few grains    |  |
| Water                                | 1½ gal        | Stir into dry ingredients.   |
| Soy sauce                            | 1 cup         | Cook and stir with wire whip until thickened and clear.                                  |
| Soup base, clam                      | 5 oz          |  |
| Bamboo shoots, sliced, canned        | 1 lb          | Rinse bamboo shoots and water chestnuts. Drain. Add to sauce.                            |
| Water chestnuts, sliced, canned      | 1 lb          |  |
| Broccoli stalks, sliced              | 1 lb 12 oz    | Cook vegetables (p. 631) until tender-crisp. Drain. Add to sauce.                        |
| Carrots, julienne                    | 12 oz         |  |
| Green onions, cut into ½-inch pieces | 8 oz          | Add onions and shrimp to sauce. Heat to 165°F.   |
| Shrimp, cooked                       | 2 lb 8 oz     |  |
| Fettuccine                           | 5 lb          | Cook according to directions on p. 369. Drain. Serve 6 oz shrimp over 4 oz cooked pasta. |
| Water                                | 5 gal         |  |
| Salt                                 | 5 oz          |  |
| Vegetable oil                        | 3 Tbsp        |  |

*Approximate nutritive values per portion*

Calories 165

| Amount/portion       | %DV        | Amount/portion        | %DV         | Amount/portion          | %DV       | Amount/portion   | %DV        |
|----------------------|------------|-----------------------|-------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 7 g | <b>11%</b> | <b>Cholest.</b> 45 mg | <b>15%</b>  | <b>Total Carb.</b> 16 g | <b>5%</b> | <b>Vitamin A</b> | <b>19%</b> |
| Sat. Fat 0 g         | <b>0%</b>  | <b>Sodium</b> 2412 mg | <b>101%</b> | Fiber 0.2 g             | <b>1%</b> | <b>Vitamin C</b> | <b>18%</b> |
| <b>Protein</b> 9 g   |            |                       |             | Sugars 1 g              |           | <b>Calcium</b>   | <b>4%</b>  |
|                      |            |                       |             |                         |           | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**BROILED SEA SCALLOP GRATIN**

Yield: 50 portions      Portion: 4 oz (4–5 scallops)

Broiler: 400°F      Broil: 10 minutes

| Ingredient              | Amount         | Procedure   |
|-------------------------|----------------|---|
| Sea scallops, large     | 13 lb          |   |
| Lime juice, fresh       | 2¼ cups        | Combine juice, parsley, pepper, onion, oil, and salt.   |
| Parsley, fresh, minced  | 2 oz (1½ cups) | Carefully mix scallops with marinade and refrigerate for 30 minutes.  |
| Red bell pepper, minced | 8 oz           | Place scallops on an oiled sheet pan. Distribute liquid evenly over scallops.                                       |
| Green onions, minced    | 8 oz           | Place pan in a preheated 400°F broiler and cook for 5 minutes, remove from oven and turn scallops.                  |
| Southwest flavored oil  | 1 cup          | Return to oven and cook until scallops are firm, approximately 4–5 additional minutes (internal temperature 145°F). |
| Salt                    | 1½ tsp         | Serve with a little liquid spooned over the top of scallops. Garnish with cilantro sprigs.                          |

*Approximate nutritive values per portion*

Calories 189

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       |                  | %DV         |                | %DV        |
|----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|-------------|----------------|------------|
| <b>Total Fat</b> 6 g | <b>10%</b> | <b>Cholest.</b> 63 mg | <b>21%</b> | <b>Total Carb.</b> 7 g | <b>2%</b> | <b>Vitamin A</b> | <b>23%</b>  | <b>Calcium</b> | <b>14%</b> |
| Sat. Fat 1 g         | <b>3%</b>  | <b>Sodium</b> 384 mg  | <b>16%</b> | Fiber 1 g              | <b>3%</b> | <b>Vitamin C</b> | <b>164%</b> | <b>Iron</b>    | <b>96%</b> |
| <b>Protein</b> 28 g  |            |                       |            | Sugars 0 g             |           |                  |             |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 4–5 scallops may be put in a gratin dish and broiled as needed for service. Keep scallops not being prepared in the refrigerator and remove as needed for production.
- Southwest-flavored oil is available commercially. Olive oil and ¼ tsp red pepper flakes may be substituted for commercially prepared oil.
- Other flavored oils may be substituted for Southwest-flavored oil.
- Scallops may be baked at 350°F for 15–20 minutes.



## CHAPTER 8

# Meat



### PURCHASING AND STORAGE

The quality of cooked meat depends on the quality purchased, the storage and handling of meat after delivery, and cooking methods. All meats marketed in interstate commerce in the United States must meet federal inspection standards for wholesomeness. This requirement covers all processed meat products and fresh and frozen meats. Meat slaughtered, processed, and sold within a given state must be inspected by programs “at least equal to” federal inspection standards.

Quality grading helps predict the palatability of meat. Beef grades are based on two factors: the amount of marbling present and the age of the animal. Quality grades for young cattle include (from best to least) Prime, Choice, Select, and Standard. Each grade denotes a specific level of quality as determined by the USDA. Yield grading is a system that estimates the percentage of boneless and closely trimmed foodservice cuts that can be obtained from a beef carcass. These grades identify carcasses for differences in cutability or yield and are applied by the USDA grading service. Possible yield grades are (best to worst) 1 through 5.

Meat for foodservice use is available in wholesale (primal) cuts, subprimals, and portioned cuts. The chuck, loin, rib, and round are the major wholesale cuts of beef, making up 76 percent of the carcass. Other beef primal cuts are brisket, flank, foreshank, and plate. Pork primal cuts are belly, loin, shoulder, and leg or ham. Subprimals are produced by breaking down the primals into smaller cuts. Portioned cuts are processed from subprimals into individual steaks, chops, and other products. Table 8.1 identifies common names and suggested cooking methods for beef

cuts. Portioned cuts have several advantages for the foodservice operator: Less skilled labor is needed by the operator; the product is more uniform, the actual amount of product needed can be prepared and costs can more easily be controlled, and packaging often allows for safer, more efficient storage. Storing meat in a refrigerator at a cold temperature is necessary to retard bacterial growth and slow the action of muscle enzymes. Fresh meat may be stored unwrapped or loosely covered with waxed paper at a temperature of 28°–32°F, with a relative humidity of 85 to 90 percent. Meat should be used as soon after purchase as possible, not more than 3 to 4 days later. Fresh meat stored in vacuum packaging will keep approximately 21 days in the refrigerator. Vacuum-packaged meat should be stored according to the processor’s recommendations. Once removed from the vacuum package, the meat should be used within 3 to 4 days.

Frozen meat requires a uniform holding temperature of 0°F or below. It should be well wrapped to exclude air and keep the moisture in. Fresh meat frozen at 0°F may be successfully stored for 6 months, and fresh beef frozen at –10°F for a year. Frozen meat should be kept wrapped while defrosting in a refrigerator at 30°–35°F and should be cooked soon after defrosting. Once thawed, it should not be refrozen. Refreezing will result in some moisture loss and could pose a health risk if the total thawed time exceeds acceptable standards. Cooked meat may be frozen provided it is frozen soon after cooking and cooling.

Cured meats and cured and smoked meats such as ham and bacon, sausages, and dried beef require refrigerator storage. Although ham, bacon, and other cured meats can be frozen, freezing should only be for short periods, since undesirable flavor changes occur because of their salt, spice, and fat content.

**TABLE 8.1** Names and suggested cooking methods for beef cuts

| <i>Beef cut</i>           | <i>Also known as . . .</i>  | <i>Stir-fry</i> | <i>Sauté</i>   | <i>Panbroil</i> | <i>Broil</i>   | <i>Grill</i>   | <i>Braise</i> |
|---------------------------|---|-----------------|----------------|-----------------|----------------|----------------|---------------|
| <b>CHUCK</b>              |   |                 |                |                 |                |                |               |
| Top Blade Steak, Boneless | Book Steak, Butler Steak, Lifter Steak, Petite Steak, Top Chuck Steak Boneless  | X               | X              | X               | X              | X              | X             |
| Shoulder Steak, Boneless  | Clod Steak, English Steak, London Broil, Shoulder Steak Half Cut  |                 | X <sup>a</sup> | X <sup>a</sup>  | X <sup>a</sup> | X <sup>a</sup> | X             |
| Chuck Arm Steak           | Arm Swiss Steak, Chuck Steak for Swissing, Round Bone Steak   |                 |                |                 |                |                | X             |
| Chuck Eye Steak, Boneless | Boneless Chuck Fillet Steak, Boneless Steak Bottom Chuck, Boneless Chuck Slices   | X               | X              | X               | X              | X              | X             |
| Chuck Mock Tender Steak   | Chuck Eye Steak, Chuck Fillet Steak, Fish Steak, Chuck Tender Steak   |                 |                |                 |                |                | X             |
| Chuck 7-Bone Steak        | Center Chuck Steak  |                 |                |                 | X <sup>a</sup> | X <sup>a</sup> | X             |
| <b>RIB</b>                |   |                 |                |                 |                |                |               |
| Rib Steak                 |   | X               | X              | X               | X              | X              |               |
| Rib Eye Steak             | Beauty Steak, Delmonico Steak, Fillet Steak, Spencer Steak  | X               | X              | X               | X              | X              |               |
| <b>PLATE</b>              |   |                 |                |                 |                |                |               |
| Skirt Steak               | Fajita Meat, Inside Skirt Steak, Outside Skirt Steak, Philadelphia Steak  |                 | X <sup>a</sup> | X <sup>a</sup>  | X <sup>a</sup> | X <sup>a</sup> | X             |
| <b>SHORT LOIN</b>         |   |                 |                |                 |                |                |               |
| T-bone/Porterhouse Steak  |   |                 | X              | X               | X              | X              |               |
| Tenderloin Steak          | Filet Mignon, Fillet De Bouef, Fillet Steak, Tender Steak   | X               | X              | X               | X              | X              |               |
| Top Loin Steak, Boneless  | Ambassador Steak, Strip Steak, Boneless Club Steak, Hotel Style Steak, Kansas City Steak, New York Strip Steak, Veiny Steak | X               | X              | X               | X              | X              |               |
| Top Loin Steak, Bone-in   | Chip Club Steak, Club Steak, Country Club Steak, Delmonico Steak, Shell Steak, Sirloin Strip Steak, Strip Steak             | X               | X              | X               | X              | X              |               |

*continues*

## COOKING METHODS

Meat is cooked by either dry or moist heat. The method used will depend on the grade and location of the cut. Meat cuts containing relatively small amounts of connective tissue are cooked by dry heat (roasting, broiling, or frying). Moist heat (braising or

cooking in liquid) is used for less tender cuts that have larger amounts of connective tissue. Veal, lamb, and pork, all tender meats, often are cooked with moist heat to develop their flavor and to provide variety in menu items. Veal, because of its delicate flavor and low fat content, combines well with sauces and other foods.

TABLE 8.1 *continued*

| <i>Beef cut</i>             | <i>Also known as . . .</i>   | <i>Stir-fry</i> | <i>Sauté</i>   | <i>Panbroil</i> | <i>Broil</i>   | <i>Grill</i>   | <i>Braise</i> |
|-----------------------------|--|-----------------|----------------|-----------------|----------------|----------------|---------------|
| <b>SIRLOIN</b>              |  |                 |                |                 |                |                |               |
| Sirloin Steak               | Flat Bone Steak, Pin Bone Steak, Round Bone Steak, Wedge Bone Steak                                  | X               | X              | X               | X              | X              |               |
| Top Sirloin Steak, Boneless | Sirloin Butt Steak, Top Sirloin Butt Center Cut Steak  | X               | X              | X               | X              | X              |               |
| Tri-Tip Steak               | Triangle Steak   | X               | X              | X               | X              | X              |               |
| <b>FLANK</b>                |  |                 |                |                 |                |                |               |
| Flank Steak                 | Flank Steak Filet, Jiffy Steak, London Broil   | X               |                |                 | X <sup>a</sup> | X <sup>a</sup> | X             |
| <b>ROUND</b>                |  |                 |                |                 |                |                |               |
| Round Tip Steak, Thin Cut   | Ball Tip Steak, Beef Sirloin Tip Steak, Breakfast Steak, Knuckle Steak, Sandwich Steak, Minute Steak | X               | X              | X               |                |                |               |
| Round Steak                 | Full-cut Round Steak   |                 |                |                 |                |                | X             |
| Top Round Steak             | Top Round London Broil   | X               | X <sup>a</sup> | X <sup>a</sup>  | X <sup>a</sup> | X <sup>a</sup> |               |
| Eye Round Steak             |  |                 |                | X <sup>a</sup>  |                | X <sup>a</sup> | X             |
| <b>OTHER CUTS</b>           |  |                 |                |                 |                |                |               |
| Cubed Steak                 |  | X               | X              | X               |                |                | X             |
| Chopped Steak               |  |                 | X              | X               | X              | X              |               |

From National Cattlemen's Beef Association, *The Complete Take On Steak: The Food Professional's Handbook* (Chicago, 1997).

<sup>a</sup> Marinate before cooking.

Dry-heat cooking does not improve tenderness; under some conditions, it reduces tenderness. Cooking with moist heat tends to soften some connective tissue and to make meat tender. The degree of doneness affects percentage losses, with a smaller loss in rare meat than in medium or well-done meat, provided other factors are the same. Faster cooking rates, complete trimming of external fat, and lengthy post-cooking holding periods may substantially increase cooking and holding loss.

## Roasting

The term *roasting*, which is a dry-heat method, refers to cooking meat in an oven, in an open pan, with no moisture added. Meat cuts must be tender to be roasted. In beef, these are the less-used muscles, or those attached to the backbone. Most veal, pork, and lamb cuts may be cooked by this method.

Meats may be completely or partially defrosted or frozen at the time the cooking process is begun. Research has shown that meat roasted from the frozen

state will yield as much meat as roasts partially or completely thawed before cooking. However, when time is a factor, defrosting meat before cooking is the accepted method. The additional cooking time required for frozen roasts is from one-third to one-half again the amount of time recommended for cooking a similar cut from the chilled state. Oven temperature should not change. Steps in roasting are as follows:

1. Place the meat, fat side up, on a rack in an open roasting pan. As the fat on top melts and runs down over the meat, it bastes the roast. Basting adds flavor and keeps the surface of the roast from drying out.
2. Toward the end of the roasting period, insert a meat thermometer in the roast so that the tip rests in the center of the cut but does not rest on bone or fat.
3. Season the roast with salt, pepper, and other spices. See p. 591 for Seasoned Salt recipe. Salt penetrates less than an inch during cooking, so it makes little difference whether the roast is seasoned at the beginning of, during, or at the end of cooking.

**TABLE 8.2 Timetable for roasting beef**

| <i>Beef cut</i>                | <i>Oven temperature (preheated)</i> | <i>Weight (pounds)</i> | <i>Approx. total cooking time (based on meat removed directly from refrigerator)</i> | <i>Remove roast from oven when internal temperature reaches (F°):</i> |
|--------------------------------|-------------------------------------|------------------------|--|---|
| Rib Eye Roast, small end       | 350°F                               | 3 to 4                 | Medium rare: 1½–1¾ hr<br>Medium: 1¾–2 hr   | 135<br>150  |
|                                |                                     | 4 to 6                 | Medium rare: 1¾–2 hr<br>Medium: 2 to 2½ hr   | 135<br>150  |
|                                |                                     | 6 to 8                 | Medium rare: 2–2¼ hr<br>Medium: 2½–2¾ hr   | 135<br>150  |
|                                | 325°F                               | 8* to 10*              | Medium rare: 2½–3¼ hr<br>Medium: 3–3¾ hr   | 135<br>145  |
| Rib Eye Roast, large end       | 350°F                               | 3 to 4                 | Medium rare: 1¾–2¼ hr<br>Medium: 2–2½ hr   | 135<br>150  |
|                                |                                     | 4 to 6                 | Medium rare: 2–2½ hr<br>Medium: 2½–3 hr  | 135<br>150  |
|                                |                                     | 6 to 8                 | Medium rare: 2¼–2½ hr<br>Medium: 2¾–3 hr   | 135<br>150  |
| Rib Roast, chine bone removed  | 350°F                               | 4 to 6 (2 ribs)        | Medium rare: 1¾–2¼ hr<br>Medium: 2¼–2¾ hr  | 135<br>150  |
|                                |                                     | 6 to 8 (2 to 4 ribs)   | Medium rare: 2¼–2½ hr<br>Medium: 2¾–3 hr   | 135<br>150  |
|                                |                                     | 8 to 10 (4 to 5 ribs)  | Medium rare: 2½–3 hr<br>Medium: 3–3½ hr  | 135<br>150  |
| Tenderloin Roast, well trimmed | 425°F                               | 2 to 3 (center cut)    | Medium rare: 35–40 min<br>Medium: 45–50 min  | 135<br>150  |
|                                |                                     | 4 to 5 (whole)         | Medium rare: 50–60 min<br>Medium: 60–70 min  | 135<br>150  |
| Round Tip Roast, cap off       | 325°F                               | 3 to 4                 | Medium rare: 1¾–2 hr<br>Medium: 2¼–2½ hr   | 140<br>155  |
|                                |                                     | 4 to 6                 | Medium rare: 2–2½ hr<br>Medium: 2½–3 hr  | 140<br>155  |
|                                |                                     | 6 to 8                 | Medium rare: 2½–3 hr<br>Medium: 3–3½ hr  | 140<br>155  |
|                                |                                     | 8* to 10*              | Medium rare: 3–3¾ hr<br>Medium: 3¾–4½ hr   | 135<br>150  |
| Top Round Roast                | 325°F                               | 6* to 8*               | Medium rare: 2½–3 hr   | 135   |
|                                |                                     | 8* to 10*              | Medium rare: 3–3¾ hr   | 135   |
| Eye Round Roast                | 325°F                               | 2 to 3                 | Medium rare: 1½–1¾ hr  | 135   |
| Tri-Tip Roast                  | 425°F                               | 1½ to 2                | Medium rare: 30–40 min<br>Medium: 40–45 min  | 135<br>150  |

Medium rare doneness = 145°F final internal temperature after 15 to 20 minutes standing time.

Medium doneness = 160°F final internal temperature after 15 to 20 minutes standing time.

From the National Cattlemen's Beef Association (reviewed 2000).

Information based on consumer roasting data. Cooking times and temperatures for quantity production may vary depending on the roast size, number of roasts in the oven, temperature of roast before cooking, and equipment.

During standing time, roasts will continue to rise 5°–10°F.

\*Tent loosely with aluminum foil halfway through roasting time.

**TABLE 8.3** Timetable for roasting lamb and veal

| <i>Cut</i>                           | <i>Approximate weight (pounds)</i>                           | <i>Oven temperature (°F)</i> | <i>Interior temperature of roast when removed from oven (°F)<sup>ab</sup></i> | <i>Minutes per pound based on one roast</i> | <i>Approximate total cooking time (hours)</i>                |
|--------------------------------------|--|------------------------------|---|---|--|
| <b>LAMB</b>                          |  |                              |   |   |  |
| Leg, shank off, No. 233C             | 5–7  | 325                          | 140 (rare)  | 15–20                                       | 1 <sup>3</sup> / <sub>4</sub> –2 <sup>1</sup> / <sub>2</sub> |
|                                      |  |                              | 145 (medium rare)   | 20–25                                       | 1 <sup>3</sup> / <sub>4</sub> –3                             |
|                                      |  |                              | 155 (medium)  | 25–30                                       | 3–3 <sup>1</sup> / <sub>2</sub>                              |
| Leg, shank off, boneless, No. 233D   | 4–7  | 325                          | 140 (rare)  | 20  | 1 <sup>1</sup> / <sub>2</sub> –2 <sup>1</sup> / <sub>2</sub> |
|                                      |  |                              | 145 (medium rare)   | 25  | 1 <sup>3</sup> / <sub>4</sub> –3                             |
|                                      |  |                              | 155 (medium)  | 25–30                                       | 2–3 <sup>1</sup> / <sub>2</sub>                              |
| Shoulder, boneless and tied, No. 208 | 3 <sup>1</sup> / <sub>2</sub> –6                             | 325                          | 140 (rare)  | 30  | 2–2 <sup>1</sup> / <sub>2</sub>                              |
|                                      |  |                              | 145 (medium rare)   | 35  | 2 <sup>1</sup> / <sub>4</sub> –3                             |
|                                      |  |                              | 155 (medium)  | 40  | 2 <sup>1</sup> / <sub>2</sub> –3 <sup>1</sup> / <sub>2</sub> |
| Rib rack, No. 204                    | 1 <sup>1</sup> / <sub>2</sub> –2 <sup>1</sup> / <sub>2</sub> | 375                          | 140 (rare)  | 30  | <sup>3</sup> / <sub>4</sub> –1                               |
|                                      |  |                              | 145 (medium rare)   | 35  | 1–1 <sup>1</sup> / <sub>4</sub>                              |
|                                      |  |                              | 155 (medium)  | 40  | 1–1 <sup>1</sup> / <sub>2</sub>                              |
| Rib rack, No. 204                    | 2–3  | 375                          | 140 (rare)  | 25  | 1–1 <sup>1</sup> / <sub>4</sub>                              |
|                                      |  |                              | 145 (medium rare)   | 30  | 1 <sup>1</sup> / <sub>4</sub> –1 <sup>1</sup> / <sub>2</sub> |
|                                      |  |                              | 155 (medium)  | 35  | 1 <sup>1</sup> / <sub>2</sub> –1 <sup>3</sup> / <sub>4</sub> |
| <b>VEAL</b>                          |  |                              |   |   |  |
| Loin roast                           | 3–4  | 300–325                      | 155 (medium)  | 34–36                                       | 1 <sup>3</sup> / <sub>4</sub> –2 <sup>1</sup> / <sub>3</sub> |
|                                      |  |                              | 165 (well)  | 38–40                                       | 2–2 <sup>2</sup> / <sub>3</sub>                              |
| Loin roast, boneless                 | 2–3  | 300–325                      | 155 (medium)  | 18–20                                       | <sup>3</sup> / <sub>4</sub> –1                               |
|                                      |  |                              | 165 (well)  | 22–24                                       | <sup>3</sup> / <sub>4</sub> –1 <sup>1</sup> / <sub>4</sub>   |
| Rib roast                            | 4–5  | 300–325                      | 155 (medium)  | 25–27                                       | 1 <sup>2</sup> / <sub>3</sub> –2 <sup>1</sup> / <sub>4</sub> |
|                                      |  |                              | 165 (well)  | 29–31                                       | 2–2 <sup>1</sup> / <sub>2</sub>                              |
| Crown roast (12–14 ribs)             | 7 <sup>1</sup> / <sub>2</sub> –9 <sup>1</sup> / <sub>2</sub> | 300–325                      | 155 (medium)  | 19–21                                       | 2 <sup>1</sup> / <sub>4</sub> –3 <sup>1</sup> / <sub>4</sub> |
|                                      |  |                              | 165 (well)  | 21–23                                       | 2 <sup>1</sup> / <sub>2</sub> –3 <sup>1</sup> / <sub>2</sub> |
| Rib Eye roast                        | 2–3  | 300–325                      | 155 (medium)  | 26–28                                       | 1–1 <sup>1</sup> / <sub>2</sub>                              |
|                                      |  |                              | 165 (well)  | 30–33                                       | 1–1 <sup>2</sup> / <sub>3</sub>                              |
| Rump roast, boneless                 | 2–3  | 300–325                      | 155 (medium)  | 33–35                                       | 1–1 <sup>3</sup> / <sub>4</sub>                              |
|                                      |  |                              | 165 (well)  | 37–40                                       | 1 <sup>1</sup> / <sub>4</sub> –2                             |
| Shoulder roast, boneless             | 2 <sup>1</sup> / <sub>4</sub> –3                             | 300–325                      | 155 (medium)  | 31–34                                       | 1 <sup>1</sup> / <sub>4</sub> –1 <sup>1</sup> / <sub>2</sub> |
|                                      |  |                              | 165 (well)  | 34–37                                       | 1 <sup>1</sup> / <sub>4</sub> –1 <sup>3</sup> / <sub>4</sub> |

Compiled from materials by National Cattlemen's Beef Association, Veal Committee, and American Lamb Council materials (reviewed 2000).

<sup>a</sup> For safety, lamb and veal must reach a temperature of 145°F or above for 15 seconds.

<sup>b</sup> During the required 15–20 minute standing time, temperature will rise 5°F.

- Do not add water and do not cover roast. Adding water to the pan changes the cooking method from dry to moist heat.
- Roast at a constant oven temperature, 250°–325°F, depending on the kind of meat and size of roast. High heat, 375°–425°F, is used for small cuts of very tender meat that cook quickly. Meats cooked at high temperatures will have more caramelization and greater shrinkage. If cooking in a convection oven, the temperature should be reduced by 50°F to minimize drying of the roast's surface by moving air. Searing the roast initially at a high temperature does not hold in meat juices and may increase cooking losses. A constant low temperature reduces shrinkage and produces a more evenly done roast that is easier to carve and more attractive to serve.
- Roast to the desired degree of doneness. The length of the cooking period depends on several factors: oven temperature, size and shape of the roast, style of cut (boned or bone in), oven load, quality of meat, and degree of doneness required. Approximate cooking times and temperatures are given in Tables 8.2 through 8.5. Although approximate total cooking time can be used as a general guide, the interior temperature of the meat as measured by a thermometer or thermocouple is a more reliable indicator of doneness. Roasts will continue cooking for a period of time after removal from the oven, and the internal temperature of the roast may rise 5–10°F.

**TABLE 8.4** Timetable for roasting pork in conventional oven

| <i>Cut</i>                          | <i>Weight</i>          | <i>Oven temperature (°F)</i> | <i>Food product internal temperature (°F)</i> | <i>Minutes per pound<sup>a</sup></i> | <i>Approximate total cooking time</i> |
|-------------------------------------|------------------------|------------------------------|---|--------------------------------------|---------------------------------------|
| Loin, boneless, tied                | 8–12 lb                | 325                          | 155   | 17–20                                | 2½–3½ hr                              |
| Fresh ham, boneless, tied           | 10–14 lb               | 325                          | 155   | 20–25                                | 3½–4½ hr                              |
| Spareribs (panned flat)             | 3 lb and down          | 325                          | well done                                     | —                                    | 1½ hr                                 |
| Loin, back ribs (shingled)          | 1¾–2½ lb               | 325                          | well done                                     | —                                    | 1½ hr                                 |
| Bacon, flat pack                    | 18–22 slices/lb        | 400                          | —   | —                                    | 6–8 min                               |
| Sausage                             | 1 oz patties/<br>links | 400                          | well done                                     | —                                    | 15–20 min                             |
| Boneless cured ham,<br>fully cooked | 10–12 lb               | 325                          | 140   | 15–18                                | 2½–3½ hr                              |
| Boneless pork chop                  | 4 oz                   | 425                          | 160   | —                                    | 18–20 min                             |
| Boneless pork chop                  | 5 oz                   | 425                          | 160   | —                                    | 22–24 min                             |
| Boneless pork chop                  | 6 oz                   | 425                          | 160   | —                                    | 24–26 min                             |
| Boneless pork chop                  | 8 oz                   | 425                          | 160   | —                                    | 25–27 min                             |
| Bone-in pork chop                   | 4 oz                   | 425                          | 160   | —                                    | 10–12 min                             |
| Bone-in pork chop                   | 5 oz                   | 425                          | 160   | —                                    | 12–14 min                             |
| Bone-in pork chop                   | 6 oz                   | 425                          | 160   | —                                    | 15–17 min                             |
| Bone-in pork chop                   | 8 oz                   | 425                          | 160   | —                                    | 25–30 min                             |

Compiled from materials by National Pork Producers Council (reviewed 2000).

<sup>a</sup> Smaller roasts require more minutes per pound than larger roasts.

**TABLE 8.5** Timetable for roasting pork in convection oven

| <i>Cut</i>                          | <i>Weight</i>          | <i>Oven temperature (°F)</i> | <i>Food product internal temperature (°F)</i> | <i>Minutes per pound<sup>a</sup></i> | <i>Approximate total cooking time</i> |
|-------------------------------------|------------------------|------------------------------|---|--------------------------------------|---------------------------------------|
| Loin, boneless, tied                | 8–12 lb                | 275                          | 155   | 12–15                                | 2–2½ hr                               |
| Fresh ham, boneless, tied           | 10–14 lb               | 275                          | 155   | 13–16                                | 3–3½ hr                               |
| Whole tenderloin                    | ¾–1 lb                 | 425                          | 155   | —                                    | 15 min                                |
| Spareribs (panned flat)             | 3 lb and down          | 275                          | well done                                     | —                                    | 60–70 min                             |
| Loin, back ribs (shingled)          | 1¾–2½ lb               | 275                          | well done                                     | —                                    | 60–70 min                             |
| Bacon, flat pack                    | 18–22 slices/lb        | 325                          | —   | —                                    | 4–6 min                               |
| Sausage                             | 1 oz patties/<br>links | 325                          | well done                                     | —                                    | 10–12 min                             |
| Boneless cured ham,<br>fully cooked | 10–12 lb               | 275                          | 140   | 10–12                                | 2–2½ hr                               |
| Boneless pork chop                  | 4 oz                   | 425                          | 160   | —                                    | 6–8 min                               |
| Boneless pork chop                  | 5 oz                   | 425                          | 160   | —                                    | 8–10 min                              |
| Boneless pork chop                  | 6 oz                   | 425                          | 160   | —                                    | 13–15 min                             |
| Boneless pork chop                  | 8 oz                   | 425                          | 160   | —                                    | 15–17 min                             |
| Bone-in pork chop                   | 4 oz                   | 425                          | 160   | —                                    | 8–10 min                              |
| Bone-in pork chop                   | 5 oz                   | 425                          | 160   | —                                    | 11–13 min                             |
| Bone-in pork chop                   | 6 oz                   | 425                          | 160   | —                                    | 13–15 min                             |
| Bone-in pork chop                   | 8 oz                   | 425                          | 160   | —                                    | 20–22 min                             |

Compiled from materials by National Pork Producers Council (reviewed 2000).

<sup>a</sup> Smaller roasts require more minutes per pound than larger roasts.

- After cooking, the roast should be allowed to set in a warm place for 15 to 20 minutes before being sliced. The roast becomes more firm, retains more of its juices, and is easier to slice. Tent the meat with foil to keep it warm. Slice the meat across the grain.

Meat juices will be lost if the roast is pierced with a fork during cooking or before it has set after cooking. Refrigerating the roast prior to slicing and service results in a loss of flavor. To ensure the highest quality, roasts should be served soon after cooking and slicing. Table 1.1 provides information on several yields.

## Broiling

Broiling is a dry-heat method of cooking using direct or radiant heat. It is used for small, individualized, tender cuts such as steaks, chops, and patties. Low-temperature cooking methods apply to proper broiling. Broiled meats should not be seared, for searing increases broiling losses. If marking on a hot broiler rack is desired, the remainder of the broiler time after marking should be at a moderate temperature.

Broiling is most successful for cuts 1 to 2 inches thick. Veal should not be broiled unless it is fairly mature and well marbled with fat, and then only loin chops or steaks should be used. Broiling is an acceptable cooking method for pork chops, but the temperature should be moderate, so the chop does not become charred by the time it is cooked well done (160°F).

Frozen cuts may be successfully broiled, especially those 1½ inches thick or less. They should be broiled at a greater distance from the heat or at a lower temperature than unfrozen cuts to provide more uniform doneness. Although cooking times will vary, a general guideline is that frozen steaks will take nearly twice as long as unfrozen steaks.

Meat may be broiled in an oven broiler or other type of heat-from-above gas or electric broiler, or on an open hearth, which is heated from below. In pan broiling or griddle broiling, the heat is transferred from the pan or grill to the meat being cooked.

Following is the standard procedure for broiling:

- Preheat the broiler. A preheated broiler rack will provide desired markings on the meat.
- Place the meat on the broiler rack. A distance of 3 to 5 inches is recommended. If frozen meat is used, increase distance from the heat source.
- Broil the meat until the side closest to the heat source is attractively browned and the cut is cooked almost half through.
- Turn meat only once during cooking.
- Broil second side to desired doneness. Season. See Table 8.6 for approximate time.

## Pan Broiling and Griddle Broiling

- Place meat on a preheated ungreased griddle or heavy frying pan.
- Cook slowly, turning as necessary. Since the meat is in contact with the hot metal of the pan or griddle, turning more than once may be necessary for even cooking. If the steak is thick, reduce the temperature after browning.
- Cook the meat at a moderate temperature. Care should be taken not to puncture the meat while cooking. Use long-handled tongs or a spatula for turning.
- Do not add additional fat or water. Pour off or scrape away any excess fat as it accumulates.
- Cook meat to the desired degree of doneness. See Table 8.7 for approximate cooking times.

## Direct Grilling

- Prepare charcoal grill for direct cooking and light charcoal. When coals are ash covered (in approximately 30 minutes), spread in single layer.
- Place seasoned or unseasoned meat on grid directly over ash-covered, medium-hot coals. (Coals are medium-hot when a hand can be held at cooking height for 4 seconds before the heat forces it to be pulled away. Extreme care should be taken when measuring the temperature in this way.)
- Grill steaks uncovered according to Table 8.8. After grilling, season beef with salt if desired and serve immediately.

## Frying

Frying, a dry-heat method, is cooking in fat and may be accomplished by pan or griddle frying in a small amount of fat; by deep-fat frying, which uses a large amount of fat; or by stir-frying. Meat for frying generally is cut thinner than that for broiling and may be breaded or tenderized by scoring, cubing, or grinding.

## Pan Frying or Griddle Frying

Procedures for pan frying or griddle frying are similar to pan or griddle broiling, but foods are cooked at approximately 325°F in fat that covers the bottom of the pan up to about one-fourth of the product. Meat may be dredged with seasoned flour to form a crisp crust. Pan fried items can be cooked completely during the frying process or can be browned in the pan and finished in the oven. Covering the food is not recommended because moisture must escape in order for the food to brown. Trapped moisture changes the cooking method from dry heat to moist heat.

**TABLE 8.6** Timetable for broiling meat

| Meat                             | Cut   | Approximate thickness or weight (inches/weight) | Distance from heat (inches) | Approximate total cooking time (minutes) |                |                                |
|----------------------------------|---|---|-----------------------------|--|----------------|--------------------------------|
|                                  |   |   |                             | Medium rare (145°F)                      | Medium (160°F) | Well done <sup>c</sup> (170°F) |
| BEEF                             | Porterhouse/T-bone steaks                   | ¾   | 2–3                         | 10                                       | 13             |                                |
|                                  |   | 1   | 3–4                         | 15                                       | 20             |                                |
|                                  |   | 1½  | 3–4                         | 27                                       | 32             |                                |
|                                  | Rib steaks                                  | ¾   | 2–3                         | 9  | 12             |                                |
|                                  |   | 1   | 3–4                         | 13                                       | 17             |                                |
|                                  |   | 1½  | 3–4                         | 24                                       | 31             |                                |
|                                  | Rib eye steaks                              | ¾   | 2–3                         | 8  | 10             |                                |
|                                  |   | 1   | 3–4                         | 14                                       | 18             |                                |
|                                  |   | 1½  | 3–4                         | 21                                       | 27             |                                |
|                                  | Top sirloin steak, boneless                 | ¾   | 2–3                         | 9  | 12             |                                |
|                                  |   | 1   | 3–4                         | 16                                       | 21             |                                |
|                                  |   | 2   | 3–4                         | 34                                       | 39             |                                |
|                                  | Sirloin cubes                               | 1–1¼  | 3–4                         | 8  | 10             |                                |
|                                  | Tenderloin steak                            | 1   | 2–3                         | 13                                       | 16             |                                |
|                                  |   | 1½  | 3–4                         | 18                                       | 22             |                                |
|                                  | Top loin steak, boneless                    | ¾   | 2–3                         | 9  | 11             |                                |
|                                  |   | 1   | 3–4                         | 13                                       | 17             |                                |
|                                  | Tri-tip roast (bottom sirloin)              | 1½–2 lb   | 4–5                         | 20                                       | 30             |                                |
|                                  | Chuck shoulder steak, <sup>a</sup> boneless | 1   | 3–4                         | 16                                       | 21             |                                |
|                                  | Eye round steak                             | 1   | 2–3                         | 9  |                |                                |
| Top round steak <sup>a</sup>     | 1   | 2–3   | 17–18                       |  |                |                                |
| Flank steak <sup>a</sup>         | 1½–2 lb                                     | 2–3   | 13                          | 18                                       |                |                                |
| Ground beef patties <sup>b</sup> | ½ × 4-in (4/lb)                             | 3–4   |                             | 10–12                                    |                |                                |
|                                  | ¾ × 4-in (3/lb)                             | 3–4   |                             | 12–14                                    |                |                                |

*continues*

Following is the standard procedure for pan frying or griddle frying meat that is coated with flour:

1. Dredge the meat with seasoned flour, crumbs, cornmeal, or similar coatings.
2. Place breaded food in heated oil and brown. Allow the fat to remain on the griddle or in the pan as the meat cooks.
3. Do not cover meat. Cook at moderate temperature until done, turning occasionally. Additional fat may need to be added during the cooking process.
4. Drain meat and serve at once.

With the exception of cream gravy made to accompany fried chicken or country-fried steak, sauces are generally not made from the fat and liquid that remain in the pan after frying.

### Sautéing

Sautéing is a cooking method for preparing small, thin pieces of moist tender meat, seafood, or high-

moisture vegetables in a pan. A high temperature, small amount of fat, and short cooking time distinguish sautéing from pan or griddle frying.

Sauces are often made from the juices left in the pan after sautéing. The process of adding liquid to the pan juices to dissolve food particles or caramelized drippings left in the pan is called deglazing. Excess fat should be poured away before deglazing. Liquids suitable for deglazing a pan include stock, water, and wine. Thickening may be achieved by using a starch or by a reduction of the liquid.

### Deep-Fat Frying

In deep-fat frying, the hot fat is in constant contact with the entire surface of the meat, resulting in rapid heat transfer. A portion of the fat will be absorbed and contribute to the flavor of the product. At a low temperature, absorption is much greater, resulting in a greasy, less desirable product that will not fry to an attractive golden-brown color. Overloading the fryer

TABLE 8.6 *continued*

| Meat                                     | Cut                                    | Approximate thickness or weight (inches/weight) | Distance from heat (inches) | Approximate total cooking time (minutes) |                |                                |
|--|--|---|-----------------------------|--|----------------|--------------------------------|
|  |  |   |                             | Medium rare (145°F)                      | Medium (160°F) | Well done <sup>c</sup> (170°F) |
| PORK                                     | Loin/rib chop (bone-in)                | ¾ in  | 3                           |  |                | 8–11                           |
|  |  | 1½ in   | 5                           |  |                | 19–22                          |
|  | Boneless loin chop                     | 1 in  | 3                           |  |                | 11–13                          |
|  |  | 1½ in   | 5                           |  |                | 16–18                          |
|  | Boneless rib roast filet               | ¾ in  | 3–5                         |  |                | 7–9                            |
|  |  | 1 in  | 3                           |  |                | 11–13                          |
|  | Butterflied chop                       | 1½ in   | 5                           |  |                | 16–18                          |
|  |  | ¾ in  | 3                           |  |                | 13–15                          |
|  | Blade chop (bone-in)                   | 1½ in   | 5                           |  |                | 26–29                          |
|  |  | ¾ in  | 3                           |  |                | 16–18                          |
|  | Shoulder chop (bone-in)                | 1½ in   | 5                           |  |                | 18–20                          |
|  |  | ¾ in  | 3                           |  |                | 16–18                          |
|  | Kabobs loin/leg                        | 1 inch pc                                       | 3–5                         |  |                | 9–11                           |
|  | Kabobs tenderloin                      | 1 inch pc                                       | 3–5                         |  |                | 12–14                          |
|  | Tenderloin                             | ½–1 lb  | 5                           |  |                | 16–21                          |
|  | Ground pork patties                    | ½ in  | 3–5                         |  |                | 7–9                            |
|  | Country-style ribs                     | 1 in slice                                      | 5                           |  |                | 45–60                          |
|  | Spareribs                              |   | 5                           |  |                | 45–60                          |
|  | Back ribs                              |   | 5                           |  |                | 45–55                          |
| Butterflied single loin roast (boneless) | 3 lb                                   | 5   |                             |  | 22–24          |                                |
| LAMB                                     | Shoulder, rib, loin, and sirloin chops | 5 oz  | 3–4                         | 10                                       | (150°F)        | 12                             |
|  |  | 8 oz  | 3–4                         | 12                                       | (150°F)        | 15                             |
|  | Center leg chops                       | 1 in  | 3–4                         | 15                                       | (150°F)        | 20                             |
|  | Ground lamb patties <sup>b</sup>       | 1 (4 oz)  | 3–4                         |  | 12             | 15                             |

Compiled from materials by National Cattlemen's Beef Association, National Pork Producers Council, and American Lamb Council (reviewed 2000).

<sup>a</sup> Marinate beef cuts 6–8 hours for best eating quality.

<sup>b</sup> The FDA 1999 Food Code requires ground meat be cooked to a temperature of 155°F or above for 15 seconds. USDA recommends cooking ground meat patties to 160°F.

<sup>c</sup> National Cattlemen's Beef Association does not recommend broiling beef to 170°.

will reduce the temperature of the fat. Following is the procedure for deep-fat frying meat:

1. Coat or bread meat. (See p. 39 for methods of preparing food for deep-fat frying.) Portioned, prebreaded items may be cooked from a frozen state in the deep-fat fryer.
2. Heat the fat to approximately 350°F.
3. Place pieces of meat in the wire basket and carefully lower into the fryer. Do not fill the basket while holding over the fat, because crumbs could fall into the fat.
4. Do not overload the basket or the fryer. An overload drastically reduces the temperature of the fat, thereby increasing fat absorption and inhibiting browning. This is especially true when the product

is frozen. A ratio by weight of about 5 to 1 of fat to product is the maximum effective load.

5. Continue cooking until the outside of the product is browned and crisp and the meat reaches the desired doneness. Cooking time depends on the size of the piece, whether it is frozen or chilled, and whether the meat has been precooked.
6. Remove meat from fat and let drain. Do not shake the basket over the fat if the product is coated; shaking will cause particles and crumbs to fall into the fat.

Proper care can extend the usefulness or life of deep-frying fat. Factors causing fat to break down include salt or food particles in the fat, moisture, high temperature, and prolonged heating. Some indicators that fat needs to be changed include low smoke point, foaming, dark color, and unpleasant odor or flavor.

**TABLE 8.7** Timetable for griddle-broiling meat (surface 400°–450°F)

| Meat                             | Cut                              | Approximate thickness or weight (inches/weight) | Approximate total cooking time (minutes) |                 |                   |
|----------------------------------|----------------------------------|---|--|-----------------|-------------------|
|                                  |                                  |   | Medium rare (145°F)                      | Medium (160°F)  | Well done (170°F) |
| BEEF                             | Top loin steak                   | $\frac{3}{4}$                                   | 10                                       | 12              |                   |
|                                  | (boneless)                       | 1   | 12                                       | 15              |                   |
|                                  | Rib eye steak                    | $\frac{3}{4}$                                   | 8  | 10              |                   |
|                                  |                                  | 1   | 12                                       | 15              |                   |
|                                  | Top round steak                  | $\frac{3}{4}$                                   | 11–12                                    | not recommended |                   |
|                                  | (marinate)                       | 1   | 15–16                                    | not recommended |                   |
|                                  | Top sirloin                      | $\frac{3}{4}$                                   | 10                                       | 13              |                   |
|                                  | (boneless) steak                 | 1   | 15                                       | 20              |                   |
|                                  | Tenderloin steak                 | $\frac{1}{2}$                                   | $3\frac{1}{2}$                           | $5\frac{1}{2}$  |                   |
|                                  |                                  | $\frac{3}{4}$                                   | 7  | 9               |                   |
| Ground beef patties <sup>a</sup> |                                  | 1   | 10                                       | 13              |                   |
|                                  |                                  | $\frac{1}{2} \times 4$ (4/lb)                   | 10                                       | 12              |                   |
|                                  |                                  | $\frac{3}{4} \times 4$ (3/lb)                   |  | 12–15           |                   |
| LAMB                             | Chops                            | 1   | 8–10                                     | 10–12           |                   |
|                                  |                                  | $1\frac{1}{2}$                                  | 10–15                                    | 15–20           |                   |
|                                  | Ground lamb patties <sup>a</sup> | $\frac{3}{4}$                                   |  | 10              | 12–15             |
|                                  |                                  | 1 (4 oz)  |  | 10–15           | 15–20             |
| PORK                             | Smoked ham slice                 | $\frac{1}{2}$                                   |  |                 | 6–10              |
|                                  | Bacon                            |   |  |                 | 2–3               |
|                                  | Boneless pork chop               | $\frac{1}{2}$                                   |  |                 | 7–8               |
|                                  |                                  | 1   |  |                 | 10–12             |
|                                  | Bone-in pork chop                | $\frac{1}{2}$                                   |  |                 | 7–8               |
|                                  | 1                                |   |  | 12–14           |                   |

Compiled from materials by National Cattlemen's Beef Association, National Pork Producers Council, and American Lamb Council (reviewed 2000).

<sup>a</sup> The FDA 1999 Food Code requires ground meat be cooked to a temperature of 155°F or above for 15 seconds. USDA recommends cooking ground meat patties to 160°F.

## Stir-Frying

Stir-frying consists of cooking sliced or chopped meat and vegetables in a small amount of oil over medium-high heat. Stir-frying differs from sautéing in that the food is kept moving constantly during the cooking process. Quick cooking helps retain nutrients and enhances the flavor and attractiveness of the food. Food items suitable for stir-frying are tender, small pieces of beef, pork, or poultry; seafood; or high-moisture vegetables. Soy sauce, meat glaze, and wine are suitable liquids to use for a sauce. Cornstarch and arrowroot are traditional thickeners used for sauce on stir-fried foods.

Following is the standard procedure for stir-frying:

1. Cut meat and vegetables into small, uniform pieces so they will cook quickly and evenly. Cut meat into thin slices or strips. Partially freezing meat will facilitate slicing.
2. Heat the oil in the wok or other suitable equipment.
3. Add the main ingredient or meat and stir-fry, keeping the food in constant motion. Stir and cook until the meat is done. Add additional ingredients in sequence (those that require the most cooking time first and least cooking time last). Cook only until tender crisp. When time is an issue, meat can be stir-fried in a pre-preparation step then added to each batch of vegetables toward the end of the cooking time. The quality and flavor of the final product may be inferior to a product made with freshly cooked meat.
4. Add the liquid slowly. Add thickener and cook for 3 to 5 minutes longer, just until sauce thickens. See p. 678 for cornstarch and water ratio. Serve the food immediately after cooking.

**TABLE 8.8** Timetable for direct grilling steak

| <i>Steak</i>           | <i>Approximate thickness or weight (inches/weight)</i> | <i>Approximate cooking time (minutes)</i> |                       |
|------------------------|--|---|-----------------------|
|                        |  | <i>Medium rare (145°F)</i>                | <i>Medium (160°F)</i> |
| Chuck Top Blade        | 1  | 18  | 22                    |
| Chuck Shoulder         | 3/4  | 14  | 17                    |
|                        | 1  | 16  | 20                    |
| Flank                  | 1 1/2 to 2 lb  | 17  | 21                    |
| Ground Beef Patties    | 1/2 × 4 (4/lb)   |   | 11–13 <sup>a</sup>    |
| Boneless Top Loin      | 3/4  | 10  | 12                    |
|                        | 1  | 15  | 18                    |
| Porterhouse/T-bone     | 3/4  | 10  | 12                    |
|                        | 1  | 14  | 16                    |
|                        | 1 1/2  | 20 (covered)                              | 24 (covered)          |
| Rib                    | 3/4  | 6   | 8                     |
|                        | 1  | 9   | 12                    |
|                        | 1 1/2  | 22 (covered)                              | 27 (covered)          |
| Rib Eye                | 3/4  | 6   | 8                     |
|                        | 1  | 11  | 14                    |
|                        | 1 1/2  | 17 (covered)                              | 22 (covered)          |
| Top Round              | 3/4  | 8–9                                       | not recommended       |
|                        | 1  | 16–18                                     | not recommended       |
|                        | 1 1/2  | 25–28 (covered)                           | not recommended       |
| Top Sirloin (boneless) | 3/4  | 13  | 16                    |
|                        | 1  | 17  | 21                    |
|                        | 1 1/2  | 22 (covered)                              | 26 (covered)          |
|                        | 2  | 28 (covered)                              | 33 (covered)          |
| Tenderloin             | 1  | 13  | 15                    |
|                        | 1 1/2  | 14 (covered)                              | 16 (covered)          |

Compiled from materials by National Cattleman's Beef Association (reviewed 2000).

All cook times are based on beef removed directly from the refrigerator.

<sup>a</sup> The FDA 1999 Food Code recommends cooking ground beef to 155°F or above for 15 seconds. USDA recommends cooking ground beef patties to 160°F.

## Braising

Braising is a moist-cooking method adapted to the less tender cuts of meat. Certain cuts of veal and thin cuts of pork such as steaks are better if braised, although they are tender. The terms “pot roasting” or “fricasseeing” also apply to this method of cooking. Steps in braising are as follows:

1. Season meat and dredge with flour. Flour increases browning but may be omitted.
2. Brown meat on all sides in a small amount of fat. The meat can be browned in its own fat or added fat. Browning develops the aroma, flavor, and color of the meat. Large cuts can be browned in a heavy pot on top of the range, in a pan in the oven, or in a steam-jacketed kettle. Smaller individual pieces can be browned in a tilting fry pan, on the grill, in the oven, or in the deep-fat fryer.
3. Remove the meat and add the vegetables or mirepoix, approximately 1 ounce per pound of meat. Vegetables add flavor but can be omitted. Thicken with a roux if desired. Return the meat to the pot.
4. Add a small amount of liquid, approximately 2 cups per pound of meat. Liquid should cover one-half to one-third of the meat. Use additional liquid as needed during cooking. Liquids may be a well-seasoned meat stock, tomato juice, or appropriate jus.
5. Cover with tight-fitting lid or aluminum foil. Cook at low temperature until tender. Cook in the oven at 300°–325°F. meat may be simmered in a steam-jacketed kettle or heavy pan on top of the range. See Table 8.9 for approximate cooking times.

**TABLE 8.9** Timetable for braising meat

| <i>Meat</i> | <i>Cut</i>              | <i>Average weight or thickness</i> | <i>Approximate total cooking time (hours)</i> |
|-------------|-------------------------|------------------------------------|---|
| BEEF        | Pot roast               | 4–6 lb                             | 3–4 hr  |
|             | Round steak             | 1–2½ in                            | 1½–3 hr                                       |
|             | Short ribs              | 2 × 2 × 4 in                       | 1½–2½ hr                                      |
| LAMB        | Shanks                  | ½ lb ea                            | 1–1½ hr                                       |
|             | Riblets                 | ¾ × 2½ × 3 in                      | 1½–2 hr                                       |
| PORK        | Loin/rib chop (bone-in) | ¾ in                               | 30 min  |
|             | Boneless loin chop      | 1½ in                              | 45 min  |
|             | Spareribs/back ribs     |                                    | 1½ hr   |
|             | Country-style ribs      |                                    | 1½–2 hr                                       |
|             | Shoulder steaks         | ¼ in                               | 40–50 min                                     |
|             | Cubes                   | 1–1¼ in                            | 45–60 min                                     |
|             | Blade Boston (boneless) | 2½–3½ lb                           | 2–2½ hr                                       |
|             | Blade Boston (bone-in)  | 3–4 lb                             | 2¼–2¾ hr                                      |
|             | Sirloin (boneless)      | 2½–3½ lb                           | 1¾–2¼ hr                                      |
| VEAL        | Cutlets                 | ½ × 3 × 5½ in                      | ¾–1 hr  |
|             | Steaks or chops         | ½–¾ in                             | ¾–1 hr  |

Compiled from materials by National Cattlemen's Beef Association, Veal Committee, National Pork Producers Council, and American Lamb Council (reviewed 2000).

**TABLE 8.10** Timetable for cooking meat in liquid (large cuts and stews)

| <i>Cut</i>            | <i>Average size or weight</i> | <i>Approximate cooking time</i> |                    |
|-----------------------|-------------------------------|---------------------------------|--------------------|
|                       |                               | <i>Minutes per pound</i>        | <i>Total hours</i> |
| Fresh beef            | 4–8 lb                        | 40–50                           | 3–4                |
| Corned beef           | 6–8 lb                        | 40–50                           | 4–6                |
| Beef shank crosscuts  | 1–1½ in                       |                                 | 2–3                |
| Lamb or veal for stew | 1 in cubes                    |                                 | 1¼–1½              |
| Beef for stew         | 1–1½ in cubes                 |                                 | 1¾–2¼              |
| Spareribs             |                               |                                 | 2–2½               |
| Country-style ribs    |                               |                                 | 2–2½               |
| Cubes                 | 1–1¼ in cubes                 |                                 | ¾–1                |

Compiled from materials by National Cattlemen's Beef Association, National Pork Producers Council, and American Lamb Council (reviewed 2000).

## Cooking in Liquid

A moist cookery method involves cooking meat covered with water or other liquid and is sometimes referred to as simmering, boiling, or stewing. This method is suitable for the least tender cuts, such as shank, neck, and brisket, and for variety meats such as heart and tongue. Following is the procedure for cooking large cuts in liquid:

1. Cover meat with liquid. Water or meat stock may be used and may be hot or cold when added to the meat. If desired, the meat may be browned first,

but some cuts such as corned beef, cured and smoked meats, and variety meats generally are not browned.

2. Season with salt and pepper. Herbs, spices, and vegetables add to the variety and flavor of stewed meats. Suggested seasonings are carrots, celery, onions, bay leaves, thyme, marjoram, and parsley.
3. Cover and cook just below the boiling point until tender. Cooking may be in a steam-jacketed kettle, tilting fry pan, or a tightly covered heavy pan on top of the range. See Table 8.10 for approximate cooking times.

## Stewing

Stewing is similar to braising but the meat is cut into smaller, bite-size pieces. The amount of liquid added should just cover the meat. Too much liquid will dilute the flavor of the sauce. The liquid should simmer rather than boil during cooking. See Table 8.10 for approximate cooking times.

## DEGREE OF DONENESS

Proper cooking is one of the most effective ways to kill harmful bacteria and maintain quality standards. The time required to reach the optimum degree of doneness will vary depending on such things as the equip-

ment, product temperature, product size, and quantity being cooked at one time. Exhibit VI provides color descriptions for beef steaks cooked at varying degrees of doneness. For steaks that are broiled, pan broiled, or grilled, the easiest way to determine doneness is by cutting a small slit and checking the color of the meat near the bone, or near the center of a boneless cut. Ground beef should always be cooked to 155°F or above for 15 seconds. Cooking to 160°F, which is often recommended, provides a safety factor because the time variable is removed.

Color is not always an accurate predictor for end temperature, because of the meat pH or the interaction of beef with other ingredients. End temperatures should be verified with a sanitized thermometer or thermocouple.

## BEEF RECIPES

### POT ROAST OF BEEF

*Yield:* 50 portions      *Portion:* 3 oz  
*Oven:* 450°F, then reduce to 300°F      *Bake:* 30 minutes, 3 hours

| <i>Ingredient</i>            | <i>Amount</i>  | <i>Procedure</i>   |
|------------------------------|----------------|--|
| Beef, boneless, inside round | 18 lb          | Season meat with salt and pepper. Place in roasting pan and brown at 450°F for about 30 minutes.   |
| Salt                         | 1 oz (1½ Tbsp) |  |
| Pepper, black                | ½ tsp          |  |
| Water                        | 2 qt           | When meat is browned, add water. Reduce heat to 300°F. Cover and cook slowly until tender (3 hours). Add water as necessary. When meat is done (160°–170°F), remove from pan. Let stand ½ hour before slicing. |
| Flour, all-purpose           | 6 oz           | Mix flour and cold water, stirring with wire whip until smooth. Add to drippings in pan.   |
| Water, cold                  | 1½ cups        |  |
| Water (additional)           | as necessary   | Remove excess fat if necessary and add water to make 1 gal liquid.   |
| Salt                         | 1 oz (1½ Tbsp) | Add salt and pepper. Cook until thickened.   |
| Pepper, black                | ½ tsp          |  |

#### *Approximate nutritive values per portion*

**Calories 208**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 92 mg | <b>31%</b> | <b>Total Carb.</b> 3 g | <b>1%</b>  | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 2 g          | <b>12%</b> | <b>Sodium</b> 490 mg  | <b>20%</b> | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  |
| <b>Protein</b> 31 g   |            |                       |            | Sugars 0 g             |            | <b>Calcium</b>        | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>           | <b>19%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Beef chuck may be used. Increase to 20 lb (AP).
- Meat may be cooked in a steam-jacketed kettle. Brown in a small amount of fat. Add water, salt, and pepper. Cover kettle and cook until tender. Add water as necessary.
- 2 lb carrots, 2 lb celery, and 12 oz onion, cut into chunks, may be added for flavoring during last hour of cooking. See Table 1.3 for amount to use if serving vegetables as an accompaniment.

#### Variations

- **Savory Pot Roast or Brisket.** Place meat in baking pan. Sprinkle with 5 oz dry onion soup mix. Cover tightly with aluminum foil. Bake at 300°F for 5–6 hours. Remove foil and bake ½ hour longer. Use juice for gravy. If brisket is used, increase to 25 lb. Cooked Barbecue Sauce (p.567) may be added the last half hour of cooking.
- **Smoked Beef Brisket.** Use 25 lb well-trimmed beef brisket. Combine ⅔ cup liquid smoke, 2 Tbsp salt, 2 Tbsp onion salt, ¼ cup celery salt, ¼ cup garlic salt, ½ cup Worcestershire sauce, and 1 oz black pepper. Spread on brisket. Cover with aluminum foil. Seal. Refrigerate overnight. Bake at 275°F for 4 hours covered. Uncover and spread with Barbecue Sauce (p. 567). Bake 1 hour longer. To serve, slice in thin slices across the grain of the meat.
- **Yankee Pot Roast.** Add 1½ qt tomato puree and one bay leaf to the cooking water.

## SAUERBRATEN

Yield: 50 portions      Portion: 4 oz  
Oven: 350°F      Bake: 2–2½ hours

| Ingredient                   | Amount  | Procedure  |
|------------------------------|---------|--|
| Red cooking wine             | 3 cups  | Heat to boiling point. Do not boil.  |
| Red wine vinegar             | 2½ cups | Cool to room temperature.  |
| Water                        | 2½ cups |  |
| Bay leaves                   | 5       |  |
| Juniper berries, whole       | 14      |  |
| Peppercorns, black           | 18      |  |
| Beef, boneless, inside round | 20 lb   | Rub beef with salt and pepper.   |
| Salt                         | 4 oz    |  |
| Pepper, black                | 2 Tbsp  |  |
| Onions, sliced               | 4 lb EP | Place meat and onions in deep pans. Pour marinade over beef. Turn beef to moisten all sides with marinade. Cover tightly. Refrigerate 2 or 3 days, turning the meat twice a day if meat is not covered with marinade. Strain marinade and reserve to pour over beef. Place meat in roasting pan. Pour strained marinade over meat. Cover tightly. Roast at 350°F until internal temperature reaches 145°F. Remove meat from liquid. Reserve liquid for gingersnap sauce. Slice beef. Place in two 2-inch counter pans. |

### GINGERSNAP SAUCE

|                      |       |   |
|----------------------|-------|---|
| Liquid from roast    | 3½ qt | Measure liquid from roast. Add water if needed.                             |
| Gingersnaps, crushed | 1 lb  | Add gingersnaps. Bring to boil, stirring constantly until mixture thickens. |
|                      |       | Ladle gingersnap sauce over beef. Additional sauce may be served with meat. |

### Approximate nutritive values per portion

Calories 252

| Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion         | %DV |                  | %DV |
|----------------------|-----|------------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 8 g | 13% | <b>Cholest.</b> 102 mg | 34% | <b>Total Carb.</b> 5 g | 2%  | <b>Vitamin A</b> | 0%  |
| Sat. Fat 3 g         | 14% | <b>Sodium</b> 936 mg   | 39% | Fiber 1 g              | 3%  | <b>Vitamin C</b> | 4%  |
| <b>Protein</b> 34 g  |     |                        |     | Sugars 2 g             |     | <b>Calcium</b>   | 2%  |
|                      |     |                        |     |                        |     | <b>Iron</b>      | 22% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**PEPPER STEAK**

Yield: 50 portions

Portion: 6 oz meat + 4 oz rice

| <i>Ingredient</i>                           | <i>Amount</i>         | <i>Procedure</i>   |
|---|-----------------------|--|
| Beef round or sirloin, cut into thin strips | 13 lb                 | Cook meat in shortening in kettle or deep frypan until lightly browned, about 10 minutes.  |
| Shortening                                  | 8 oz                  |  |
| Beef Stock (p. 599)                         | 2 qt                  | Add stock, tomatoes, onions, and seasonings to meat. Simmer until tender, 1–1½ hours, stirring occasionally.                                 |
| Tomatoes, canned, diced                     | 1 No. 10 can          |  |
| Onions, chopped                             | 1 lb                  |  |
| Garlic                                      | 3 cloves, cut in half |  |
| Salt  | 2 Tbsp                |  |
| Green peppers, thinly sliced in rings       | 12                    | Add green pepper and cook until tender but firm and brightly colored.  |
| Cornstarch                                  | 3 oz                  | Combine cornstarch, water, and soy sauce into a smooth paste. Add to meat-vegetable mixture. Cook until thickened (approximately 5 minutes). |
| Water, cold                                 | 2½ cups               |  |
| Soy sauce                                   | ⅔ cup                 |  |
| Rice, converted                             | 3 lb 8 oz             | Cook rice according to directions on p. 399. Serve 6 oz meat mixture over 4 oz rice.   |
| Water, boiling                              | 4¼ qt                 |  |
| Salt  | 2 Tbsp                |  |
| Margarine or vegetable oil                  | 2 Tbsp                |  |

*Approximate nutritive values per portion***Calories 401**

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 11 g | 17% | <b>Cholest.</b> 68 mg | 23% | <b>Total Carb.</b> 32 g | 11% | <b>Vitamin A</b> | 3%  |
| Sat. Fat 4 g          | 18% | <b>Sodium</b> 1021 mg | 43% | Fiber 1 g               | 5%  | <b>Vitamin C</b> | 18% |
| <b>Protein</b> 42 g   |     |                       |     | Sugars 2 g              |     | <b>Calcium</b>   | 5%  |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 23% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## SWISS STEAK

Yield: 50 portions      Portion: 5 oz  
Oven: 350°F      Bake: 1½–2 hours

| Ingredient                          | Amount    | Procedure  |
|-------------------------------------|-----------|--|
| Beef round, sliced,<br>¾ inch thick | 17 lb     | Cut meat into portions, 3 per lb.  |
| Flour, all-purpose                  | 1 lb      | Mix flour, salt, and pepper. Pound into meat with mallet or cleaver.                         |
| Salt                                | 3 oz      |  |
| Pepper, black                       | 2 tsp     |  |
| Shortening, hot                     | 1 lb 8 oz | Brown meat in shortening. Place, slightly overlapping, in two 12 × 20 × 2-inch counter pans. |
| Fat (meat drippings),<br>hot        | 6 oz      | Make gravy according to directions on p. 564.  |
| Flour, all-purpose                  | 6 oz      | Add 1½ qt gravy to each pan of meat.   |
| Salt                                | 2 tsp     | Cover tightly with aluminum foil.  |
| Pepper, black                       | ¾ tsp     | Bake at 350°F for 1½–2 hours.  |
| Water or beef stock                 | 3 qt      |  |

### Approximate nutritive values per portion

Calories 363

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       |                  | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 21 g | <b>32%</b> | <b>Cholest.</b> 87 mg | <b>29%</b> | <b>Total Carb.</b> 10 g | <b>3%</b> | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 6 g          | <b>29%</b> | <b>Sodium</b> 819 mg  | <b>34%</b> | Fiber 0.4 g             | <b>1%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 33 g   |            |                       |            | Sugars 0 g              |           | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>25%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Portioned steaks, cut 3 per pound, may be substituted for beef round. Reduce cooking time to 1½ hours.

### Variations

- **Chicken-Fried Steak.** Dip portioned steaks or beef cutlets into mixture of 6 eggs and 3 cups milk, then into crumb mixture (1 lb 4 oz bread crumbs, 12 oz flour, 3 oz salt, and 2 Tbsp pepper). Brown steaks in hot shortening. Arrange slightly overlapping in lined counter pans. Cover with aluminum foil. Bake at 325°F for 30–45 minutes or until tender.
- **Country-Fried Steak.** Use beef round cut ¾ inch thick. Proceed as for Swiss Steak but do not add gravy. Place steaks on racks in roaster or counter pans. Cover bottom of pan with water, 2 cups per pan. Cover with aluminum foil and bake. Make Cream Gravy (p. 563) to serve with the steaks.
- **Spanish Steak.** Substitute Spanish Sauce (p. 574) for gravy.
- **Steak Smothered with Onions.** Proceed as for Swiss Steak. Add 3 lb sliced onions slightly browned.
- **Baked Steak Teriyaki.** Combine 2 cups pineapple juice, drained from canned sliced pineapple, 1 qt water, 1½ cups soy sauce, ½ tsp garlic powder, ¼ tsp ginger, and ¼ cup honey. Bring to a boil. Thicken with 1½ cups cold water and ½ cup cornstarch, mixed. Pour 2 lb 8 oz mixture over each pan of browned steaks. Cover tightly. Bake at 325°F for 1–1½ hours or until tender. Garnish with green pepper rings and pineapple slices.
- **Swiss Steak with Tomatoes.** Substitute 1 No. 10 can tomatoes for the gravy. Add 8 oz chopped onions.

## SALISBURY STEAK

Yield: 50 portions      Portion: 5 oz

Oven: 325°F      Bake: 25 minutes

| Ingredient      | Amount         | Procedure  |
|-----------------|----------------|--|
| Ground beef     | 12 lb 8 oz     | Combine all ingredients and mix on low speed until blended.<br>Do not overmix. |
| Bread crumbs    | 1 lb 8 oz      |  |
| Eggs            | 14 (1 lb 8 oz) |  |
| Onions, chopped | 8 oz           |  |
| Salt            | 2½ oz          |  |
| Pepper, black   | ½ tsp          |  |
| Milk            | 4½ cups        |  |

Portion meat with No. 8 dipper onto lightly greased baking sheets.

Flatten slightly.

Bake at 325°F for approximately 25 minutes or until internal temperature reaches 180°F.

Pour off grease.

Brown Gravy (p. 564)      1 gal      Serve with Brown Gravy.

### Approximate nutritive values per portion

Calories 392

| Amount/portion | %DV | Amount/portion  | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|-----------------|-----|------------------|-----|-----------|-----|
| Total Fat 25 g | 38% | Cholest. 130 mg | 43% | Total Carb. 18 g | 6%  | Vitamin A | 11% |
| Sat. Fat 8 g   | 41% | Sodium 837 mg   | 35% | Fiber 1 g        | 3%  | Vitamin C | 0%  |
| Protein 24 g   |     |                 |     | Sugars 2 g       |     | Calcium   | 8%  |
|                |     |                 |     |                  |     | Iron      | 19% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Steaks may be browned on a grill.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

### Variation

- **Bacon-Wrapped Beef.** To 15 lb ground beef, add 4 oz chopped green pepper, 8 oz chopped onion, 2½ cups catsup, 2 Tbsp salt, and 1 Tbsp black pepper. Shape as for Salisbury Steak and wrap one slice bacon around each portion. Place on baking sheet. Bake at 350°F for 30–45 minutes. Internal temperature must reach 155°F for 15 seconds (or 160°F).

## CHUCK WAGON STEAK

Yield: 50 portions      Portion: 6 oz  
 Oven: 400°F      Bake: 10–15 minutes

| Ingredient                       | Amount                             | Procedure  |
|----------------------------------|------------------------------------|--|
| Ground beef patties,<br>3 per lb | 50                                 | Mix eggs and milk.<br>Dip meat in egg mixture. Drain.  |
| Eggs, beaten                     | 6 (10 oz)                          |  |
| Milk                             | 1 <sup>3</sup> / <sub>4</sub> cups |  |
| Bread crumbs, dry                | 1 lb 3 oz                          | Combine bread crumbs, flour, and seasonings.   |
| Flour, all-purpose               | 12 oz                              | Dredge steaks with crumb mixture and place 3 × 4 onto<br>lightly greased 18 × 26-inch baking sheets. |
| Salt                             | 1 <sup>1</sup> / <sub>2</sub> tsp  | Brown steaks in 400°F oven for 10–15 minutes, or until<br>internal temperature reaches 155°F.        |
| Pepper, black                    | ½ tsp                              |  |

### Approximate nutritive values per portion

Calories 374

| Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 22 g | 34% | <b>Cholest.</b> 116 mg | 39% | <b>Total Carb.</b> 14 g | 5%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 3%  |
| Sat. Fat 9 g          | 43% | <b>Sodium</b> 238 mg   | 10% | Fiber 1 g               | 2%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 18% |
| <b>Protein</b> 27 g   |     |                        |     | Sugars 1 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Variation**
- **Chuck Wagon Steak on a Bun.** Serve on steak bun, with lettuce and thick slices of tomato and onion.

## STIR-FRIED BEEF WITH SUGAR SNAP PEAS

*Yield:* 50 portions      *Portion:* 7 oz beef and sauce + 4 oz rice

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--|---------------|---|
| Sugar, granulated  | 2 Tbsp        | Combine sugar, pepper, and cornstarch in steam-jacketed or other kettle.  |
| Cornstarch   | 8 oz          |   |
| Pepper, white  | 3/4 tsp       |   |
| Water, cold  | 1 1/4 gal     | Add gradually to dry ingredients, stirring constantly with wire whip.<br>Cook and stir until mixture thickens and looks clear.<br>Reduce heat. Cover and keep warm for use in final step. |
| Beef soup base   | 4 oz          |   |
| Molasses   | 4 oz          |   |
| Soy sauce  | 8 oz          |   |
| Vegetable oil  | 1/4 cup       | Pour enough vegetable oil into a large or tilting frypan just to cover bottom of pan. Heat to 375°F.<br>Add beef strips. Stir-fry until done, 155°F.                                      |
| Tender beef strips   | 5 lb          |   |
| Garlic, minced   | 1 1/2 oz      | Add to beef and stir-fry until peas are tender-crisp.   |
| Sugar snap peas  | 4 lb          |   |
| Water chestnuts, canned, sliced, drained                     | 3 lb          |   |
| Stir in sauce reserved from earlier step. Serve immediately. |               |   |
| Rice, converted  | 3 lb 8 oz     | Cook rice according to directions on p. 399.<br>Serve 7 oz beef mixture over 4 oz cooked rice.  |
| Water  | 4 1/4 qt      |   |
| Salt   | 2 Tbsp        |   |
| Margarine  | 2 Tbsp        |   |

### *Approximate nutritive values per portion*

**Calories 270**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 24 mg | <b>8%</b>  | <b>Total Carb.</b> 39 g | <b>13%</b> | <b>Vitamin A</b>      | <b>0%</b>  |
| Sat. Fat 2 g          | <b>12%</b> | <b>Sodium</b> 1095 mg | <b>46%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b>      | <b>28%</b> |
| <b>Protein</b> 12 g   |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | <b>6%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>18%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Snow peas may be substituted for sugar snap peas.
- Caramel color may be used to darken sauce.

## KABOBS

*Yield:* 50 portions      *Portion:* 1 kabob  
*Oven:* 400°F      *Bake:* 15–20 minutes

| <i>Ingredient</i>                       | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Beef (tender), cut in 1½-inch cubes     | 20 lb         | Place beef in stainless steel baker's bowl.  |
| Salad oil                               | 2 lb          | Combine oil and seasonings.  |
| Soy sauce                               | 2½ cups       | Pour over beef cubes to cover completely.  |
| Lemon juice                             | 2 cups        | Refrigerate for 24–36 hours.   |
| Worcestershire sauce                    | 1 cup         | Drain well. Discard marinade.  |
| Prepared mustard                        | 1 cup         |  |
| Garlic, fresh, minced                   | ½ oz          |  |
| Pepper, black                           | 1 oz (4 Tbsp) |  |
| Green peppers, fresh                    | 1 lb 6 oz     | Cut peppers into ¾-inch squares.   |
| Onions, whole, canned                   | 4 lb          | Thread beef cubes (5 oz), green pepper, onions, and pineapple alternately on skewer. Do not crowd.                                     |
| Pineapple, fresh or fresh frozen chunks | 2 lb          | Place on oiled 18 × 26 × 1-inch baking sheets. Bake at 400°F for approximately 8–10 minutes.   |
| Skewers, bamboo                         | 50            | Turn. Continue baking for 5–10 minutes more; total 15–20 minutes, depending on degree of doneness desired (must reach at least 140°F). |
| Cherry tomatoes                         | 1 lb 10 oz    | Place a cherry tomato on tip of each skewer. Place in 12 × 20 × 2-inch pans with liners. Keep hot.                                     |

### *Approximate nutritive values per portion*

**Calories 484**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 30 g | <b>47%</b> | <b>Cholest.</b> 91 mg | <b>30%</b> | <b>Total Carb.</b> 7 g | <b>2%</b>  | <b>Vitamin A</b> | <b>14%</b> |
| Sat. Fat 9 g          | <b>45%</b> | <b>Sodium</b> 1056 mg | <b>44%</b> | Fiber 0.4 g            | <b>2%</b>  | <b>Vitamin C</b> | <b>48%</b> |
| <b>Protein</b> 44 g   |            |                       |            | Sugars 4 g             |            | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>25%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other garnishes may be substituted for those listed in recipe: tomato quarters, mandarin orange sections, carrot chunks (slightly cooked), stuffed olives, button mushrooms. Poultry or shellfish may be substituted for the beef. Marinate only 12–24 hours.

## BEEF LIVER WITH SPANISH SAUCE

Yield: 50 portions      Portion: 4 oz

Oven: 350°F      Bake: 1 hour

| Ingredient                          | Amount        | Procedure   |
|-------------------------------------|---------------|---|
| Beef liver, sliced,<br>cut 5 per lb | 10 lb         | Dredge liver with seasoned flour.   |
| Flour, all-purpose                  | 8 oz          |   |
| Salt                                | 2 oz (3 Tbsp) |   |
| Pepper, black                       | 2 tsp         |   |
| Shortening                          | 1 lb 8 oz     | Brown liver in hot shortening.<br>Place in two 12 × 20 × 2-inch baking pans.  |
| Spanish Sauce (p. 574)              | 1 recipe      | Pour sauce over liver, 5 cups per pan.<br>Cover with aluminum foil.<br>Bake at 350°F until tender, about 1 hour depending on the degree of doneness desired. Internal temperature of liver must reach at least 145°F. |

### Approximate nutritive values per portion

Calories 273

| Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion          | %DV |                  | %DV  |                | %DV |
|-----------------------|-----|------------------------|-----|-------------------------|-----|------------------|------|----------------|-----|
| <b>Total Fat</b> 18 g | 28% | <b>Cholest.</b> 284 mg | 95% | <b>Total Carb.</b> 10 g | 3%  | <b>Vitamin A</b> | 634% | <b>Calcium</b> | 1%  |
| Sat. Fat 5 g          | 25% | <b>Sodium</b> 562 mg   | 23% | Fiber 1 g               | 2%  | <b>Vitamin C</b> | 26%  | <b>Iron</b>    | 26% |
| <b>Protein</b> 17 g   |     |                        |     | Sugars 0 g              |     |                  |      |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

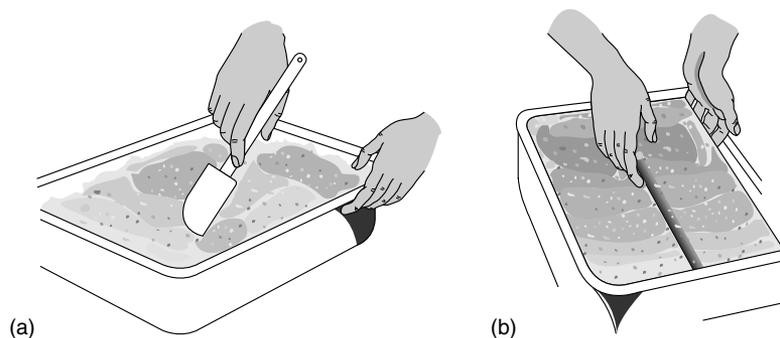
### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Liver may be soaked in milk before cooking.

### Variations

- **Baked Liver and Onions.** Brown liver as above. Sauté 5 lb sliced onions in 8 oz shortening. Arrange liver in two counter pans. Spread onions over liver. Cover pans with aluminum foil. Bake 30–40 minutes.
- **Braised Liver.** Brown liver as above. Cover with sauce made of 10 oz shortening, 5 oz flour, 3 qt beef stock, 2 oz salt, and 2 tsp pepper.
- **Grilled Liver and Onions.** Have liver cut  $\frac{3}{8}$  inch thick. Preheat grill to 350°F. Oil grill slightly. Cook liver quickly, browning on one side, then turning and browning on the other side. Serve immediately with steamed or grilled sliced onions.
- **Liver and Bacon.** Dredge liver with seasoned flour and fry in bacon fat. Top each serving with one slice of crisp bacon.

**FIGURE 8.1** Shaping meat loaf. (a) Press mixture into counter pans, then smooth top. (b) Form into two loaves.



## MEAT LOAF

Yield: 50 portions or 5 loaves 5 × 9 inches  
Oven: 325°F

Portion: 4 oz

Bake: 1½ hours

| Ingredient            | Amount         | Procedure  |
|-----------------------|----------------|--|
| Ground beef           | 10 lb          | Mix all ingredients on low speed until blended, using flat beater. Do not overmix.     |
| Ground pork           | 2 lb           | Press meat mixture into five 5 × 9-inch pans, 3 lb 4 oz per pan.                       |
| Bread crumbs, soft    | 12 oz          | Bake at 325°F for approximately 1½ hours, or until internal temperature reaches 180°F. |
| Milk                  | 1 qt           | Meat loaf may also be made in a 12 × 20 × 4-inch counter pan.                          |
| Eggs                  | 12 (1 lb 5 oz) | Press mixture into pan. Divide into two loaves (Figure 8.1).                           |
| Onion, finely chopped | 4 oz           | Increase baking time to 2 hours.   |
| Salt                  | 2 Tbsp         |  |
| Pepper, black         | 1 tsp          |  |
| Pepper, cayenne       | few grains     |  |

### Approximate nutritive values per portion

Calories 276

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion         | %DV       |                  | %DV       |                | %DV        |
|-----------------------|------------|------------------------|------------|------------------------|-----------|------------------|-----------|----------------|------------|
| <b>Total Fat</b> 18 g | <b>28%</b> | <b>Cholest.</b> 120 mg | <b>40%</b> | <b>Total Carb.</b> 6 g | <b>2%</b> | <b>Vitamin A</b> | <b>3%</b> | <b>Calcium</b> | <b>5%</b>  |
| Sat. Fat 7 g          | <b>36%</b> | <b>Sodium</b> 376 mg   | <b>16%</b> | Fiber 0.3 g            | <b>1%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>15%</b> |
| <b>Protein</b> 21 g   |            |                        |            | Sugars 1 g             |           |                  |           |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Ground pork may be omitted. Increase ground beef to 12 lb.
- Topping of 8 oz brown sugar, 2 Tbsp dry mustard, 1¼ cups catsup, and 1 Tbsp nutmeg may be spread over loaves the last ½ hour of cooking.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

### Variations

- **Barbecued Meatballs.** Measure with No. 8 dipper and shape into balls. Cover with 1 gal Barbecue Sauce (p. 567).
- **Italian Meatballs.** Omit cayenne pepper. Increase onion to 8 oz. Add ¼ cup minced garlic, 1 cup grated Parmesan cheese, 1 cup grated Romano cheese, 1½ cups chopped fresh parsley, and 4 tsp dried oregano leaves. Proceed as for Swedish Meatballs, p. 335. If adding to Italian Tomato Sauce, cook until partially done. Add to sauce and continue cooking until done.
- **Meatballs.** Measure with No. 8 dipper and shape into balls. Proceed as for Swedish Meatballs (p. 335) or Spaghetti with Meatballs (p. 393).
- **Vegetable Meat Loaf.** Add 2 cups catsup; 8 oz each raw carrots, onions, and celery; and 4 oz green peppers. Grind vegetables. Pour a small amount of tomato juice over loaves before baking.

## SPANISH MEATBALLS

*Yield:* 50 portions      *Portion:* 2 3-oz meatballs

*Oven:* 325°F      *Bake:* 1½ hours

| <i>Ingredient</i>           | <i>Amount</i>  | <i>Procedure</i>   |
|-----------------------------|----------------|--|
| Rice, converted             | 1 lb 2 oz      | Cook rice (p. 399) until slightly underdone. Drain off excess liquid.  |
| Water                       | 1¼ qt          |  |
| Salt                        | 1 tsp          |  |
| Ground beef                 | 12 lb          | Place ground beef in mixer bowl. Add cooked rice and other ingredients. Mix until blended, using flat beater. Do not overmix.  |
| Eggs                        | 12 (1 lb 5 oz) |  |
| Potatoes, cooked and mashed | 1 lb           |  |
| Onion, grated               | 4 oz           |  |
| Green peppers, chopped      | 4 oz           |  |
| Salt                        | 2 oz (3 Tbsp)  |  |
| Pepper, black               | 1½ Tbsp        |  |
|                             |                |  |
| Chili sauce                 | 3 qt           | Mix chili sauce and water. Pour over meatballs. Cover tightly and bake an additional 30 minutes. Add more liquid if necessary. |
| Water                       | 2 qt           |  |

### *Approximate nutritive values per portion*

**Calories 348**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 18 g | <b>27%</b> | <b>Cholest.</b> 117 mg | <b>39%</b> | <b>Total Carb.</b> 25 g | <b>8%</b>  | <b>Vitamin A</b>      | <b>10%</b> |
| Sat. Fat 7 g          | <b>34%</b> | <b>Sodium</b> 1344 mg  | <b>56%</b> | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b>      | <b>17%</b> |
| <b>Protein</b> 22 g   |            |                        |            | Sugars 7 g              |            | <b>Calcium</b>        | <b>3%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>           | <b>15%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Spanish Sauce (p. 574) or tomato puree may be substituted for chili sauce.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

## SWEDISH MEATBALLS

*Yield:* 50 portions      *Portion:* 2 2½-oz meatballs  
*Oven:* 300°F      *Bake:* 1 hour

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---------------------|---------------|--|
| Bread, cubed        | 2 lb 8 oz     | Soak bread in milk for 1 hour.   |
| Milk                | 1½ qt         |  |
| Ground beef         | 5 lb          | Combine meat, potato, onion, and seasonings in mixer bowl. Add bread. Mix to blend, using flat beater. Do not overmix.   |
| Ground pork         | 3 lb          |  |
| Potato, raw, grated | 1 lb 4 oz     |  |
| Onion, minced       | 12 oz         |  |
| Salt                | 2 oz          |  |
| Pepper, black       | 2 tsp         |  |
|                     |               | Form meatballs, using a No. 16 dipper. Place in a single layer on baking pans.<br>Brown in hot oven (400°F).<br>Transfer to two 12 × 20 × 2-inch counter pans.   |
| Meat drippings      | 6 oz          | Add flour and seasonings to meat drippings and blend. Add milk gradually, stirring constantly with a wire whip. Cook until smooth and thickened. Pour over meatballs.<br>Bake at 300°F for 1 hour, or until internal temperature of meatballs reaches 180°F. |
| Flour, all-purpose  | 6 oz          |  |
| Salt                | 2 tsp         |  |
| Pepper, black       | ¾ tsp         |  |
| Milk                | 3 qt          |  |

### *Approximate nutritive values per portion*

**Calories 292**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 15 g | <b>23%</b> | <b>Cholest.</b> 56 mg | <b>19%</b> | <b>Total Carb.</b> 20 g | <b>7%</b>  | <b>Vitamin A</b> | <b>4%</b>  |
| Sat. Fat 6 g          | <b>30%</b> | <b>Sodium</b> 768 mg  | <b>32%</b> | Fiber 3 g               | <b>11%</b> | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 20 g   |            |                       |            | Sugars 5 g              |            | <b>Calcium</b>   | <b>16%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>15%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Veal or ground turkey may be substituted for part of beef.
- 1½ oz (¾ cup) dehydrated onions, rehydrated in 1 cup water, may be substituted for fresh onions.

**BEEF STEW**

Yield: 50 portions

Portion: 7 oz

| <i>Ingredient</i>        | <i>Amount</i>          | <i>Procedure</i>   |
|--------------------------|------------------------|--|
| Beef, 1-inch cubes       | 15 lb AP<br>(10 lb EP) | Brown beef in kettle or oven.  |
| Water                    | 2 qt                   | Add water and seasonings to meat.  |
| Salt                     | 2 oz (3 Tbsp)          | Cover and simmer 2 hours. Add more water as necessary.   |
| Pepper, black            | 2 tsp                  |  |
| Worcestershire sauce     | $\frac{3}{4}$ cup      |  |
| Potatoes, cubed          | 4 lb                   | Cook vegetables in steamer or in small amount of water in kettle or oven.                        |
| Carrots, sliced or cubed | 3 lb                   |  |
| Onion, cubed             | 1 lb                   |  |
| Celery, diced            | 12 oz                  |  |
| Flour, all-purpose       | 12 oz                  | Mix flour and water until smooth.  |
| Water                    | 1 qt                   | Add to meat and cook until thickened.<br>Add vegetables and, if necessary, return heat to 180°F. |

*Approximate nutritive values per portion*

Calories 236

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 6 g | 10% | <b>Cholest.</b> 77 mg | 26% | <b>Total Carb.</b> 16 g | 5%  | <b>Vitamin A</b> | 65% | <b>Calcium</b> | 2%  |
| Sat. Fat 2 g         | 10% | <b>Sodium</b> 543 mg  | 23% | Fiber 1 g               | 2%  | <b>Vitamin C</b> | 17% | <b>Iron</b>    | 20% |
| <b>Protein</b> 27 g  |     |                       |     | Sugars 0 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- One 40-oz package of frozen green peas may be added just before serving. Reheat to serving temperature.

**Variations**

- **Beef Pot Pie.** Add one 40-oz package of frozen peas. Place cooked stew in two 12 × 20 × 2-inch counter pans, 13 lb per pan. Make Pastry for One-Crust Pies (p. 224). Roll out 2 lb per pan and place on stew. Bake at 425°F for 20–25 minutes.
- **Beef Stew with Biscuits.** Place hot stew in two 12 × 20 × 2-inch counter pans. Prepare  $\frac{1}{2}$  recipe of Baking Powder Biscuits (p. 110). Cut into 48 2½-inch biscuits. Place on hot stew, 24 per pan. Bake at 425°F for 15–20 minutes.
- **Beef Stew with Dumplings.** Drop Dumplings (p. 132) on meat mixture and steam 15–18 minutes.
- **Beef Stew with Tomatoes.** Delete carrots and celery. Add 4 lb diced canned tomatoes and 1 lb 8 oz green pepper strips the last 5 minutes of cooking.

## GREEN CHILI STEW AND CORN BREAD

Yield: 50 portions

Portion: 8 oz

| Ingredient                   | Amount    | Procedure   |
|------------------------------|-----------|---|
| Beef, strips or cubes        | 5 lb      | Brown beef in steam-jacketed or other large kettle.   |
| Water                        | 1 gal     | Add water. Cover and simmer until tender.   |
| Green chili peppers, canned  | 5 lb      | Add vegetables and spices. Cover and simmer until onion is cooked (approximately 30 minutes). |
| Pinto beans, canned, drained | 3 lb 8 oz |   |
| Tomatoes, canned, diced      | 2 qt      |   |
| Onions, chopped              | 2 lb      |   |
| Garlic, minced               | 1 oz      |   |
| Salt                         | 2½ Tbsp   |   |
| Cumin                        | 1 Tbsp    |   |
| Oregano leaves, dried        | 1 Tbsp    |   |
| Corn Bread (p. 122)          | 1 recipe  | Serve 8 oz of stew in a bowl with a wedge of Corn Bread alongside.                            |

### Approximate nutritive values per portion

Calories 323

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 10 g | 15% | <b>Cholest.</b> 56 mg | 19% | <b>Total Carb.</b> 41 g | 14% | <b>Vitamin A</b> | 32% | <b>Calcium</b> | 17% |
| Sat. Fat 3 g          | 15% | <b>Sodium</b> 1014 mg | 42% | Fiber 5 g               | 18% | <b>Vitamin C</b> | 58% | <b>Iron</b>    | 17% |
| <b>Protein</b> 18 g   |     |                       |     | Sugars 8 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**BEEF STROGANOFF**

Yield: 50 portions or 2 gal

Portion: 6 oz Stroganoff + 4 oz noodles

| <i>Ingredient</i>                     | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------------------|---------------|--|
| Beef round, cut in<br>1/4-inch strips | 12 lb         | Brown meat in shortening.  |
| Shortening                            | 8 oz          | Add onion and seasonings.  |
| Onion, chopped                        | 1 lb 4 oz     |  |
| Salt                                  | 1 Tbsp        |  |
| Pepper, black                         | 1 tsp         |  |
| Beef Stock (p. 599)                   | 2½ qt         | Add stock to meat and simmer 35–40 minutes or until meat is tender.                |
| Flour, all-purpose                    | 8 oz          | Mix flour, water, and Worcestershire sauce and stir until smooth.                  |
| Water, cold                           | 2 cups        | Add to meat while stirring and cook until thickened.                               |
| Worcestershire sauce                  | ¾ cup         |  |
| Mushrooms, fresh, sliced              | 2 lb 8 oz     | Sauté mushrooms in margarine.  |
| Margarine, melted                     | 4 oz          |  |
| Sour cream                            | 1 qt          | Add sour cream to meat mixture, stirring constantly. Add mushrooms. Heat to 180°F. |
| Noodles                               | 4 lb 8 oz     | Cook noodles according to directions on p. 369.                                    |
| Water                                 | 4½ gal        | Serve 6 oz Stroganoff over 4 oz noodles.   |
| Salt                                  | 2 oz          |  |
| Vegetable oil                         | 3 Tbsp        |  |

*Approximate nutritive values per portion*

Calories 597

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 17 g | <b>26%</b> | <b>Cholest.</b> 92 mg | <b>31%</b> | <b>Total Carb.</b> 50 g | <b>17%</b> | <b>Vitamin A</b> | <b>6%</b>  |
| Sat. Fat 6 g          | <b>29%</b> | <b>Sodium</b> 1180 mg | <b>49%</b> | Fiber 3 g               | <b>11%</b> | <b>Vitamin C</b> | <b>15%</b> |
| <b>Protein</b> 61 g   |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>7%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>26%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- May be served over rice. Cook 3 lb 8 oz rice in 4¼ qt water, 2 Tbsp salt, and 2 Tbsp oil. See p. 399.

**Variation**

- **Ground-Beef Stroganoff.** Substitute ground beef for beef round. Add 1 lb 8 oz chopped celery, ¼ cup paprika, ¼ cup Worcestershire sauce, and 2 tsp dry mustard.

**CHOP SUEY**

Yield: 50 portions

Portion: 5 oz chop suey + 4 oz rice

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------------|---------------|--|
| Beef, julienne strips           | 5 lb          | Brown meat in steam-jacketed or other kettle.  |
| Pork, julienne strips           | 2 lb          |  |
| Water                           | 2 qt          | Add water and salt to meat.  |
| Salt                            | 2 tsp         | Simmer until tender.   |
| Cornstarch                      | 8 oz          | Make a smooth paste of cornstarch and water.   |
| Water, cold                     | 1¼ cups       | Pour slowly into meat and broth, stirring constantly while pouring.<br>Cook until thickened. |
| Soy sauce                       | 1 cup         | Add soy sauce and Worcestershire sauce. Stir to blend.                                       |
| Worcestershire sauce            | 1 cup         |  |
| Green peppers, sliced           | 4 oz          | Steam vegetables until tender crisp.   |
| Onions, sliced                  | 1 lb          |  |
| Celery, diagonally sliced       | 2 lb          |  |
| Bean sprouts, canned, undrained | 3 lb          | Add bean sprouts and vegetables to meat mixture just before serving.                         |
| Rice, converted                 | 3 lb 8 oz     | Cook rice according to directions on p. 399.<br>Serve 5 oz chop suey over 4 oz rice.         |
| Water                           | 4¼ qt         |  |
| Salt                            | 2 Tbsp        |  |
| Margarine or vegetable oil      | 2 Tbsp        |  |

*Approximate nutritive values per portion***Calories 247**

| Amount/portion       | %DV       | Amount/portion        | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        |
|----------------------|-----------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 5 g | <b>7%</b> | <b>Cholest.</b> 34 mg | <b>11%</b> | <b>Total Carb.</b> 34 g | <b>11%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 1 g         | <b>7%</b> | <b>Sodium</b> 746 mg  | <b>31%</b> | Fiber 1 g               | <b>4%</b>  | <b>Vitamin C</b> | <b>30%</b> |
| <b>Protein</b> 16 g  |           |                       |            | Sugars 0 g              |            | <b>Calcium</b>   | <b>6%</b>  |
|                      |           |                       |            |                         |            | <b>Iron</b>      | <b>16%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

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- 8 oz water chestnuts may be added.
- May be served over 2 oz chow mein noodles (6 lb) instead of rice.

**Variation**

- **Chicken Chow Mein.** Substitute cubed, cooked chicken or turkey for beef and pork; chicken stock for water. Delete green peppers and add 1 lb sliced mushrooms. Serve over rice or chow mein noodles.

## VEGETABLE CHOW MEIN

Yield: 50 portions

Portion: 6 oz chow mein + 2 oz noodles

| Ingredient                         | Amount    | Procedure  |
|------------------------------------|-----------|--|
| Water                              | 5¼ qt     | Combine in steam-jacketed kettle.<br>Heat to a simmer.   |
| Sugar, granulated                  | 2 oz      |  |
| Salt                               | 2¼ tsp    |  |
| Pepper, white                      | 1 tsp     |  |
| Ginger, ground                     | 1 tsp     |  |
| Garlic powder                      | 1 tsp     |  |
| Soy sauce                          | 1¼ cups   |  |
| Cornstarch                         | 10 oz     | Blend cornstarch, water, and soup base to a smooth paste.<br>Add slowly to broth, stirring constantly.<br>Cook until thickened and clear.                      |
| Water                              | 2¼ cups   |  |
| Chicken base                       | ¾ oz      |  |
| Bamboo shoots, canned              | 12 oz     | Drain vegetables. Rinse and drain again.   |
| Bean sprouts, canned               | 1 lb 4 oz | Add to mixture in kettle.  |
| Water chestnuts, canned, sliced    | 1 lb      |  |
|                                    |           |  |
| Celery                             | 12 oz     | Cut celery into diagonal slices.<br>Dice onions into ½-inch cubes.<br>Cut carrots into matchsticks.<br>Steam vegetables until tender-crisp.<br>Add to mixture. |
| Onions                             | 8 oz      |  |
| Carrots                            | 1 lb 4 oz |  |
|                                    |           |  |
| Pimiento, canned, chopped, drained | 4 oz      | Add to mixture.  |
| Mushrooms, canned, drained         | 1 lb      |  |
| Broccoli, fresh                    | 1 lb 8 oz | Divide broccoli tops into florets. Cut stalks into ¼-inch slices.<br>Cut green peppers into ½-inch squares.<br>Steam until tender-crisp.                       |
| Green peppers                      | 4 oz      |  |
|                                    |           |  |
|                                    |           | Scale sauce into two 12 × 10 × 6-inch pans, approximately 9 lb per pan.<br>Stir 12 oz broccoli and 2 oz peppers into each pan.                                 |
| Chow mein noodles                  | 6 lb      | Ladle 6 oz Chow Mein over 2 oz chow mein noodles.  |

### Approximate nutritive values per portion

Calories 346

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        |
|-----------------------|------------|----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 17 g | <b>27%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 43 g | <b>15%</b> | <b>Vitamin A</b> | <b>34%</b> |
| Sat. Fat 2 g          | <b>12%</b> | <b>Sodium</b> 883 mg | <b>37%</b> | Fiber 3 g               | <b>12%</b> | <b>Vitamin C</b> | <b>25%</b> |
| <b>Protein</b> 7 g    |            |                      |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                      |            |                         |            | <b>Iron</b>      | <b>18%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- May be served over rice instead of chow mein noodles. Cook 3 lb 8 oz rice according to directions on p. 399.

## PIZZA

*Yield:* 48 portions or 3 pans 18 × 26 × 1 inches or 6 round 14-inch pans *Portion:* 7 oz

*Oven:* Baking sheet, 475°F for 10–12 minutes; round, 500°F for 5–8 minutes

| <i>Ingredient</i>                | <i>Amount</i> | <i>Procedure</i>  |
|----------------------------------|---------------|---|
| <b>DOUGH</b>                     |               |   |
| Flour, all-purpose               | 5 lb          | Place flour, salt, sugar, and dry milk in mixer bowl. Mix on low speed, using dough hook.   |
| Salt                             | 1½ oz         |   |
| Sugar, granulated                | 4 oz          |   |
| Nonfat dry milk                  | 2 oz          |   |
| Yeast, active dry<br>(see Notes) | 1½ oz         | Soften yeast in warm water.   |
| Water, warm (110°F)              | 1½ qt         |   |
| Shortening                       | 4 oz          | Add softened yeast and shortening to dry ingredients. Mix on low speed to form dough. Continue kneading until smooth and elastic. Cover and let rise until double in bulk, about 2 hours. |
|                                  |               | Punch down dough according to directions on p. 137 and let rest 45 minutes.   |
| <b>PIZZA SAUCE</b>               |               |   |
| Onions, chopped                  | 12 oz         | Cook onions in fat until transparent.   |
| Shortening or oil                | 1 oz          | Add tomatoes, sugar, and seasonings.  |
| Tomato juice                     | 2 qt          | Heat to boiling. Reduce heat and simmer 30–45 minutes. Cool.  |
| Tomato paste                     | 1 qt          | Remove bay leaves.  |
| Sugar, granulated                | 2 oz          | Spread sauce over dough, 1 qt per 18 × 26-inch pan or 1-1¼ cups per 14-inch round pan. (See Table 8.11 for portioning guidelines.)  |
| Oregano, dried,<br>crumbled      | 1 Tbsp        |   |
| Basil, dried, crumbled           | 2 Tbsp        |   |
| Garlic powder                    | 1 tsp         |   |
| Pepper, black                    | 1 tsp         |   |
| Bay leaves                       | 3 leaves      |   |
| <b>SEASONED BEEF</b>             |               |   |
| Ground beef                      | 9 lb          | Brown beef in steam-jacketed kettle or pan until internal temperature reads 155°F for 15 seconds. Drain well.   |
| Salt                             | 1 Tbsp        |   |
| Fennel seed                      | 1 tsp         | Add seasonings, stirring to distribute.   |
| Paprika                          | 1 tsp         | Sprinkle evenly over tomato sauce, approximately 1 lb 8 oz per 18 × 26 × 1-inch pan, 8 oz per 14-inch round pan.  |
| Pepper, cayenne                  | ½ tsp         |   |
| Oregano, dried,<br>crumbled      | 1 tsp         |   |
| Basil, dried, crumbled           | 1 Tbsp        |   |

**TABLE 8.11 Portioning guidelines for pizza**

| <i>Size (round) (in)</i> | <i>Sauce (oz)</i> | <i>Cheese (oz)</i> | <i>Dough (oz)</i> |
|--------------------------|-------------------|--------------------|-------------------|
| 7                        | 1½                | 2                  | 4–6               |
| 10                       | 3                 | 3½                 | 12–14             |
| 12                       | 4                 | 6                  | 16–20             |
| 14                       | 6                 | 8                  | 16–22             |
| 16                       | 8                 | 12                 | 26                |

**Note** • Amount of dough will vary depending on whether a thin, medium, or thick crust is desired.

- Notes**
- Active dry yeast may be mixed with dry ingredients. See p. 136 for procedure.
  - Sausage (4 lb 8 oz) may be substituted for 4 lb 8 oz ground beef. Omit fennel, paprika, cayenne pepper, and garlic.
  - Dough may be mixed and refrigerated for use up to 24 hours later. Remove dough from refrigerator and let sit at room temperature for 1–1½ hours before shaping. Shape into dough rounds and let rise 1 hour before topping.
  - Bake within 30 minutes after topping to prevent a doughy layer. Once the doughy layer has formed, it cannot be reversed.

### Variations for Making 14" Round Pizzas

- **Ground Beef and Mushroom Pizza.** Layer in the following order: 10 oz sauce; 8 oz shredded mozzarella cheese; 8 oz seasoned ground beef; 3 oz canned sliced mushrooms, drained; and 3 oz shredded mozzarella cheese.
- **Ground-Beef Pizza Supreme.** Layer in the following order: 10 oz sauce; 8 oz shredded mozzarella cheese; 8 oz seasoned beef; 1 oz each of diced onions, chopped green peppers, and sliced ripe olives; and 3 oz shredded mozzarella cheese.
- **Pepperoni Pizza.** Layer in the following order: 10 oz sauce, 8 oz shredded mozzarella cheese, 2 oz sliced pepperoni (arranged evenly over the top), and 3 oz mozzarella cheese.
- **Triple Cheese Pizza.** Layer in the following order: 10 oz sauce, 8 oz shredded mozzarella cheese, 4 oz shredded Monterey Jack cheese, and 4 oz shredded cheddar cheese.
- **Garden Pizza.** Layer in the following order: 10 oz sauce; 6 oz shredded mozzarella cheese; 2 oz shredded cheddar cheese; 1 oz each of diced green peppers, sliced canned mushrooms, diced onion, and sliced ripe olives.

### ASSEMBLY AND BAKING

If using 18 × 26 × 1-inch baking sheet:

1. Divide dough into three portions, 2 lb 8 oz each. Roll out very thin, stretching to fit three 18 × 26 × 1-inch baking sheets. Allow 1¼ inches to extend up sides of pan.
2. Spread 1 qt sauce over dough.
3. Sprinkle 1 lb 8 oz seasoned beef over sauce.
4. Top each pan with 1 lb 4 oz mozzarella cheese.
5. Bake at 475°F for 10–20 minutes in a conventional oven.
6. Cut each pan 2 × 4 and then each of the 8 pieces diagonally, yielding 16 pie-shaped portions per pan (48 slices).

If using 14-inch round pans:

1. Prepare six 14-inch pans by spraying lightly with vegetable spray.
2. Press 1 lb 6 oz dough into pans, allowing 1 inch to extend up sides.
3. Perforate dough with fork or dough docker.
4. Choose pizza topping from Variations and layer in the order given.
5. Bake until crust is browned, sauce is bubbly and cheese is melted. (See Table 8.12 for time and temperature guidelines.)
6. Cut each pizza into 8 slices, yielding 8 portions per pan (48 slices).

### Approximate nutritive values per portion

Calories 502

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 21 g | 33% | Cholest. 72 mg | 24% | Total Carb. 50 g | 17% | Vitamin A | 21% | Calcium | 23% |
| Sat. Fat 9 g   | 47% | Sodium 958 mg  | 40% | Fiber 4 g        | 15% | Vitamin C | 42% | Iron    | 27% |
| Protein 28 g   |     |                |     | Sugars 5 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**TABLE 8.12** Approximate temperatures and times for cooking pizza

| Oven type    | Temp.<br>(°F) | 6–8 in<br>(min) | 10–12 in<br>(min) | 14–17 in<br>(min) |
|--------------|---------------|-----------------|-------------------|-------------------|
| Convection   | 325           | 10–12           | 12–15             | 16–20             |
| Conveyor     | 500           | 5–7             | 5–7               | 5–7               |
| Conventional | 450           | 13–15           | 15–18             | 18–22             |
| Deck         | 450           | 13–15           | 15–18             | 18–22             |
| Pizza Deck   | 500           | 8–10            | 10–12             | 10–14             |

**TACO SALAD CASSEROLE**

Yield: 48 portions or 3 pans 12 × 20 × 2 inches

Portion: 8 oz

| Ingredient                 | Amount     | Procedure  |
|----------------------------|------------|--|
| Corn chips                 | 2 lb 8 oz  | Spread corn chips in bottoms of three 12 × 20 × 2-inch counter pans, 14 oz per pan.  |
| Ground beef                | 8 lb AP    | Brown meat in steam-jacketed kettle until internal temperature reaches 155°F for 15 seconds. Drain off fat.  |
| Onions, minced             | 8 oz       | Add onions and garlic to meat. Cook until tender.  |
| Garlic, minced             | 3 cloves   |  |
| Flour, all-purpose         | 3 oz       | Combine flour and tomato juice and add to meat mixture.  |
| Tomato juice               | 1¼ qt      |  |
| Vinegar, cider             | 2 Tbsp     | Add to meat mixture. Blend.  |
| Catsup                     | 1½ cups    | Heat until very hot.   |
| Chili sauce                | 1 cup      | Scale 4 lb 5 oz meat sauce over each pan of chips. Keep warm and serve soon after vegetables are layered on top. (See Notes for an alternate assembly method.) |
| Sugar, granulated          | 2 Tbsp     |  |
| Salt                       | 2 Tbsp     |  |
| Pepper, black              | ½ tsp      |  |
| Chili powder               | 2 tsp      |  |
| Pepper, cayenne            | ¼ tsp      |  |
| Hot pepper sauce           | ¾ tsp      |  |
| Worcestershire sauce       | 1 tsp      |  |
| Red beans, canned          | 3 lb 12 oz |  |
| Lettuce, chopped           | 4 lb       | Combine vegetables. Mix gently.  |
| Green peppers, chopped     | 12 oz      |  |
| Onions, finely chopped     | 12 oz      | Sprinkle over hot meat mixture, 2 lb 8 oz per pan.   |
| Tomatoes, fresh, diced     | 2 lb 10 oz |  |
| Processed cheese, shredded | 2 lb 10 oz | Sprinkle 14 oz cheese over each pan. Cut 4 × 4. Serve immediately.   |

*Approximate nutritive values per portion***Calories 422**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 24 g | <b>37%</b> | <b>Cholest.</b> 60 mg | <b>20%</b> | <b>Total Carb.</b> 30 g | <b>10%</b> | <b>Vitamin A</b> | <b>20%</b> | <b>Calcium</b> | <b>27%</b> |
| Sat. Fat 10 g         | <b>48%</b> | <b>Sodium</b> 1183 mg | <b>49%</b> | Fiber 5 g               | <b>18%</b> | <b>Vitamin C</b> | <b>34%</b> | <b>Iron</b>    | <b>18%</b> |
| <b>Protein</b> 22 g   |            |                       |            | Sugars 6 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Serve within 30 minutes after preparation. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures.
  - Chips will become soggy if held for very long. Spread meat on chips only as needed.
  - Casserole may be assembled on each plate individually. Place  $\frac{3}{4}$  oz taco chips on plate. Ladle 4 oz hot meat mixture over chips and top with  $2\frac{1}{2}$  oz salad mixture and  $\frac{3}{4}$  oz shredded cheese.
  - Serve with Salsa Sauce (p. 568) or commercial salsa.
  - 1 oz ( $\frac{1}{2}$  cup) dehydrated onion, rehydrated in  $\frac{3}{4}$  cup water, may be substituted for the fresh onions that are added to the ground beef.

## SPANISH RICE

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 8 oz  
*Oven:* 350°F      *Bake:* 1 hour

| <i>Ingredient</i>       | <i>Amount</i>     | <i>Procedure</i>   |
|-------------------------|-------------------|--|
| Rice, converted         | 2 lb 8 oz         | Cook rice according to directions on p. 399  |
| Water, boiling          | 3 qt              |  |
| Salt                    | 1 oz (1½ Tbsp)    |  |
| Vegetable oil           | 2 Tbsp            |  |
| Ground beef             | 7 lb              | Cook beef until internal temperature reaches 155°F.  |
| Onions, chopped         | 1 lb 8 oz         | Add onion, peppers, and celery to meat.<br>Cook about 10 minutes.  |
| Green pepper, chopped   | 8 oz              |  |
| Celery, chopped         | 8 oz              |  |
| Tomatoes, canned, diced | 1 No. 10 can      | Add remaining ingredients to meat mixture.   |
| Chili sauce             | 3 cups            | Combine with cooked rice.<br>Scale into two 12 × 20 × 2-inch pans, 15 lb per pan.<br>Bake at 350°F for 1 hour. |
| Tomato paste            | 3 cups            |  |
| Salt                    | 2 oz (3 Tbsp)     |  |
| Pepper, black           | $\frac{1}{4}$ tsp |  |
| Pepper, cayenne         | few grains        |  |
| Sugar, granulated       | 2 Tbsp            |  |
| Water                   | 2 cups            |  |

### *Approximate nutritive values per portion*

**Calories 260**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 10 g | 15%        | <b>Cholest.</b> 38 mg | 13%        | <b>Total Carb.</b> 30 g | 10%        | <b>Vitamin A</b>      | 9%         |
| Sat. Fat 4 g          | 18%        | <b>Sodium</b> 1115 mg | 46%        | Fiber 2 g               | 7%         | <b>Vitamin C</b>      | 37%        |
| <b>Protein</b> 14 g   |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>        | 5%         |
|                       |            |                       |            |                         |            | <b>Iron</b>           | 15%        |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
  - 3 lb bacon, diced and cooked, may be substituted for the ground beef.
  - 3 oz (1½ cups) dehydrated onions, rehydrated in 2 cups water, may be substituted for fresh onions.

- Variation**
- **Stuffed Peppers.** Wash 25 large green peppers and remove stem end. Cut peppers in half lengthwise. Remove seeds and tough white portion. Place in baking pans and steam or parboil for 3–5 minutes. Place No. 8 dipper of Spanish Rice in each pepper half. Combine 2 50-oz cans tomato soup and 2 qt tomato sauce. Ladle 2 oz over each pepper. Bake at 350°F for 45–60 minutes. Ladle extra sauce over peppers during baking.

**CHEESEBURGER PIE**

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches  
*Oven:* 400°F *Bake:* 30–35 minutes

*Portion:* 8 oz (6 oz meat)

| <i>Ingredient</i>       | <i>Amount</i>      | <i>Procedure</i>  |
|-------------------------|--------------------|---|
| Ground beef             | 12 lb AP (8 lb EP) | Brown beef in steam-jacketed or other kettle until internal temperature reaches 155°F. Drain off fat. |
| Onions, chopped         | 1 lb 4 oz          | Add onions and green peppers to meat. Cook until vegetables are tender.                               |
| Green peppers, chopped  | 1 lb 4 oz          |   |
| Garlic powder           | 1 tsp              | Add seasonings and tomatoes.  |
| Salt                    | 1 oz (1½ Tbsp)     | Simmer 30 minutes or until thick.   |
| Chili powder            | 3 oz               | Scale meat mixture into two 12 × 20 × 2-inch pans, 9 lb per pan.                                      |
| Cumin, ground           | 1 tsp              |   |
| Pepper, cayenne         | ¼ tsp              |   |
| Sugar, brown            | 1 oz               |   |
| Tomatoes, diced, canned | 7 lb 12 oz         |   |

**CHEESE BISCUIT TOPPING**

|  |                |   |
|--|----------------|---|
| Flour, all-purpose   | 2 lb 14 oz     | Combine dry ingredients in mixer bowl on low speed for 1 minute, using flat beater. |
| Baking powder  | 2¾ oz (6 Tbsp) |   |
| Salt   | 2 Tbsp         |   |
| Dry mustard  | 1 tsp          |   |
| Nonfat dry milk  | 7 oz           |   |
| Shortening   | 12 oz          | Cut shortening and cheese into flour on low speed for 1–1½ minutes.                 |
| Processed cheese, shredded   | 10 oz          |   |
| Water  | 1½ qt          | Add water to make a thick batter. Mix only until flour is moistened.                |
| <p>With No. 20 dipper, place topping 4 × 6 over meat mixture just before baking.<br/>           Bake at 400°F for 30–35 minutes.<br/>           Cut 4 × 6.</p> |                |   |

*Approximate nutritive values per portion***Calories 432**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 24 g | <b>36%</b> | <b>Cholest.</b> 65 mg | <b>22%</b> | <b>Total Carb.</b> 30 g | <b>10%</b> | <b>Vitamin A</b> | <b>20%</b> | <b>Calcium</b> | <b>24%</b> |
| Sat. Fat 8 g          | <b>42%</b> | <b>Sodium</b> 892 mg  | <b>37%</b> | Fiber 2 g               | <b>9%</b>  | <b>Vitamin C</b> | <b>39%</b> | <b>Iron</b>    | <b>24%</b> |
| <b>Protein</b> 25 g   |            |                       |            | Sugars 5 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2½ oz (1¼ cups) dehydrated onions, rehydrated in 2 cups water, may be substituted for fresh onions.

## VEAL RECIPES

### VEAL BIRDS

Yield: 50 portions      Portion: 4 oz

Oven: 300°F      Bake: 2 hours

| Ingredient             | Amount            | Procedure  |
|------------------------|-------------------|--|
| Margarine              | 8 oz              | Sauté onion and celery in margarine.   |
| Onions, finely chopped | 8 oz              |  |
| Celery, finely chopped | 8 oz              |  |
| Beef base              | 1½ oz             | Combine beef base, seasonings, and water. Add to sautéed vegetables.   |
| Salt                   | 1 tsp (see Notes) |  |
| Pepper, black          | 1½ tsp            |  |
| Sage, ground           | 1 Tbsp            |  |
| Water                  | 2 qt              |  |
| Bread, dry, cubed      | 2 lb              | Add bread gradually to vegetable mixture, tossing lightly until thoroughly mixed.  |
| Veal cutlets, 4 oz     | 50                | Place No. 16 dipper of bread mixture on each piece of meat. Roll and fasten with a pick.                                   |
| Flour, all-purpose     | 8 oz              | Combine flour and salt. Roll each “bird” in flour and brown in hot shortening. Place in two 12 × 20 × 2-inch counter pans. |
| Salt                   | 2 oz              |  |
| Shortening             | 1 lb 8 oz         |  |
| Water                  | 1 qt              | Add 2 cups water to each pan. Cover with aluminum foil. Bake at 300°F for 1½–2 hours. (Internal temperature 165°F.)        |

#### Approximate nutritive values per portion

Calories 414

| Amount/portion | %DV | Amount/portion  | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|-----------------|-----|------------------|-----|----------------|-----|
| Total Fat 19 g | 29% | Cholest. 128 mg | 43% | Total Carb. 17 g | 6%  | Vitamin A      | 1%  |
| Sat. Fat 5 g   | 23% | Sodium 759 mg   | 32% | Fiber 1 g        | 4%  | Vitamin C      | 1%  |
| Protein 42 g   |     |                 |     | Sugars 1 g       |     | Calcium        | 5%  |
|                |     |                 |     |                  |     | Iron           | 12% |

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#### Notes

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- Veal round, ¼-inch thick, cut into 4-oz pieces, may be substituted for the cutlets.
- 1 oz (½ cup) dehydrated onion, rehydrated in ¾ cup water, may be substituted for fresh onion.
- If beef base is highly salted, reduce or delete salt in recipe.

#### Variations

- **Beef Birds.** Make with beef cubed steaks or flank steaks.
- **Pork Birds.** Make with pork cutlets.
- **Veal Birds with Sausage Stuffing.** Reduce bread to 2 lb 8 oz. Reduce salt to 1 tsp and sage to 1 Tbsp. Add 2 lb 8 oz sausage, cooked and drained.

## BREADED VEAL CUTLETS

Yield: 50 portions      Portion: 4 oz  
Oven: 325°F      Bake: 45–60 minutes

| Ingredient         | Amount         | Procedure   |
|--------------------|----------------|---|
| Veal cutlets, 4 oz | 12 lb 8 oz     | Dredge cutlets with seasoned flour.   |
| Flour, all-purpose | 8 oz           |   |
| Salt               | 1 oz (1½ Tbsp) |   |
| Pepper, black      | ¼ tsp          |   |
| Eggs, beaten       | 7 (12 oz)      | Combine eggs and milk.<br>Dip cutlets in egg mixture, then roll in crumbs.  |
| Milk               | 1½ cups        |   |
| Bread crumbs, fine | 1 lb           |   |
| Shortening         | 1 lb 8 oz      | Brown meat in hot fat.<br>Place, slightly overlapping, in two 12 × 20 × 2-inch counter pans.<br>Add 2 cups water to each pan. Cover with aluminum foil.<br>Bake at 325°F for 45–60 minutes. |

### Approximate nutritive values per portion

Calories 378

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|------------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 18 g | <b>28%</b> | <b>Cholest.</b> 159 mg | <b>53%</b> | <b>Total Carb.</b> 11 g | <b>4%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 5 g          | <b>24%</b> | <b>Sodium</b> 363 mg   | <b>15%</b> | Fiber 0.5 g             | <b>2%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 41 g   |            |                        |            | Sugars 1 g              |           | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                        |            |                         |           | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Veal round, sliced ¼ inch thick and cut into 5-oz portions, may be used.

### Variations

- **Veal Cacciatore.** Dredge cutlets with flour. Brown in fat and place in baking pans. Pour over sauce made of 1 lb chopped peppers, 1 lb chopped onions, and ⅛ tsp minced garlic, simmered in margarine or butter for 10 minutes; 1 lb 8 oz sautéed sliced mushrooms; 1½ qt canned tomatoes; ¼ cup vinegar; 2 qt Chicken Stock (p. 598); 1 oz salt; and 1 tsp pepper. Bake 45 minutes.
- **Veal New Orleans.** To 2 qt medium White Sauce (p. 560), add 8 oz chopped onions, 12 oz sliced mushrooms, 2 Tbsp Worcestershire sauce, ¼ tsp salt, ¼ tsp pepper, ¼ tsp paprika, and 3½ cups tomato soup. Arrange browned breaded cutlets in two 12 × 20 × 2-inch counter pans. Pour 1¾ qt sauce over each pan. Cover with aluminum foil and bake at 325°F for 1 hour.
- **Veal Parmesan.** Add 8 oz grated Parmesan cheese to bread crumbs. After cutlets are browned and arranged in baking pans, pour 2 qt Italian Tomato Sauce (p. 573) over them. Top with 1 lb 8 oz grated mozzarella cheese. Bake at 325°F for 1 hour.
- **Veal Piccata.** Flour cutlets and brown in hot shortening. Arrange in two 12 × 20 × 2-inch counter pans. Sauté 1 lb sliced mushrooms and 2 cloves garlic, minced, in 2 Tbsp margarine. Add 2½ cups Beef Stock (p. 599) and 2 Tbsp lemon juice. Bring to a boil. Pour 2 cups over each pan. Sprinkle ¼ cup Parmesan cheese over each pan. Cover with aluminum foil. Bake at 325°F for 1 hour.
- **Veal Scallopini.** Dredge cutlets with seasoned flour and sauté in hot shortening. Arrange in baking pans. Sauté 3 lb fresh mushrooms, sliced, and 1 lb chopped onion in 8 oz margarine. Add 2 qt Chicken Stock (p. 598), 1½ cups lemon juice or vinegar, and 1 tsp each of parsley, rosemary, and oregano or marjoram. Pour over cutlets. Bake at 325°F for 1 hour.

## PORK RECIPES

### JEWELED PORK LOIN

*Yield:* 50 portions      *Portion:* 4 oz  
*Oven:* 325°F      *Bake:* Approx. 2–3 hours

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------|---------------|---|
| Boneless pork loin    | 20 lb         | Rub pepper over all sides of loin.  |
| Pepper, black         | 1 Tbsp        | Cut vertical slits 1 inch deep along top of roasts.   |
| Prunes, pitted, dried | 8 oz          | Cut dried fruit into medium-size pieces. Push into the slits on top of the loin.<br>Roast, uncovered, at 325°F until meat thermometer registers 155°F.<br>Remove from oven and cover loosely with aluminum foil. Let stand about 15 minutes before slicing. |
| Apricots, dried       | 8 oz          |   |

#### *Approximate nutritive values per portion*

**Calories 240**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 6 g  | <b>10%</b> | <b>Cholest.</b> 105 mg | <b>35%</b> | <b>Total Carb.</b> 6 g | <b>2%</b>  | <b>Vitamin A</b>      | <b>4%</b>  |
| Sat. Fat 2 g          | <b>11%</b> | <b>Sodium</b> 75 mg    | <b>3%</b>  | Fiber 1 g              | <b>3%</b>  | <b>Vitamin C</b>      | <b>1%</b>  |
| <b>Protein</b> 38 g   |            |                        |            | Sugars 4 g             |            | <b>Calcium</b>        | <b>1%</b>  |
|                       |            |                        |            |                        |            | <b>Iron</b>           | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Variations**
- **Garlic and Peppercorn Pork Loin.** Brush pork loins with olive oil. Cover with approximately 1 cup crushed peppercorns and approximately  $\frac{3}{4}$  cup chopped garlic. Roast as for Jeweled Pork Loin.
  - **Herbed Pork Loin.** Combine  $1\frac{1}{2}$  oz salt, 2 Tbsp dried whole rosemary, 2 Tbsp dried whole thyme, 3 Tbsp coarse cracked black pepper,  $\frac{1}{2}$  cup crushed garlic,  $\frac{3}{4}$  cup fresh lemon juice, and  $\frac{3}{4}$  cup vegetable oil. Rub paste over roasts. Refrigerate for several hours or overnight. Roast as for Jeweled Pork Loin.
  - **Rosemary Pork Loin.** Combine  $\frac{1}{2}$  cup dried whole rosemary, 1 Tbsp garlic powder, 1 Tbsp cumin, and 2 tsp salt. Sprinkle over pork before roasting.
  - **Teriyaki-Glazed Pork Loin.** Omit pepper and dried fruit. Make marinade by combining 2 cups soy sauce, 1 cup cooking sherry,  $\frac{1}{4}$  cup sugar, 3 Tbsp black pepper,  $\frac{1}{4}$  cup minced garlic,  $1\frac{1}{2}$  cup oil. Pour over pork loin roasts. Turn to cover all sides. Marinate in refrigerator a minimum of 8 hours or overnight. Drain marinade. Roast as for Jeweled Pork Loin.

## BREADED PORK CHOPS

*Yield:* 50 chops      *Portion:* 5 oz  
*Oven:* 400°F, 325°F      *Bake:* 10 minutes, 1 hour

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------|---------------|---|
| Pork chops, cut 3 per lb | 17 lb         | Dredge chops with seasoned flour.   |
| Flour, all-purpose       | 12 oz         |   |
| Salt                     | 3 oz          |   |
| Pepper, black            | 2 Tbsp        |   |
| Eggs, beaten             | 6 (10 oz)     | Combine eggs and milk.  |
| Milk                     | 3½ cups       | Dip chops in egg mixture, then roll in crumbs.  |
| Bread crumbs             | 1 lb 4 oz     | Place in single layer on greased sheet pans.<br>Bake at 400°F until browned, about 10 minutes.  |
| Water                    | 1 qt          | Remove chops from oven and arrange in partially overlapping rows in two 12 × 20 × 2-inch counter pans.<br>Add 2 cups water to each pan. Cover pans.<br>Bake at 325°F, approximately 1 hour, until internal temperature reaches 160°F. |

### *Approximate nutritive values per portion*

**Calories 239**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>16%</b> | <b>Cholest.</b> 81 mg | <b>27%</b> | <b>Total Carb.</b> 15 g | <b>5%</b>  | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 4 g          | <b>20%</b> | <b>Sodium</b> 810 mg  | <b>34%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 20 g   |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>7%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>10%</b> |

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### Note

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### Variations

- **Baked Pork Chops.** Dredge chops with 1 lb flour, ¼ cup vegetable oil, 2 oz salt, and 1 tsp black pepper, mixed. Place on well-greased sheet pans. Bake at 350°F until thoroughly cooked and browned, approximately 1¼ hours.
- **Baked Pork Chops and Apples.** Brown chops as for Breaded Pork Chops. Place in two greased 12 × 20 × 2-inch baking pans. Pour over 1 qt apple juice, 2 cups per pan. Bake at 350°F for 1 hour. Serve with Buttered Apples (p. 512).
- **Pork Chops and Dressing.** Serve chops with No. 16 dipper of Bread Dressing (p. 461) and ladle of gravy dipped over.
- **Stuffed Pork Chops.** Use 6-oz pork chops and cut a pocket in each chop. Fill with Bread Dressing (use ¼ recipe, p. 461) or Apple Stuffing (p. 461, ½ recipe). Brown chops and place in baking pans. Pour 2 cups water or chicken broth in each pan. Cover and bake at 350°F for 1½ hours. Internal temperature must reach 165°F for 15 seconds.

## DEVEILED PORK CHOPS

Yield: 50 chops      Portion: 5 oz  
Oven: 350°F      Bake: 1½ hours

| Ingredient               | Amount | Procedure   |
|--------------------------|--------|---|
| Chili sauce              | 1½ qt  | Combine into a sauce.   |
| Water                    | 3 cups |   |
| Dry mustard              | 1 tsp  |   |
| Worcestershire sauce     | 3 Tbsp |   |
| Lemon juice              | 3 Tbsp |   |
| Onion, grated            | 2 tsp  |   |
| Pork chops, cut 3 per lb | 17 lb  | Dip each chop in sauce.<br>Place in single layer on greased sheet pans.<br>Bake at 350°F for 1–1½ hours, or until internal temperature reaches 160°F. |

### Approximate nutritive values per portion

Calories 182

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|-----------------|-----|----------------|-----|
| Total Fat 9 g  | 14% | Cholest. 54 mg | 18% | Total Carb. 7 g | 2%  | Vitamin A      | 4%  |
| Sat. Fat 3 g   | 16% | Sodium 446 mg  | 19% | Fiber 0 g       | 0%  | Vitamin C      | 10% |
| Protein 17 g   |     |                |     | Sugars 3 g      |     | Calcium        | 2%  |
|                |     |                |     |                 |     | Iron           | 5%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

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### Variations

- **Barbecued Pork Chops.** Place chops on greased baking sheets. Brush with melted fat. Sprinkle with salt. Brown chops in 450°F oven for 12–15 minutes. Transfer to counter pans. Pour Barbecue Sauce (p. 567) over chops. Bake at 325°F for 1½ hours or until chops are tender.
- **Chili-Seasoned Pork Chops.** Prepare a spice blend by combining 6 Tbsp chili powder, 2 Tbsp ground cumin, 2 tsp garlic powder, 1 Tbsp onion powder, 1 tsp salt, and 2 tsp black pepper. Mix 1 Tbsp of the spice mixture with 1 cup vegetable oil. Cover and store for several hours to blend seasonings with oil. Save the remaining dry spice mixture to sprinkle on top of the chops. To cook chops, oil griddle with seasoned oil, heat to 350°F. Place chops on griddle and cook until browned, turn and brown other side. Sprinkle remaining seasonings lightly over chops. Place in 12 × 10 × 2-inch counter pans. Cover with foil and bake at 350°F for 1 hour.
- **Honey-Glazed Pork Chops.** Marinate pork chops for 4 hours in a mixture of 2 cups soy sauce, 6 oz honey, 1 cup applesauce, 1 oz salt, and 4 oz sugar. Place in single layer on greased baking sheets. Bake at 350°F for 1 hour. Turn and brush with marinade as needed.
- **Pork Chops Supreme.** Arrange chops in single layer in baking pans. Sprinkle with salt. Combine 1 lb brown sugar, 3 cups catsup, and 1 cup lemon juice. Place about 2 Tbsp, No. 30 dipper, on each chop. Cut 4 medium-size onions into thin slices. Place 1 slice on top of each chop. Cover and bake at 350°F for 45 minutes. Uncover and bake 30 minutes longer.

## BARBECUED SPARERIBS

Yield: 50 portions      Portion: 8 oz  
Oven: 350°F      Bake: 2½ hours

| Ingredient                       | Amount | Procedure   |
|----------------------------------|--------|---|
| Pork spareribs or loin back ribs | 25 lb  | Separate ribs into 8 oz portions. Place in roasting pans. Brown uncovered in oven at 350°F until browned lightly, about 30 minutes. Pour off fat. |
| Barbecue Sauce (p. 567)          | 3 qt   | Pour sauce over ribs. Cover with aluminum foil. Bake at 350°F until meat is tender, about 1½ hours. Uncover and bake an additional 20–30 minutes. |

### Approximate nutritive values per portion

Calories 590

| Amount/portion | %DV | Amount/portion  | %DV | Amount/portion  | %DV |           | %DV |         | %DV |
|----------------|-----|-----------------|-----|-----------------|-----|-----------|-----|---------|-----|
| Total Fat 31 g | 47% | Cholest. 206 mg | 69% | Total Carb. 8 g | 3%  | Vitamin A | 5%  | Calcium | 2%  |
| Sat. Fat 10 g  | 52% | Sodium 644 mg   | 27% | Fiber 1 g       | 2%  | Vitamin C | 8%  | Iron    | 16% |
| Protein 66 g   |     |                 |     | Sugars 7 g      |     |           |     |         |     |

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### Notes

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- For larger portions, use 40 lb spareribs and 1 gal Barbecue Sauce.

### Variations

- **Baked Spareribs with Dressing.** Brown ribs as for Barbecued Spareribs. Pour off fat. Spread with mixture of 2 oz salt, 2 tsp pepper, 1½ tsp ground sage, 1 lb chopped apples, 2 tsp caraway seeds, 1 tsp ground cloves, and 12 oz brown sugar. Bake 1½ hours until tender. Baste to keep moist. Serve with Bread Dressing (p. 461).
- **Baked Spareribs with Sauerkraut.** Sprinkle ribs with 2 oz seasoned salt. Brown lightly. Pour off fat. Remove ribs from pan. Add 2 No. 10 cans sauerkraut to baking pan and place ribs on top. Bake for 1 hour.
- **Barbecued Short Ribs.** Substitute beef short ribs for spareribs.
- **Sweet-Sour Spareribs.** Brown spareribs for 30 minutes in 400°F oven, or simmer in water for 1 hour. Drain and cover with Sweet-Sour Sauce (p. 577). Bake at 350°F until meat is done. Serve with Steamed Rice (p. 399) or Fried Rice with Almonds (p. 402).

**SWEET-SOUR PORK**

Yield: 50 portions

Portion: 5 oz pork + 4 oz rice

| <i>Ingredient</i>          | <i>Amount</i>      | <i>Procedure</i>                                      |
|----------------------------|--------------------|---|
| Pork strips, julienne      | 10 lb AP (7 lb EP) | Brown pork in steam-jacketed kettle.                  |
| Water                      | 2 qt               | Add water to pork and simmer until meat is tender.    |
| Vinegar                    | 1¼ qt              | Combine and add to pork.                              |
| Soy sauce                  | 1½ cups            | Simmer until sugar is dissolved and pineapple is hot, |
| Catsup                     | 1½ cups            | 10–15 minutes.  |
| Sugar, granulated          | 2 lb               |   |
| Pineapple juice            | 1 qt               |   |
| Pineapple chunks           | 1 lb               |   |
| Cornstarch                 | 8 oz               | Combine to make a smooth paste.                       |
| Water                      | 2 cups             | Pour slowly into pork mixture, stirring constantly.   |
| Ginger, ground             | 1½ tsp             | Cook until thickened and clear.                       |
| Garlic powder              | ½ tsp              |   |
| Carrots, fresh, sliced     | 1 lb 12 oz         | Steam carrots until tender-crisp.<br>Add to mixture.  |
| Snow peas                  | 1 lb               | Stir in just before serving.                          |
| Rice, converted            | 3 lb 8 oz          | Cook rice according to directions on p. 399.          |
| Water, boiling             | 4¼ qt              | Serve 5 oz pork over 4 oz rice.                       |
| Salt                       | 2 Tbsp             |   |
| Margarine or vegetable oil | 2 Tbsp             |   |

*Approximate nutritive values per portion*

Calories 350

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        | Amount/portion | %DV        |
|----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 6 g | <b>9%</b>  | <b>Cholest.</b> 40 mg | <b>13%</b> | <b>Total Carb.</b> 59 g | <b>20%</b> | <b>Vitamin A</b> | <b>45%</b> | <b>Calcium</b> | <b>4%</b>  |
| Sat. Fat 2 g         | <b>10%</b> | <b>Sodium</b> 862 mg  | <b>36%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b> | <b>17%</b> | <b>Iron</b>    | <b>13%</b> |
| <b>Protein</b> 17 g  |            |                       |            | Sugars 23 g             |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

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**Variations**

- **Sweet-Sour Beef.** Substitute beef strips for pork.
- **Sweet-Sour Chicken.** Substitute cooked chicken or turkey for the pork. Do not brown.

## GLAZED BAKED HAM

Yield: 50 portions      Portion: 3 oz  
Oven: 325°F      Bake: 2–2½ hours

| Ingredient                  | Amount | Procedure   |
|-----------------------------|--------|---|
| Ham, boneless, fully cooked | 15 lb  | Place ham fat side up on a rack in roasting pan. Do not cover. Bake at 325°F for approximately 2–2½ hours.  |
| Cloves, whole               | 3 Tbsp | Remove ham from oven about 30 minutes before it is done. Drain off drippings. Score ham ¼ inch deep in diamond pattern. Stud with whole cloves. Cover with glaze. |

### HAM GLAZE

|                 |        |   |
|-----------------|--------|---|
| Sugar, brown    | 8 oz   | Combine ingredients for glaze.  |
| Cornstarch      | 2 Tbsp | Spoon over ham. Repeat if heavier glaze is desired.                                   |
| Corn syrup      | ¼ cup  | Return ham to oven and bake until internal temperature reaches 155°F (see Table 8.4). |
| Pineapple juice | 2 Tbsp |   |

### Approximate nutritive values per portion

Calories 160

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 11 g | 17% | <b>Cholest.</b> 57 mg | 19% | <b>Total Carb.</b> 17 g | 6%  | <b>Vitamin A</b> | 0%  | <b>Calcium</b> | 1%  |
| Sat. Fat 4 g          | 18% | <b>Sodium</b> 1931 mg | 80% | Fiber 0 g               | 0%  | <b>Vitamin C</b> | 61% | <b>Iron</b>    | 7%  |
| <b>Protein</b> 23 g   |     |                       |     | Sugars 2 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If using a whole cured ham, not precooked, increase cooking time to 4–4½ hours; or simmer 3–4 hours in a kettle, then trim, glaze, and complete cooking in the oven.

### Glaze Variations

- **Apricot Glaze.** 1 cup apricot jam and ¼ cup fruit juice or enough to cover ham.
- **Brown Sugar Glaze.** 6 oz brown sugar, 1½ tsp dry mustard (or 3 Tbsp prepared mustard), and ¼ cup vinegar.
- **Cranberry Glaze.** 1¼ cups strained cranberry sauce, or enough to cover.
- **Honey Glaze.** 1 cup honey, ½ cup brown sugar, and ¼ cup fruit juice. Baste with fruit juice or ginger ale.
- **Orange Glaze.** 1 cup orange marmalade and ¼ cup orange juice.

## HAM LOAF

*Yield:* 50 portions or 5 pans 5 × 9 inches

*Portion:* 4 oz

*Oven:* 350°F

*Bake:* 1–1½ hours

### Ingredient

### Amount

### Procedure

|                        |                |  |
|------------------------|----------------|--|
| Ground cured ham       | 7 lb           | Combine all ingredients in mixer bowl. Mix on low speed, using flat beater, only until ingredients are blended. <i>Do not overmix.</i> |
| Ground fresh lean pork | 7 lb           |  |
| Onion, finely chopped  | 4 oz           |  |
| Milk                   | 1 qt           |  |
| Eggs, beaten           | 14 (1 lb 8 oz) |  |
| Pepper, black          | 1 tsp          |  |
| Bread crumbs           | 1 lb           |  |

Press meat mixture into five 5 × 9-inch loaf pans, 3 lb 8 oz per pan.

Bake at 350°F for 1–1½ hours, or until internal temperature reaches 180°F.

If desired, cover tops of loaves with glaze (see Variations) during last 30 minutes of cooking.

Cut 10 slices per pan.

### Approximate nutritive values per portion

Calories 208

| Amount/portion | %DV | Amount/portion  | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|-----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 10 g | 15% | Cholest. 124 mg | 41% | Total Carb. 13 g | 4%  | Vitamin A | 3%  | Calcium | 4%  |
| Sat. Fat 3 g   | 17% | Sodium 1019 mg  | 42% | Fiber 0.3 g      | 1%  | Vitamin C | 29% | Iron    | 10% |
| Protein 27 g   |     |                 |     | Sugars 2 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Meat may be baked in 12 × 20 × 4-inch baking or counter pan. Press mixture into pan and divide into two loaves. Increase baking time to 1½–2 hours.
- 4 lb ground beef may be substituted for 4 lb fresh pork.
- ½ oz (¼ cup) dehydrated onion, rehydrated in ½ cup water, may be substituted for fresh onion.

### Variations

- **Glazed Ham Balls.** Measure with No. 8 dipper and shape into balls. Place on baking sheets. Brush with glaze (below) and bake 1 hour.
- **Glazed Ham Loaf.** Cover tops of loaves with a mixture of 1 lb 8 oz brown sugar, 1 cup vinegar, and 1½ Tbsp dry mustard.
- **Ham Patties with Cranberries.** Measure with No. 8 dipper and shape into patties. Spread pan with Cranberry Sauce (p. 513). Place ham patties on sauce and bake 1 hour.
- **Ham Patties with Pineapple.** Measure with No. 8 dipper and shape into patties. Top each with slice of pineapple and a clove. Pour pineapple juice over patties and bake 1 hour.

## CREAMED HAM

*Yield:* 50 portions or 6¼ qt      *Portion:* 4 oz (½ cup)

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Margarine          | 1 lb          | Melt margarine. Add flour and stir until smooth.  |
| Flour, all-purpose | 6 oz          | Cook 5 minutes.   |
| Milk               | 1 gal         | Add milk gradually, stirring constantly with wire whip. Cook until thickened.   |
| Ham, cooked        | 6 lb          | Cut ham in cubes or grind coarsely.   |
| Salt               | To taste      | Add to sauce and heat slowly for about 20 minutes, or until internal temperature reaches serving temperature (170–180°F). |
| Pepper, white      | ½ tsp         | Add salt, if needed, and pepper.<br>Serve 4 oz ham over biscuits, toast, spoon bread, corn bread, or baked potato.        |

### *Approximate nutritive values per portion*

**Calories 180**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 14 g | <b>22%</b> | <b>Cholest.</b> 33 mg | <b>11%</b> | <b>Total Carb.</b> 11 g | <b>4%</b>  | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 5 g          | <b>23%</b> | <b>Sodium</b> 938 mg  | <b>39%</b> | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>25%</b> |
| <b>Protein</b> 12 g   |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>10%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 lb chopped celery or sliced mushrooms or 1 dozen chopped hard-cooked eggs may be added. Reduce ham to 5 lb.

### Variation

- **Plantation Shortcake.** Substitute 3 lb cooked turkey for 3 lb cooked ham. Substitute Chicken Stock (p. 598) for half of milk in sauce. Add 1 lb grated cheddar cheese. Serve over hot corn bread.

**OVEN-FRIED BACON**

Yield: 50 portions      Portion: 2 slices

Oven: 400°F; convection, 325°F      Bake: 6–10 minutes; convection 4–6 minutes

| <i>Ingredient</i>          | <i>Amount</i>       | <i>Procedure</i>  |
|----------------------------|---------------------|---|
| Bacon, 17–20 slices per lb | 100 slices (5–6 lb) | Arrange bacon slices on baking sheets. Bake at 400°F, without turning, until crisp, about 6–10 minutes. In convection oven, cook 4–6 minutes at 325°F for 4–6 minutes. Pour off accumulating fat as necessary. Drain on paper towels or place in perforated pans for serving. |

*Approximate nutritive values per portion***Calories 73**

| Amount/portion       | %DV        | Amount/portion        | %DV       | Amount/portion         | %DV       |                  | %DV       |                | %DV       |
|----------------------|------------|-----------------------|-----------|------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 6 g | <b>10%</b> | <b>Cholest.</b> 11 mg | <b>4%</b> | <b>Total Carb.</b> 0 g | <b>0%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 2 g         | <b>11%</b> | <b>Sodium</b> 202 mg  | <b>8%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>7%</b> | <b>Iron</b>    | <b>1%</b> |
| <b>Protein</b> 4 g   |            |                       |           | Sugars 0 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Bacon may be purchased separated and arranged on parchment paper, ready to be placed on baking sheets and baked.
- Variation**
- **Oven-Fried Sausage.** Arrange 1-oz sausage patties or links on baking sheets. In conventional oven, bake at 400°F for 15–20 minutes. In convection oven, bake at 325°F for 10–12 minutes.

**SCRAPPLE**

Yield: 50 portions or 5 loaf pans 5 × 9 inches      Portion: 2 slices

| <i>Ingredient</i> | <i>Amount</i>  | <i>Procedure</i>   |
|-------------------|----------------|--|
| Sausage, bulk     | 8 lb AP        | Crumble sausage and cook until internal temperature reaches 160°F. Do not overbrown. Drain off fat.  |
| Water             | 1½ gal         | Add salt to water. Bring to a boil.  |
| Salt              | 1 oz (1½ Tbsp) |  |
| Cornmeal          | 3 lb           | Mix cornmeal with cold water.  |
| Water, cold       | 2 qt           | Pour gradually into boiling water, stirring constantly. Cook until very thick, 10–15 minutes.  |
|                   |                | Add cooked sausage to cornmeal mixture. Scale into five greased 5 × 9-inch loaf pans, 4 lb 5 oz per pan. Cover with waxed paper to prevent formation of crust. Chill for 24 hours. |
|                   |                | Cut into ½-inch slices. Cook on greased grill preheated to 350°F. Grill until browned and crisp on both sides. Serve with warm syrup.  |

*Approximate nutritive values per portion*

Calories 266

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 15 g | 23% | <b>Cholest.</b> 38 mg | 13% | <b>Total Carb.</b> 21 g | 7%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 2%  |
| Sat. Fat 5 g          | 25% | <b>Sodium</b> 792 mg  | 33% | Fiber 4 g               | 17% | <b>Vitamin C</b> | 1%  | <b>Iron</b>    | 10% |
| <b>Protein</b> 11 g   |     |                       |     | Sugars 0 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 8 lb fresh pork, simmered until done and chopped finely, may be used in place of the sausage. Increase salt to 2 oz and add 1 Tbsp ground sage.

**Variation**

- **Fried Cornmeal Mush.** Delete sausage. Increase cornmeal to 4 lb, salt to 2 oz, boiling water to 2 gal, and cold water to 2½ qt. Proceed as for Scrapple.

**CHEESE-STUFFED FRANKFURTERS**

*Yield:* 50 portions      *Portion:* 2 frankfurters  
*Oven:* 350°F      *Bake:* 30 minutes

| <i>Ingredient</i>             | <i>Amount</i>          | <i>Procedure</i>   |
|-------------------------------|------------------------|--|
| Frankfurters,<br>10 per lb    | 10 lb                  | Split frankfurters lengthwise, but do not cut completely through.  |
| Cheddar cheese                | 3 lb                   | Cut cheese into strips about 3½ inches long.   |
| Pickle relish                 | 1 qt                   | Place a strip of cheese and ½ Tbsp relish in each frankfurter.   |
| Bacon, 24–26 slices<br>per lb | 100 slices<br>(4–5 lb) | Wrap a slice of bacon around each frankfurter. Secure with a pick. Place on greased baking sheets. Bake at 350°F for 30 minutes. |

*Approximate nutritive values per portion*

Calories 497

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|-----------------------|-----|-----------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 42 g | 64% | <b>Cholest.</b> 86 mg | 29% | <b>Total Carb.</b> 9 g | 3%  | <b>Vitamin A</b> | 11% | <b>Calcium</b> | 25% |
| Sat. Fat 18 g         | 89% | <b>Sodium</b> 1543 mg | 64% | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 47% | <b>Iron</b>    | 10% |
| <b>Protein</b> 21 g   |     |                       |     | Sugars 2 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- The names wieners, hot dogs, and frankfurters are often used interchangeably. Beef, pork, or poultry wieners are available.

**Variations**

- **Barbecued Frankfurters.** Place frankfurters in counter pans. Cover with Barbecue Sauce (p. 567). Bake at 400°F for about 30 minutes. Add more sauce if necessary.
- **Chili Dog.** Serve 2 oz Chili Con Carne (p. 607) over a frankfurter or wiener in a hot dog bun. Chili may be made with or without beans.
- **Frankfurters and Sauerkraut.** Steam frankfurters or cook in boiling water. Serve with sauerkraut (2 No. 10 cans) that has been heated.
- **Nacho Dog.** Serve 2 oz Nacho Sauce (p. 80) over a frankfurter or wiener in a hot dog bun. Sprinkle over the top one or more of the following: chopped green chilies or jalapeño peppers, chopped tomatoes, chopped black olives, or chopped onion.

**CREAMED SAUSAGE AND BISCUITS**

Yield: 50 portions

Portion: 4 oz gravy over 2 biscuits

| <i>Ingredient</i>                  | <i>Amount</i>                     | <i>Procedure</i>  |
|------------------------------------|-----------------------------------|---|
| Baking Powder<br>Biscuits (p. 110) | 100                               | Prepare biscuits according to recipe.   |
| Ground sausage                     | 7 lb 8 oz AP<br>(5 lb EP)         | Cook raw sausage in tilting or large fry pan until browned and 155°F. Weight after browning should be 5 lb. Drain well. Reserve sausage for later step. |
| Margarine<br>Flour                 | 1 lb<br>1 lb 6 oz                 | Mix margarine and flour in a steam-jacketed or other large kettle. Stir with wire whip. Cook for 10–15 minutes, stirring often.                         |
| Milk                               | 1 <sup>3</sup> / <sub>4</sub> gal | Stir milk into margarine-flour mixture, stirring constantly with a wire whip. Cook until mixture thickens.  |
| Salt<br>Black pepper               | 2 tsp<br>1 tsp                    | Add salt and pepper to creamed mixture. Stir in cooked sausage reserved from earlier step. Heat to 180°–190°F.  |

Serve two biscuits split in half with 4 oz gravy.

*Approximate nutritive values per portion***Calories 425**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 31 g | <b>48%</b> | <b>Cholest.</b> 57 mg | <b>19%</b> | <b>Total Carb.</b> 17 g | <b>6%</b> | <b>Vitamin A</b> | <b>11%</b> |
| Sat. Fat 12 g         | <b>61%</b> | <b>Sodium</b> 586 mg  | <b>24%</b> | Fiber 0.4 g             | <b>1%</b> | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 14 g   |            |                       |            | Sugars 7 g              |           | <b>Calcium</b>   | <b>18%</b> |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Value (%DV) are based on a 2000-calorie diet.

**Note**

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## SAUSAGE ROLLS

*Yield:* 50 rolls      *Portion:* 1 roll, 2 oz gravy  
*Oven:* 400°F      *Bake:* 20 minutes

| <i>Ingredient</i>      | <i>Amount</i> | <i>Procedure</i>   |
|------------------------|---------------|--|
| Sausages, link         | 12 lb 8 oz    | Partially cook sausages. Remove from fat.  |
| Flour, all-purpose     | 3 lb          | Make into biscuit dough, according to directions on p. 110.<br><br>Divide biscuit dough into two portions.<br>Roll each portion to ½-inch thickness and cut into 3 × 4-inch rectangles.<br>Place two sausages in the center of each piece of dough and fold over.<br>Place seam side down on greased baking sheets.<br>Bake at 400°F for 20 minutes, until bread is browned and sausage temperature is at least 170°F. |
| Baking powder          | 3 oz          |  |
| Salt                   | 3½ tsp        |  |
| Shortening             | 12 oz         |  |
| Milk                   | 1 qt          |  |
| Margarine              | 6 oz          | Melt margarine, add flour, and blend. Add salt and pepper.   |
| Flour, all-purpose     | 6 oz          | Cook for 5 minutes.  |
| Salt                   | 2 tsp         | Add water or stock gradually, stirring constantly. Cook until smooth and thickened.  |
| Pepper, black          | ½ tsp         | Ladle 2 oz gravy over each sausage roll.   |
| Water or chicken broth | 3 qt          |  |

### *Approximate nutritive values per portion*

**Calories 478**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 33 g | <b>51%</b> | <b>Cholest.</b> 64 mg | <b>21%</b> | <b>Total Carb.</b> 26 g | <b>9%</b>  | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 10 g         | <b>52%</b> | <b>Sodium</b> 1360 mg | <b>57%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 18 g   |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>20%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>15%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

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### Variations

- **Italian Sausage Sandwich.** Grill fifty 5- to 6-inch-long Italian sausages. Serve one sausage in a long bun with 1 oz Sandwich Tomato Sauce (p. 387) ladled on top. Serve with sauteed green peppers and onions. May be sprinkled with 1 oz shredded mozzarella cheese.
- **Pigs in Blankets.** Substitute 50 wieners for link sausages. Place each wiener diagonally on dough portion and roll up. Delete gravy. May serve with Cheese Sandwich Sauce (p. 561).
- **Pigs in Blankets with Cheese.** Wrap 1 oz cheese around each wiener. Proceed as above.



## CHAPTER 9

# Pasta, Rice, Cereals, and Foods with Grains, Beans, and Tofu

The cooking of pasta, rice, cereals, and grains is similar. Water is added, heat is applied, and cooking is continued until the starch granules gelatinize. Dry beans are cooked in a liquid (generally water or stock) until softened. Tofu (bean curd) does not need to be cooked prior to being incorporated in a recipe.

### PASTA

Pasta is a generic name for a basic dough mixture of durum semolina or other high-protein hard wheat flour and water. With the exception of noodles, which usually contain eggs, the various pasta products are made from the same basic dough. Flavor variations may include whole wheat, herb, carrot, tomato, and spinach. Pasta comes in many different shapes that can be categorized into five basic groups: string (e.g., spaghetti), ribbon (e.g., noodles), tubes (e.g., penne), shapes (e.g., radiatore), micro pastas (e.g., acini). A few of the more popular types appear in Figures 9.1 and 9.2. Pasta may be purchased fresh, frozen, or dry. Precooked dry pasta is also available in some markets.

Most dry pasta will approximately double in *volume* after cooking (egg noodle volume remains about the same). Thickness varies among pasta shapes, and the volume increase is directly related to this variation. Certain shapes such as ziti, lasagna, and rigatoni have more fluctuation in their volume increase than do spaghetti and macaroni. The *weight* of dry pasta increases, but the amount depends on the type of pasta. See p. 369 for the weight increase of selected pastas.

Pasta is best if cooked uncovered at a fast boil, using plenty of water. A general rule is to allow 1 gallon

of water, 1 ounce (1½ tablespoons) salt, and 1½ teaspoons cooking oil for every pound of pasta. Directions for cooking are given on p. 369. Pasta should be cooked until it is tender but firm (*al dente*), then drained to stop the cooking. Overcooking produces a soft, pasty product that breaks easily when combined with sauces or other ingredients.

### RICE

Rice is used in foodservices as a side or main dish, as an accompaniment to many Asian foods, and as an ingredient in casseroles and other entrees. Three major types of rice are available.

*Long-grain rice.* Cooked grains are firm, fluffy, and are inclined to separate. Overcooking or excessive stirring while cooking will cause long-grain rice to become sticky. Long-grain rice is excellent for serving as a side dish, in salads, and in casseroles.

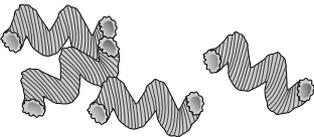
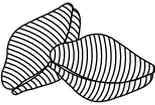
*Medium-grain rice.* Cooked grains are tender and moist, tending to cling together. Medium-grain rice becomes sticky when cool, so it is best served hot. Requires less water to prepare than long-grain rice. Medium-grain rice has a higher starch content than long-grain rice.

*Short-grain rice.* Small, round kernels become very tender and sticky when cooked. Risotto and paella are made with short-grain rice. Short-grain rice has a high starch content.

Rice is available with various degrees of milling and processing.



FIGURE 9.2 Shapes and descriptions of selected pasta.

| Name                  | Shape   | Description   |
|-----------------------|---|---|
| Alphabets             |    | Miniature pasta in letter shapes.<br>Used in soups.   |
| Bow ties, farfalle    |    | Bow-shaped noodles.<br>Used with entree sauces and also soup or salads.   |
| Capellini, angel hair |    | Delicate long thin threads.<br>Used with light sauces.  |
| Cavatappi             |   | Spiral, ridged tubes (corkscrews).<br>Used in casseroles and with sauces.   |
| Conchiglie, shells    |  | Shell shaped.<br>Used with sauces; larger shells stuffed, smaller shells used in salads.<br>Jumbo shells stuffed with cheese, meat, vegetables. |
| Dumplings             |  | Flat, with rippled edges.<br>Used in soups and baked casseroles.  |
| Fettuccine            |  | Pasta shaped like ribbons, slightly thick.<br>Used with heavy cream or meat sauces.   |
| Fusilli               |  | Long strands of spiraled spaghetti, corkscrew shaped.<br>Used with thick cream sauces or casseroles. Break into soups.                          |

(continues)

FIGURE 9.2 *continued*

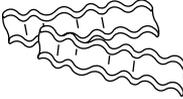
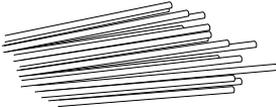
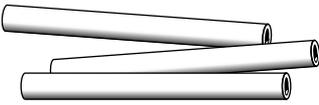
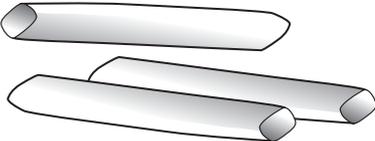
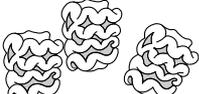
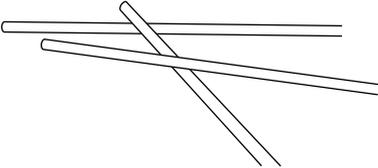
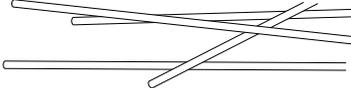
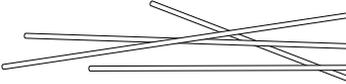
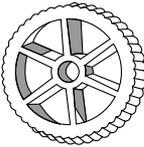
| <i>Name</i>    | <i>Shape</i>  | <i>Description</i>   |
|----------------|---|--|
| Kluski         |    | <p>Long narrow egg noodles, with homemade appearance.<br/>Used for soups, baked casseroles, and with cream sauces.</p> |
| Lasagna        |    | <p>Wide, long, flat noodles with wavy edges.<br/>Baked layered with cheese and sauces.</p>                             |
| Linguine       |    | <p>Thin narrow rods, slightly flattened.<br/>Used with all sauces, especially cream sauces.</p>                        |
| Elbow macaroni |   | <p>Short tubes that are slightly curved.<br/>Used in salads and casseroles.</p>  |
| Macaroni       |  | <p>Long hollow round tubes, straight cut ends.<br/>Baked in casseroles or with sauces.</p>                             |
| Manicotti      |  | <p>Giant pasta tubes.<br/>Stuffed with cheese or meat fillings.</p>  |
| Mostaccioli    |  | <p>Medium-sized hollow tubes,<br/>ends cut diagonally.<br/>Used in baked casseroles or with sauces.</p>                |

FIGURE 9.2 *continued*

| Name                             | Shape   | Description  |
|----------------------------------|---|--|
| Noodles                          |  <p data-bbox="603 327 778 348">X-Wide Noodles</p>  <p data-bbox="616 436 767 457">Wide Noodles</p>  <p data-bbox="600 541 775 562">Medium Noodles</p> | <p data-bbox="995 222 1414 306">Narrow flat pasta; typically contains egg. Used in a variety of casseroles, with sauces, and as a side dish.</p> |
| Orecchiette                      |    | <p data-bbox="995 604 1315 663">Ear shaped. Used in casseroles, with sauce.</p>  |
| Pastina (tiny dough)<br>Ditalini |    | <p data-bbox="995 783 1262 835">Used in soups and salads. Very short hollow tube.</p>  |
| Orzo                             |   | <p data-bbox="995 947 1414 999">Shaped like rice. Used in soups, salads, and as a side dish.</p>   |
| Stelline                         |    | <p data-bbox="995 1073 1123 1094">Star shaped.</p>   |
| Acini                            |    | <p data-bbox="995 1203 1198 1224">Small round shape.</p>   |
| Penne rigate                     |    | <p data-bbox="995 1356 1302 1503">Grooved medium-size hollow tubes, ends cut diagonally. Used in baked casseroles or with sauces.</p>            |
| Radiatore                        |    | <p data-bbox="995 1539 1374 1650">Frilly shaped pasta, short, thick, and compact. Used for salads, casseroles, with sauce, and in soups.</p>     |
| Rigatoni                         |    | <p data-bbox="995 1707 1414 1759">Large ribbed hollow tubes. Used in baked casseroles or with sauces.</p>  |

(continues)

FIGURE 9.2 *continued*

| Name         | Shape   | Description  |
|--------------|---|--|
| Rotini       |    | Spiraled pasta.<br>Used in baked casseroles or with salads.  |
| Spaghetti    |    | Long round rods.<br>Used with all sauces, especially tomato.<br>Used in casseroles.  |
| Spghettini   |    | Thin round rods.<br>Used like spaghetti, typically with light sauces.  |
| Vermicelli   |  | Extra thin spaghetti like rods.<br>Used with light delicate sauces.  |
| Wagon wheels |  | Die-cut shape resembling wheels.<br>Used with sauces, in salads and soups.   |
| Ziti         |  | Short hollow round medium-size tubes with straight cut ends; resembles large macaroni.<br>Used in baked casseroles or with sauces. |

*Brown rice* is the whole unpolished grain with only the outer husks and a small amount of bran removed. It has a nutlike flavor and slightly chewy texture. Brown rice is available in short, medium, or long grain. Shelf life is shortened due to the oil content of the bran.

*Regular* or *milled white rice* has had the outer husk removed, and layers of bran are milled away until the grain is white. It is sometimes called polished rice.

*Converted (parboiled) rice* has undergone a steam-pressure process, then dried before milling. After cooking, the grains remain separate and plump. Con-

verted rice is noted for its holding quality after cooking. Converted rice is neither precooked nor instant and requires a longer cooking time than regular or milled white rice.

*Precooked (instant) rice* has been milled, cooked, and dehydrated. It is slightly higher in cost than par-boiled rice but needs only to be rehydrated to be ready for use. Precooked rice does not hold well after cooking, and the grains quickly lose their shape.

Many varieties of rice are exported to or grown in the United States. Following are the varieties often used in foodservice.

*Aromatic* or *fragrant rices* have subtle floral, nutty, or earthy nuances. *Basmati* cooks to a dry, fluffy texture with separate grains similar to long-grain rice. *Thai jasmine* long-grain rice cooks up soft and tender.

*Italian short-grain rice* has polished white kernels, a little longer than wide. Arborio rice, used for risotto, is the most common short-grain rice.

*Spanish rice* is similar to Italian short-grain rice but a little lighter in texture. Spanish rice absorbs liquid evenly and retains an al dente mouthfeel. Grana and Valencia are two rice varieties often used for paella.

*Sticky* or *glutinous rice*, also called *sweet rice*, becomes extremely sticky when cooked. Sticky rice is used almost exclusively for Asian cooking and generally for dessert dishes. The grains become bouncy and full when cooked. Sticky or glutinous rice may be white, brown, or black.

*Wild rice* is not a rice but a seed of a native grass. It has long, unpolished kernels; an intense nutty flavor; and firm, chewy texture. Wild rice is combined with other rices and ingredients for stuffing, entrees, salads, and side dishes.

Long-grain rice is cooked until all water is absorbed, so the key to properly cooked rice is the proportion of rice to water and the correct cooking time. Converted (parboiled) long-grain white rice requires slightly more water and a long cooking time than regular long-grain or medium-grain rice. Table 9.1 gives basic proportions and yields for converted rice. The

cooking time for brown rice is almost double that of the white rice. Rice may be cooked in a kettle, steamer, or oven. See p. 399 for cooking directions. Cooked rice is a potentially hazardous food and should be stored outside the temperature danger zone.

## CEREALS

Cereals may be whole, cracked, flaked or rolled, or granular. The amount of water used for cooking determines the volume of the finished product. Cereal swells until all water has been absorbed or until the limit of the grain is reached. As a rule, granular cereals absorb more water than whole or flaked. The fineness of grind of the cereal and the amount of bran or cellulose are factors that determine the length of time a cereal needs to be cooked. Cereals cooked in quantity usually are prepared in a steam-jacketed kettle or steamer but may be cooked in a heavy kettle on top of the range. Directions for cooking breakfast cereals are given on p. 413.

## OTHER GRAINS

Grains have always been a staple in many countries, but recently are increasing in popularity in the United States. Following are several commonly used grains.

*Cracked wheat* is the whole kernel of wheat without the bran removed, known as the berry. The wheat berry is broken into varying degrees of coarseness without first cooking. To soften the kernels, wheat berries must be soaked for several hours before cooking.

*Bulger* is a wheat berry that has the bran removed. It is steam cooked and dried before being ground into various degrees of coarseness.

*Couscous* is the endosperm of a durum wheat berry. The endosperm is steamed and pressed to form small granular pellets and then dried.

**TABLE 9.1 Basic proportions and yields for converted rice**

| Rice  | Water <sup>a</sup> | Salt          | Approximate volume yield | Approximate number of 4-oz servings |
|-------|--------------------|---------------|--------------------------|-------------------------------------|
| 1 lb  | 1¼ qt              | 1 Tbsp        | 2 qt                     | 16                                  |
| 2 lb  | 2½ qt              | 2 Tbsp        | 1 gal                    | 32                                  |
| 3 lb  | 3¾ qt              | 3 Tbsp (2 oz) | 6¼ qt                    | 50                                  |
| 4 lb  | 5 qt               | ¼ cup (2½ oz) | 8½ qt                    | 68                                  |
| 5 lb  | 6¼ qt              | ⅓ cup (3½ oz) | 11 qt                    | 88                                  |
| 8 lb  | 10 qt              | ½ cup (5 oz)  | 18½ qt                   | 148                                 |
| 10 lb | 12½ qt             | ¾ cup (8 oz)  | 24 qt                    | 192                                 |

<sup>a</sup> Liquids other than water that can be used include: chicken, beef or vegetable stock or base, tomato or vegetable juice, diluted orange or apple juice.

*Barley* is a grain with a sweet earthy flavor and chewy-to-soft texture. A softer texture will result from cooking in a large amount of liquid, such as for soup.

*Buckwheat/kasha* is not a grain but a fruit treated as a grain. Whole buckwheat kernels known as groats are roasted to produce kasha, a dark reddish brown, earthy flavored product. Whole kasha remains in separate grains after cooking. The finer grains become sticky. Buckwheat flour, made from grinding the raw groats, is used in buckwheat pancakes and some pastas. Buckwheat contains no gluten-forming proteins and cannot be substituted entirely for wheat flour in products that require gluten for structure.

*Oats* are a whole-grain product used for hot cereal and in baked goods. *Rolled* or *old-fashioned oats* are made from whole oat kernels with the husks removed (oat groats) that have been steamed, then rolled into flat flakes. *Quick-cooking oats* are rolled oats cut into smaller pieces to reduce the cooking time.

## BEANS

Many varieties of dry beans are available. Some of the commonly used ones are:

*Appaloosa*—Speckled red or black and white. Long and thin.

*Black (Turtle bean)*—Dark black with a white line. Medium-sized and almost round.

*Black-Eyed Pea*—Ivory or beige in color with a black spot. Small kidney shaped.

*Cannellini*—White. Looks like a white kidney bean.

*Chickpea (Garbanzo)*—Beige. Round with lumps. (Long cooking)

*Great Northern*—White. Large oval. Very common white bean.

*Kidney*—Reddish to dark brown. Kidney shaped.

*Navy (Pea bean)*—White. Small round. Very common white bean.

*Pinto*—Beige or rust colored, usually mottled. Oval shaped.

*Red (Pink)*—Reddish in color. Small, oval. Interchangeable with pinto.

Most dry beans will double to triple in bulk during cooking. Because sorting machines may mistake rocks or other debris for dry beans, it is recommended that beans be sorted before rinsing and cooking.

Some general cooking guidelines:

1. Place beans in a large pot or steam jacketed kettle and cover with water. Bring the water to a boil and skim foam if necessary. Cover loosely and reduce heat so beans simmer slowly.
2. Cook until beans are slightly tender. Stir very carefully as the beans become tender so they are not broken and become mushy.
3. Season as desired. A general rule is to add 2 tsp salt to 1 lb of beans. Other seasonings may be added.
4. Cook, stirring very carefully, until the beans are tender. Add additional water if necessary. Drain and serve or store in refrigerator until needed. Cooked beans are a potentially hazardous food. Follow cooling guidelines on p. 44.

Soaking beans prior to cooking will reduce the cooking time by about 25%.

## TOFU

Tofu, a curd made from soy beans is mild-tasting and can be purchased in a range of textures. Silken is very soft and often pureed in sauces. Firm and extra-firm tofu holds its shape better than silken or soft tofu and is best used in recipes specifying marinating or stir-frying. Pressing tofu makes it firmer. Freezing makes tofu porous and gives it a tougher texture. Tofu is often frozen before being marinated or stir-fried.

## PASTA RECIPES

### COOKING PASTA

Yield: 50 portions

Portion: 4 oz

| Ingredient               | Amount | Procedure  |
|--------------------------|--------|--|
| Pasta                    | 5 lb   | Bring water to a rapid boil. Add salt and oil.   |
| Water                    | 5 gal  | Add pasta gradually while stirring.  |
| Salt                     | 5 oz   | Return to boiling. Cook uncovered at a fast boil until tender  |
| Vegetable oil (optional) | 3 Tbsp | but firm ( <i>al dente</i> ), 5–10 minutes (see Cooking Times table). Stir occasionally to prevent sticking. |
|                          |        | Test for doneness. Drain.  |

#### Notes

- Weight of cooked pasta will vary, depending on length of time cooked.
- Addition of oil is optional. It helps prevent foaming and sticking.
- If pasta is to be used as an ingredient in a recipe requiring further cooking, undercook slightly.
- If product is not to be served immediately, drain and rinse quickly with cold water. To keep pasta from becoming sticky or drying out, toss lightly with a little vegetable oil. Cover tightly and store in the refrigerator. To reheat, put pasta in a colander and immerse in rapidly boiling water just long enough to heat through. *Do not continue to cook.* Or, reheat in a microwave oven.
- Pasta can be covered tightly and refrigerated or frozen. Reheat to serving temperature.

### APPROXIMATE YIELD AND COOKING TIMES FOR SELECTED PASTAS

| Type of pasta   | Approximate cooking time ( <i>al dente</i> ) (min) | Yield of cooked pasta from 1 lb dry pasta |
|-----------------|--|---|
| Acini di pepe   | 8  | 3 lb 4 oz                                 |
| Bow ties        | 11   | 2 lb                                      |
| Fettuccine      | 8  | 2 lb 12 oz                                |
| Kluski          | 15   | 2 lb 12 oz                                |
| Lasagna noodles | 15   | 2 lb                                      |
| Linguine        | 10   | 2 lb 8 oz                                 |
| Elbow macaroni  | 6  | 2 lb 12 oz                                |
| Mostaccioli     | 10   | 2 lb 4 oz                                 |
| Noodles         | 6  | 2 lb 12 oz                                |
| Orzo            | 6  | 2 lb 8 oz                                 |
| Rigatoni        | 10   | 2 lb                                      |
| Rotini          | 8  | 2 lb                                      |
| Shells          | 9  | 2 lb 8 oz                                 |
| Spaghetti       | 10   | 2 lb 8 oz                                 |
| Vermicelli      | 7  | 2 lb 8 oz                                 |
| Wheels          | 11   | 2 lb                                      |
| Ziti            | 10   | 2 lb 4 oz                                 |

## ORZO PILAF

Yield: 50 portions

Portion: 4 oz

| Ingredient                  | Amount     | Procedure  |
|-----------------------------|------------|--|
| Orzo                        | 3 lb 8 oz  | Cook orzo according to directions on p. 369. Do not overcook. Drain and keep hot. Save for later step. |
| Water, boiling              | 3½ gal     |  |
| Salt                        | 2 Tbsp     |  |
| Vegetable oil               | 2 Tbsp     |  |
| Olive oil                   | 1 cup      | Sauté onions, garlic, mushrooms, and almonds in oil until onions and mushrooms are just tender.        |
| Green onions, thinly sliced | 1 lb 4 oz  |  |
| Garlic, minced              | 2 oz       |  |
| Mushrooms, fresh, sliced    | 1 lb 12 oz |  |
| Almonds                     | 12 oz      |  |
| Parsley, minced             | 2 oz       |  |
| Lemon juice                 | 2 Tbsp     |  |
| Rosemary leaves, dried      | 2 Tbsp     |  |
| Pepper, black               | 1 tsp      |  |
| Salt                        | 1 tsp      |  |

### Approximate nutritive values per portion

Calories 208

| Amount/portion       | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV        |
|----------------------|------------|----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 9 g | <b>13%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 28 g | <b>9%</b> | <b>Vitamin A</b> | <b>6%</b>  |
| Sat. Fat 1 g         | <b>5%</b>  | <b>Sodium</b> 311 mg | <b>13%</b> | Fiber 1 g               | <b>6%</b> | <b>Vitamin C</b> | <b>7%</b>  |
| <b>Protein</b> 6 g   |            |                      |            | Sugars 2 g              |           | <b>Calcium</b>   | <b>4%</b>  |
|                      |            |                      |            |                         |           | <b>Iron</b>      | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## LEMON ORZO

Yield: 50 portions

Portion: 4 oz

| Ingredient            | Amount    | Procedure   |
|-----------------------|-----------|---|
| Orzo                  | 5 lb      | Cook according to directions on p. 369.<br>Drain.                                   |
| Water                 | 5 gal     |   |
| Salt                  | 5 oz      |   |
| Chives, finely sliced | 3 oz (EP) | Combine chives, lemon, pepper, and oil.<br>Stir into pasta. Serve hot, above 140°F. |
| Lemon zest            | 1 Tbsp    |   |
| Lemon juice           | 1 cup     |   |
| Pepper, black         | 1 tsp     |   |
| Olive oil             | 2 cups    |   |

### Approximate nutritive values per portion

Calories 250

| Amount/portion      | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|---------------------|------------|----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 9g | <b>14%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 34 g | <b>11%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 1 g        | <b>6%</b>  | <b>Sodium</b> 290 mg | <b>12%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b> | <b>5%</b>  |
| <b>Protein</b> 6 g  |            |                      |            | Sugars 1.6 g            |            | <b>Calcium</b>   | <b>2%</b>  |
|                     |            |                      |            |                         |            | <b>Iron</b>      | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Other pasta shapes may be substituted for the orzo.

**MACARONI AND CHEESE**

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 8 oz  
*Oven:* 350°F      *Bake:* 20 minutes

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Macaroni                           | 3 lb 8 oz     | Cook macaroni according to directions on p. 369.<br>Drain.   |
| Water, boiling                     | 3½ gal        |  |
| Salt                               | 2 Tbsp        |  |
| Vegetable oil                      | 2 Tbsp        |  |
| Margarine                          | 12 oz         | Melt margarine. Stir in flour and seasonings.<br>Cook 5–10 minutes.  |
| Flour, all-purpose                 | 8 oz          |  |
| Salt                               | 2 Tbsp        |  |
| Dry mustard                        | 1 Tbsp        |  |
| Worcestershire sauce               | ¼ cup         |  |
| Milk                               | 1 gal         | Add milk gradually, stirring constantly with wire whip.<br>Cook until thickened.   |
| Cheddar cheese,<br>sharp, shredded | 4 lb          | Add cheese to sauce. Stir until cheese melts.<br>Pour over macaroni and mix carefully.<br>Scale into two greased 12 × 20 × 2-inch baking pans,<br>12 lb per pan. |
| Bread crumbs                       | 1 lb          | Mix crumbs and melted margarine.<br>Sprinkle over macaroni and cheese, 8 oz per pan.<br>Bake at 350°F for about 20 minutes, until 180°F.                         |
| Margarine, melted                  | 6 oz          |  |

*Approximate nutritive values per portion*

Calories 456

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 25 g | 38% | <b>Cholest.</b> 51 mg | 17% | <b>Total Carb.</b> 40 g | 13% | <b>Vitamin A</b> | 18% |
| Sat. Fat 12 g         | 58% | <b>Sodium</b> 790 mg  | 33% | Fiber 2 g               | 8%  | <b>Vitamin C</b> | 5%  |
| <b>Protein</b> 18 g   |     |                       |     | Sugars 5 g              |     | <b>Calcium</b>   | 40% |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 13% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For variety, use rotini, shells, or other shapes of pasta.
- A combination of Swiss and mozzarella cheese may be substituted for some or all of the cheddar cheese.

**Variation**

- **Macaroni, Cheese, and Ham.** Add 3 lb chopped ham, 1 lb 8 oz per pan. Reduce salt to 1 Tbsp.

## HERBED FETTUCCINE

Yield: 50 portions

Portion: 4 oz

| Ingredient             | Amount          | Procedure   |
|------------------------|-----------------|---|
| Margarine              | 1 lb 10 oz      | Melt margarine in steam-jacketed or other kettle.   |
| Garlic, minced         | 6 cloves        | Add garlic and cook until golden. Save for later step.  |
| Cream cheese, softened | 3 lb 4 oz       | Mix cream cheese on medium speed until fluffy, using flat paddle.   |
| Parsley, fresh, minced | ½ cup           | Blend into cream cheese.  |
| Basil, dried, crumbled | 2 Tbsp          |   |
| Pepper, black          | 1 tsp           |   |
| Salt                   | 2 tsp           |   |
| Water, boiling         | 1 qt            | Add water gradually to cream cheese mixture. Mix until smooth.<br>Add margarine and garlic. Mix until smooth. |
| Fettuccine             | 1 lb 12 oz (AP) | Cook fettuccine according to directions on p. 369.  |
| Water, boiling         | 2 gal           | Drain.  |
| Salt                   | 1½ oz           |   |
| Vegetable oil          | 2 Tbsp          |   |

Place 2 lb 12 oz cooked fettuccine in each of two 12 × 10 × 4-inch counter pans.  
Stir 3 lb 6 oz cream cheese sauce into each pan of hot pasta. Cover. Keep hot, approximately 180°F.  
Sprinkle with Parmesan cheese and snipped fresh parsley just before serving.

### Approximate nutritive values per portion

Calories 272

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 23 g | 35% | <b>Cholest.</b> 48 mg | 16% | <b>Total Carb.</b> 12 g | 4%  | <b>Vitamin A</b> | 22% |
| Sat. Fat 9 g          | 45% | <b>Sodium</b> 364 mg  | 15% | Fiber 0.4 g             | 2%  | <b>Vitamin C</b> | 1%  |
| <b>Protein</b> 5 g    |     |                       |     | Sugars 1 g              |     | <b>Calcium</b>   | 5%  |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 8%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other fresh herbs may be substituted for parsley.

## NOODLES ROMANOFF

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 5 oz  
*Oven:* 350°F      *Bake:* 30 minutes

| <i>Ingredient</i>           | <i>Amount</i>  | <i>Procedure</i>   |
|-----------------------------|----------------|--|
| Noodles                     | 3 lb           | Cook noodles according to directions on p. 369.<br>Drain.  |
| Water, boiling              | 3 gal          |  |
| Salt                        | 3 oz           |  |
| Vegetable oil<br>(optional) | 1 Tbsp         |  |
| Margarine                   | 10 oz          | Sauté onions in margarine until tender.  |
| Onions, chopped             | 6 oz           |  |
| Flour, all-purpose          | 4 oz           | Add flour and seasonings to onions, stirring constantly.<br>Cook 5–10 minutes.   |
| Salt                        | 1 oz (1½ Tbsp) |  |
| Garlic powder               | ¼ tsp          |  |
| Milk                        | 1¼ qt          | Add milk gradually to flour mixture, stirring constantly.<br>Cook until thickened.   |
| Parmesan cheese,<br>grated  | 4 oz           | Add cheese, sour cream, and paprika to sauce.<br>Combine hot noodles and sauce.  |
| Cottage cheese              | 2 lb 8 oz      |  |
| Sour cream                  | 2½ cups        |  |
| Paprika                     | 1 Tbsp         |  |
| Cheddar cheese,<br>shredded | 8 oz           | Scale pasta mixture into two 12 × 10 × 2-inch counter<br>pans, 8 lb per pan.<br>Sprinkle with cheese, 4 oz per pan.<br>Bake at 350°F for approximately 30 minutes or until heated<br>to 180°F. |

### Approximate nutritive values per portion

Calories 247

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>19%</b> | <b>Cholest.</b> 44 mg | <b>15%</b> | <b>Total Carb.</b> 24 g | <b>8%</b> | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 5 g          | <b>26%</b> | <b>Sodium</b> 502 mg  | <b>21%</b> | Fiber 1 g               | <b>3%</b> | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 10 g   |            |                       |            | Sugars 2 g              |           | <b>Calcium</b>   | <b>17%</b> |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Linguine or other pasta may be substituted for the noodles.

## PASTA WITH CLAM SAUCE

Yield: 50 portions

Portion: 6 oz sauce + 4 oz pasta

| Ingredient                     | Amount    | Procedure  |
|--------------------------------|-----------|--|
| Margarine                      | 1 lb 8 oz | Melt margarine in a large kettle.  |
| Flour, all-purpose             | 1 lb      | Stir in flour and cook for 5–10 minutes.   |
| Milk, hot                      | 6½ qt     | Add milk and seasonings to flour-margarine mixture, while stirring.                |
| Salt                           | 2 oz      |  |
| Nutmeg                         | ½ tsp     |  |
| Light cream<br>(half and half) | 1½ qt     | Reduce heat. Add cream slowly and continue to cook until thickened.                |
| Minced clams                   | 2 lb      | Stir clams into sauce. Keep hot, 180°F.  |
| Pasta                          | 5 lb      | Cook pasta according to directions on p. 369.<br>Serve 6 oz sauce over 4 oz pasta. |
| Water, boiling                 | 5 gal     |  |
| Salt                           | 5 oz      |  |
| Vegetable oil<br>(optional)    | 3 Tbsp    |  |

### Approximate nutritive values per portion

Calories 435

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 21 g | <b>32%</b> | <b>Cholest.</b> 77 mg | <b>26%</b> | <b>Total Carb.</b> 47 g | <b>16%</b> | <b>Vitamin A</b> | <b>18%</b> |
| Sat. Fat 7 g          | <b>37%</b> | <b>Sodium</b> 893 mg  | <b>37%</b> | Fiber 1 g               | <b>6%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 15 g   |            |                       |            | Sugars 8 g              |            | <b>Calcium</b>   | <b>27%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>35%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

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- Clam sauce is excellent served on whole wheat pasta.
- 2 oz chopped green onion tops, 2 oz chopped chives, or 6 oz sliced mushrooms may be added for variety and color.
- Reduce fat by substituting milk for the light cream.

### Variations

- **Pasta with Cheese Sauce.** Delete salt, nutmeg, and clams. Reduce margarine to 1 lb, flour to 12 oz, milk to 5 qt, and cream to 1 qt. Stir in 4 oz chicken base. Add 2 oz Parmesan cheese, 8 oz provolone cheese, and 4 oz shredded Swiss cheese, and stir until melted. Thin with hot milk if sauce becomes too thick.
- **Pasta with Shrimp Sauce.** Substitute 4 lb cooked salad shrimp for the clams.

**PASTA PRIMAVERA**

Yield: 50 portions

Portion: 5 oz sauce + 4 oz pasta

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------|---------------|--|
| Carrots, fresh           | 1 lb          | Cut carrots into thin julienne strips 1½ inches long. Steam until tender-crisp. Drain. Save for later step.  |
| Broccoli cuts            | 1 lb          | Steam broccoli until tender-crisp. Drain. Save for later step.   |
| Margarine, melted        | 12 oz         | Add onion and garlic to melted margarine. Cook until onions are tender.  |
| Onion, chopped           | 4 oz          |  |
| Garlic, minced           | 4 cloves      |  |
| Flour, all-purpose       | 12 oz         | Add flour. Stir with wire whip until flour is mixed in. Cook for 5 minutes, stirring often.  |
| Water                    | 2¾ qt         | Combine water, milk, and chicken base and gradually add to roux, stirring with wire whip. Cook, stirring often, until thickened and no starchy flavor remains. |
| Milk                     | 2½ qt         |  |
| Chicken base             | 4 oz          |  |
| Parsley, fresh, snipped  | 2½ cups       | Add to hot sauce.  |
| Basil, dried, crumbled   | ½ cup         | Add carrots and broccoli cuts. Keep hot, 180°F. Thin as needed with hot milk or chicken stock.   |
| Ham, diced, ½-inch cubes | 1 lb 8 oz     |  |
| Frozen peas              | 10 oz         |  |
| Mushrooms, sliced        | 8 oz          |  |
| Pasta                    | 5 lb          | Cook pasta according to directions on p. 369. Drain. Serve 5 oz sauce over 4 oz pasta, accompanied by Parmesan cheese.   |
| Water, boiling           | 5 gal         |  |
| Salt                     | 5 oz          |  |
| Vegetable oil            | 3 Tbsp        |  |

*Approximate nutritive values per portion***Calories 337**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>19%</b> | <b>Cholest.</b> 59 mg | <b>20%</b> | <b>Total Carb.</b> 43 g | <b>14%</b> | <b>Vitamin A</b> | <b>37%</b> |
| Sat. Fat 4 g          | <b>18%</b> | <b>Sodium</b> 683 mg  | <b>28%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>21%</b> |
| <b>Protein</b> 13 g   |            |                       |            | Sugars 5 g              |            | <b>Calcium</b>   | <b>13%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>21%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Vegetable base may be substituted for chicken base.
- ½ oz (¼ cup) dehydrated onion, rehydrated in ½ cup water, may be substituted for fresh onion.

## SWISS BROCCOLI PASTA

Yield: 50 portions

Portion: 4 oz sauce + 4 oz pasta

| Ingredient                         | Amount     | Procedure  |
|------------------------------------|------------|--|
| Broccoli cuts                      | 1 lb 12 oz | Steam broccoli until tender-crisp. (Do not overcook.) Drain. Save for later step.                                |
| Margarine, melted                  | 8 oz       | Combine melted margarine and flour in steam-jacketed or other kettle. Stir and cook until smooth (5–10 minutes). |
| Flour, all-purpose                 | 8 oz       |  |
| Milk                               | 3¼ qt      | Add milk gradually. Cook over low heat, stirring constantly, until thick. Do not boil. Turn off heat.            |
| Swiss cheese, shredded             | 3 lb 4 oz  | Add cheese to hot sauce and stir until melted. Stir in nutmeg.   |
| Nutmeg, ground                     | ¼ tsp      |  |
| Mushrooms, sliced, canned, drained | 1 lb       | Stir in mushrooms and broccoli. Keep hot, 180°F.   |
| Pasta                              | 5 lb       | Cook pasta according to directions on p. 369. Drain.   |
| Water, boiling                     | 5 gal      |  |
| Salt                               | 5 oz       | Serve 4 oz sauce over 4 oz pasta.  |
| Vegetable oil                      | 3 Tbsp     | Thin sauce as necessary with hot milk.   |

### Approximate nutritive values per portion

Calories 381

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 16 g | 25% | <b>Cholest.</b> 79 mg | 26% | <b>Total Carb.</b> 41 g | 14% | <b>Vitamin A</b> | 18% |
| Sat. Fat 8 g          | 39% | <b>Sodium</b> 1312 mg | 55% | Fiber 2 g               | 6%  | <b>Vitamin C</b> | 10% |
| <b>Protein</b> 18 g   |     |                       |     | Sugars 5 g              |     | <b>Calcium</b>   | 49% |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 17% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Variation**
- **Ham and Swiss Broccoli Pasta.** Omit nutmeg. Reduce cheese to 2 lb 8 oz, broccoli to 1 lb, and mushrooms to 8 oz. Add 2 lb diced ham and 8 oz diced green pepper.

## LASAGNA FLORENTINE (WITH FROZEN LASAGNA NOODLE SHEETS)

Yield: 48 portions      Portion: 10 oz  
 Oven: 350°F

| Ingredient  | Amount                      | Procedure  |
|---|-----------------------------|--|
| Chopped spinach, thawed   | 3 lb 8 oz (AP)<br>(3 lb EP) | Steam spinach until just cooked. Drain well. Check weight after steaming. Need 3 lb chopped spinach for a later step.  |
| Vegetable oil   | ½ cup                       | Heat oil to 350°F in steam-jacketed or other large kettle. Sauté vegetables until tender.  |
| Onions, chopped   | 1 lb 4 oz (EP)              |  |
| Green peppers, chopped  | 12 oz (EP)                  |  |
| Garlic, minced  | 2 oz (EP)                   |  |
| Chopped tomatoes (canned)   | 5 lb 12 oz                  | Stir tomato products, sugar, and herbs into sautéed vegetables. Bring to a boil. Reduce heat and simmer uncovered for 25 minutes.  |
| Tomato juice  | 2¼ qt                       |  |
| Tomato paste  | 1 qt                        |  |
| Sugar   | 2 Tbsp                      |  |
| Parsley, minced   | 1¾ oz                       |  |
| Oregano leaves, dried   | 2 tsp                       |  |
| Bay leaves  | 4 leaves                    |  |
| Basil leaves, dried   | 2 tsp                       |  |
| Cottage cheese, cream style   | 5 lb                        |  |
| Parmesan cheese, grated   | 1 lb                        |  |
| Eggs  | 9 oz                        |  |
| Salt  | 1 Tbsp                      |  |
| Pepper, black   | 1 Tbsp                      |  |
| Frozen lasagna sheets   | 6 lb                        |  |
| Mozzarella cheese, shredded   | 2 lb 14 oz                  |  |
| Parmesan cheese, grated   | 4 oz                        | Layer into two 12 × 20 × 2-inch pans according to following directions for each pan:<br>1. Tomato sauce: 1 qt + ½ cup<br>2. Lasagna sheets: 1 lb 8 oz (6 sheets)<br>3. Spinach mixture: 2 lb 5 oz<br>4. Mozzarella cheese: 11 oz<br>5. Repeat steps 1 through 4<br>6. Tomato sauce: 1 qt<br>7. Parmesan cheese: 2 oz |
| Bake at 350°F for 1–1½ hours. Cover with foil if browning too quickly. End-point temperature should be 180°–190°F. Let set 10–15 minutes after removing from the oven. Do not cover. Cut 4 × 6. |                             |  |

*Approximate nutritive values per portion*

Calories 390

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 16 g | 25% | Cholest. 63 mg | 21% | Total Carb. 36 g | 12% | Vitamin A | 65% |
| Sat. Fat 8 g   | 41% | Sodium 1065 mg | 44% | Fiber 3.5 g      | 14% | Vitamin C | 51% |
| Protein 25 g   |     |                |     | Sugars 5.7g      |     | Calcium   | 38% |
|                |     |                |     |                  |     | Iron      | 13% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

## SPINACH LASAGNA (DEEP DISH)

*Yield:* 64 portions or 2 pans 12 × 20 × 4 inches *Portion:* 10 oz

*Oven:* 350°F *Bake:* 1½–2 hours

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------------|---------------|--|
| Onions, chopped             | 1 lb 8 oz     | Sauté vegetables in hot oil.   |
| Green pepper, chopped       | 12 oz         |  |
| Garlic, minced              | 2 oz          |  |
| Vegetable oil               | ½ cup         |  |
| Tomatoes, diced, canned     | 8 lb          | Stir tomato and seasonings into sautéed vegetables. Simmer uncovered for about 20 minutes. Remove bay leaves. Use sauce in layering steps. |
| Tomato juice                | 3 qt          |  |
| Tomato paste                | 2 lb 8 oz     |  |
| Parsley, chopped            | 3 oz          |  |
| Oregano, dried, crumbled    | 1 Tbsp        |  |
| Basil, dried, crumbled      | 1 Tbsp        |  |
| Bay leaves                  | 2             |  |
| Spinach, chopped            | 3 lb          | Cook spinach. Drain.   |
| Cottage cheese              | 5 lb          | Mix. Add to spinach.   |
| Parmesan cheese, grated     | 1 lb          |  |
| Eggs, beaten                | 5 (8 oz)      |  |
| Salt                        | 1 Tbsp        |  |
| Pepper, black               | 2 tsp         |  |
| Lasagna noodles, dry        | 5 lb          | See the following directions for layering.   |
| Mozzarella cheese, shredded | 3 lb 12 oz    |  |

Layer ingredients in each of two 12 × 20 × 4-inch pans as follows:

1. Tomato sauce, 3 lb 4 oz
2. Dry noodles, 13 oz
3. Spinach-cheese mixture, 2 lb 5 oz
4. Mozzarella cheese, 11 oz
5. Repeat layers 1 through 4
6. Dry noodles, 13 oz
7. Tomato sauce, 3 lb 4 oz
8. Mozzarella cheese, 8 oz

Bake at 350°F covered with aluminum foil for approximately 1 hour, or until internal temperature reaches 180°F. Remove foil and bake an additional 30–60 minutes or until hot and bubbly. If browning too fast, cover again with foil. Let set for 15–20 minutes before cutting. Cut 4 × 8.

### *Approximate nutritive values per portion*

**Calories 346**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 13 g | <b>21%</b> | <b>Cholest.</b> 80 mg | <b>27%</b> | <b>Total Carb.</b> 37 g | <b>12%</b> | <b>Vitamin A</b> | <b>36%</b> |
| Sat. Fat 7 g          | <b>34%</b> | <b>Sodium</b> 902 mg  | <b>38%</b> | Fiber 4 g               | <b>14%</b> | <b>Vitamin C</b> | <b>63%</b> |
| <b>Protein</b> 20 g   |            |                       |            | Sugars 5g               |            | <b>Calcium</b>   | <b>32%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>20%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
  - Frozen lasagna noodle sheets may be used. Reduce diced tomatoes to 5 lb 8 oz, tomato juice to 2¼ qt, and tomato paste to 2 lb. Replace dry noodles with 6 lb frozen lasagna sheets, using 3 lb per pan.
  - 3¾ oz (1¾ cups) dehydrated onions, rehydrated in 3 cups water, may be substituted for fresh onions.

## LASAGNA

*Yield*: 48 portions or 2 pans 12 × 20 × 2 inches      *Portion*: 6 oz

*Oven*: 350°F      *Bake*: 45 minutes–1 hour

| <i>Ingredient</i>                                | <i>Amount</i> | <i>Procedure</i>   |
|--|---------------|--|
| Ground beef                                      | 5 lb (AP)     | Cook beef, onion, and garlic until meat reaches an internal temperature of 155°F.<br>Drain off fat.  |
| Onions, finely chopped                           | 12 oz         |  |
| Garlic, minced                                   | 2 cloves      |  |
| Tomato sauce                                     | 3 qt          | Add tomato and seasonings to meat.<br>Simmer for about 30 minutes, stirring occasionally.  |
| Tomato paste                                     | 1 qt          |  |
| Pepper, black                                    | 1 tsp         |  |
| Basil, dried, crumbled                           | 1 tsp         |  |
| Oregano, dried, crumbled                         | 1 Tbsp        |  |
| Noodles, lasagna                                 | 2 lb 8 oz     | Cook noodles according to directions on p. 369.<br>Store in cold water to keep noodles from sticking.<br>Drain when ready to use.  |
| Water, boiling                                   | 2 gal         |  |
| Salt   | 2 oz          |  |
| Vegetable oil                                    | 2 Tbsp        |  |
| Mozzarella cheese, shredded                      | 2 lb 8 oz     | Combine cheeses.<br>Arrange in two greased 12 × 20 × 2-inch counter pans in layers in the following order:<br>Meat sauce, 1 qt<br>Noodles, overlapping, 1 lb 12 oz<br>Cheeses, 1 lb 4 oz |
| Parmesan cheese, grated                          | 6 oz          |  |
| Ricotta cheese or cottage cheese, dry or drained | 2 lb 8 oz     |  |
|  |               | Repeat sauce, noodles, and cheese.<br>Spoon remainder of meat sauce on top.<br>Bake at 350°F for 45 minutes–1 hour.<br>Let stand 15–20 minutes before cutting. Cut 4 × 6.                |

### *Approximate nutritive values per portion*

**Calories 329**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 16 g | <b>25%</b> | <b>Cholest.</b> 77 mg | <b>26%</b> | <b>Total Carb.</b> 26 g | <b>9%</b>  | <b>Vitamin A</b>      | <b>21%</b> |
| Sat. Fat 8 g          | <b>41%</b> | <b>Sodium</b> 1205 mg | <b>50%</b> | Fiber 2 g               | <b>8%</b>  | <b>Vitamin C</b>      | <b>29%</b> |
| <b>Protein</b> 20 g   |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | <b>25%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>16%</b> |

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- Notes**
- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
  - 1½ oz (¾ cup) dehydrated onions, rehydrated in 1 cup water, may be substituted for fresh onions.

## LASAGNA (WITH FROZEN LASAGNA NOODLE SHEETS)

*Yield:* 48 portions      *Portion:* 8 oz  
*Oven:* 350°F      *Bake:* 1½ hours

| <i>Ingredient</i>           | <i>Amount</i>          | <i>Procedure</i>  |  |
|-----------------------------|------------------------|---|--|
| Ground beef                 | 5 lb (AP)<br>(3 lb EP) | Cook beef, onion, and garlic until meat reaches an internal temperature of 155°F.   |  |
| Onions, finely chopped      | 2 lb 12 oz (EP)        |   |  |
| Garlic, minced              | 1 oz (EP)              |   |  |
| Chopped tomatoes (canned)   | 3 qt                   | Add tomatoes, seasonings, and herbs to ground beef mixture. Simmer uncovered for 45 minutes.  |  |
| Tomato puree                | 3 cups                 |   |  |
| Tomato paste                | 4½ cups                |   |  |
| Salt                        | 2 oz                   |   |  |
| Pepper, black               | 1 tsp                  |   |  |
| Oregano leaves, dried       | 3 Tbsp                 |   |  |
| Basil leaves, dried         | 3 Tbsp                 |   |  |
| Parsley, chopped (fresh)    | 1½ oz                  |   |  |
| Frozen lasagna sheets       | 3 lb                   | Layer into two 12 × 20 × 2-inch pans according to the following directions for each pan:<br>1. Meat sauce: 2 lb<br>2. Lasagna sheets: 12 oz (3 sheets)<br>3. Cottage cheese: 1 lb 5 oz<br>4. Parmesan cheese: 2½ oz<br>5. Mozzarella cheese: 12 oz<br>6. Meat sauce: 2 lb 8 oz<br>7. Repeat steps 2–6<br>8. Mozzarella cheese: 8 oz |  |
| Mozzarella cheese, shredded | 4 lb                   |   |  |
| Cottage cheese, cream style | 5 lb 8 oz              |   |  |
| Parmesan cheese, grated     | 10 oz                  |   |  |
|                             |                        |   | Cover with foil. Bake at 350°F for 1–1½ hours. Uncover 20–30 minutes.                        |
|                             |                        |   | Before cutting, let set 10–15 minutes after removing from the oven. Do not cover. Cut 4 × 6. |

*Approximate nutritive values per portion*

**Calories 440**

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion   | %DV |
|-----------------------|-----|-----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 18 g | 27% | <b>Cholest.</b> 70 mg | 23% | <b>Total Carb.</b> 37g | 12% | <b>Vitamin A</b> | 22% |
| Sat. Fat 9g           | 46% | <b>Sodium</b> 1100 mg | 46% | Fiber 3.4 g            | 14% | <b>Vitamin C</b> | 27% |
| <b>Protein</b> 33 g   |     |                       |     | Sugars 8 g             |     | <b>Calcium</b>   | 34% |
|                       |     |                       |     |                        |     | <b>Iron</b>      | 18% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## BASIL AND PARMESAN BOWS WITH SUGAR SNAP PEAS

*Yield:* 50 entrees or 100 accompaniment portions      *Portion:* 8 oz (entree) or 4 oz (accompaniment)

| <i>Ingredient</i>                    | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------------------------|----------------|--|
| Pasta, bow tie shape                 | 11 lb          | Cook pasta according to directions on p. 369.<br>Drain.<br>Save for later step.  |
| Water, boiling                       | 11 gal         |  |
| Salt                                 | 11 oz          |  |
| Vegetable oil                        | 1/3 cup        |  |
| Olive oil                            | 1 1/2 cup      | Heat oil to 350°F in tilting fry pan or steam-jacketed kettle. Add red pepper.   |
| Red pepper, crushed                  | 1/4 tsp        |  |
| Sugar snap peas<br>(fresh or frozen) | 4 lb 8 oz (EP) | Sauté garlic and sugar snap peas in hot oil just until peas are tender-crisp.<br>Add peas to pasta. Stir carefully to mix.<br>Take up into four 12 × 20 × 4-inch pans. |
| Garlic, minced                       | 2 oz (EP)      |  |
| Parmesan cheese,<br>freshly shredded | 2 lb           | Sprinkle 8 oz cheese and approximately 1/2 cup fresh basil on each pan. Toss to blend.   |
| Fresh basil, chopped                 | 2 oz           |  |

### *Approximate nutritive values per portion (Entree Portion)*

**Calories 270**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i>     |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|----------------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 38 mg | <b>13%</b> | <b>Total Carb.</b> 28 g | <b>9%</b>  | <b>Vitamin A</b> | <b>14%</b>     |
| Sat. Fat 4.5 g        | <b>22%</b> | <b>Sodium</b> 242 mg  | <b>10%</b> | Fiber 3.4 g             | <b>14%</b> | <b>Vitamin C</b> | <b>13%</b>     |
| <b>Protein</b> 11 g   |            |                       |            | Sugars 4.9 g            |            |                  | <b>Calcium</b> |
|                       |            |                       |            |                         |            |                  | <b>Iron</b>    |
|                       |            |                       |            |                         |            |                  | <b>22%</b>     |
|                       |            |                       |            |                         |            |                  | <b>10%</b>     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Basil oil can be substituted for olive oil. Basil Oil can be purchased or made by combining 1/2 cup olive oil, 1 cup vegetable oil, and 1 tsp dried basil leaves. Store covered in refrigerator for 24 hours before using.

## GARLIC AND RED PEPPER PENNE

*Yield:* 50 entrees or 100 accompaniment portions

*Portion:* 8 oz (entree) or 4 oz (accompaniment)

| <i>Ingredient</i>      | <i>Amount</i> | <i>Procedure</i>  |
|------------------------|---------------|---|
| Penne                  | 12 lb         | Cook according to directions on p. 369. Drain.                      |
| Water, boiling         | 12 gal        |   |
| Salt                   | 12 oz         |   |
| Olive oil              | 2 cups        | Sauté red pepper, garlic, and basil in oil. Mix with drained pasta. |
| Red pepper, crushed    | 1 Tbsp        |   |
| Garlic cloves, minced  | 12 oz (EP)    |   |
| Basil, dried           | ¼ cup         |   |
| Fresh parsley, chopped | 6 oz          | Add parsley and salt to pasta. Toss to mix. Keep warm, 160°F.       |
| Salt                   | 2 tsp         |   |

### *Approximate nutritive values per portion (Entree Portion)*

**Calories 225**

| <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|------------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 8.7 g | <b>13%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 30 g | <b>10%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 1 g           | <b>6%</b>  | <b>Sodium</b> 123 mg  | <b>5%</b>  | Fiber 1.6 g             | <b>6%</b>  | <b>Vitamin C</b> | <b>11%</b> |
| <b>Protein</b> 5.4 g   |            |                       |            | Sugars 3.8 g            |            | <b>Calcium</b>   | <b>4%</b>  |
|                        |            |                       |            |                         |            | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

### Variation

- **Lemon and Herb Penne.** Mix together 1 cup freshly squeezed lemon juice, 1 lb fresh minced parsley, 5 Tbsp dried basil, and 1 Tbsp black pepper. Toss herb-lemon mixture with 12 lb cooked penne pasta. Drizzle 2 cups olive oil over pasta and mix. Stir in 2 lb freshly grated Parmesan cheese.

## ROASTED EGGPLANT AND CHICKPEA RAGOUT ON PENNE

*Yield:* 50 portions      *Portion:* 6 oz sauce + 4 oz penne pasta  
*Oven:* 400°F

| <i>Ingredient</i>                  | <i>Amount</i>   | <i>Procedure</i>   |
|------------------------------------|-----------------|--|
| Eggplant, unpeeled, 3/4-inch cubes | 5 lb (EP)       | Gently mix eggplant with 1 1/2 Tbsp of salt. Let drain in colander for 30 minutes.<br>Rinse eggplant well, two or three times. Dry on paper towel.   |
| Olive oil                          | 2 oz            | Place eggplant in bowl. Pour oil over eggplant and mix to coat. Place eggplant in a single layer on a baking sheet. Roast at 400°F for 10–12 minutes, turning once halfway through.<br>Reserve for later step. |
| Olive oil                          | 2 oz            | Heat oil to 350°F in tilting or other large fry pan.   |
| Red bell peppers, 1/2-inch dice    | 12 oz (EP)      | Add vegetables, tumeric, and red pepper to oil. Sauté vegetables for 5 minutes.  |
| Yellow bell peppers, 1/2-inch dice | 8 oz (EP)       |  |
| Green bell peppers, 1/2-inch dice  | 12 oz (EP)      |  |
| Onions, 1/2-inch dice              | 2 lb 4 oz (EP)  |  |
| Garlic, minced                     | 2 oz (EP)       |  |
| Tumeric                            | 1 tsp           |  |
| Crushed red pepper                 | 1/4 tsp         |  |
| Tomato paste                       | 5 oz            | Add tomato paste and water to vegetables.  |
| Water                              | 8 oz            | Cook and stir until most of the liquid has been absorbed.  |
| Diced tomatoes (canned)            | 2 lb 4 oz       | Add tomatoes and beans to vegetable mixture.   |
| Garbanzo beans, drained (canned)   | 3 lb 10 oz (EP) | Stir in eggplant reserved from earlier step.   |
| Dried thyme leaves                 | 2 1/2 tsp       | Add spices and water to eggplant mixture.  |
| Salt                               | 1 oz            | Simmer stirring occasionally until mixture has thickened and vegetables are tender (15–20 minutes).  |
| Dried parsley                      | 6 Tbsp          |  |
| Dried basil leaves                 | 1 Tbsp          | Take up into serving pans and cover.   |
| Water                              | 1 3/4 qt        |  |
| Penne                              | 6 lb            | Cook penne according to directions on page 369. Drain.   |
| Water                              | 6 gal           | Serve 6 oz ragout over 4 oz pasta.   |
| Salt                               | 6 oz            |  |
| Vegetable oil (optional)           | 3 Tbsp          |  |

### Approximate nutritive values per portion

Calories 250

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 5 g | 8%  | <b>Cholest.</b> 53 mg | 18% | <b>Total Carb.</b> 43 g | 14% | <b>Vitamin A</b> | 6%  |
| Sat. Fat 1 g         | 5%  | <b>Sodium</b> 431 mg  | 18% | Fiber 4.7 g             | 19% | <b>Vitamin C</b> | 58% |
| <b>Protein</b> 9 g   |     |                       |     | Sugars 3.1 g            |     | <b>Calcium</b>   | 4%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 15% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- A frozen pepper blend can be substituted for the green, red, and yellow peppers.

**RIGATONI AND SPINACH**

*Yield:* 50 entrees or 100 accompaniment portions

*Portion:* 8 oz (entree) or 4 oz (accompaniment)

| <i>Ingredient</i>               | <i>Amount</i>  | <i>Procedure</i>   |
|---------------------------------|----------------|--|
| Rigatoni                        | 8 lb           | Cook pasta according to directions on p. 369.  |
| Water                           | 8 gal          | Drain.   |
| Salt                            | 8 oz           | Reserve pasta for later step.  |
| Vegetable oil (optional)        | ¼ cup          |  |
| Basil oil (see Notes)           | 1½ cups        | Heat oil to 350°F in steam-jacketed or other large kettle.                                 |
| Onion, chopped                  | 8 oz (EP)      | Sauté onion and garlic until tender.   |
| Garlic, minced                  | 8 oz (EP)      | Stir in red pepper.  |
| Crushed red pepper              | 5 tsp          |  |
| Water                           | 2 cups         | Dissolve base in water. Add liquid, spinach, and oil to                                    |
| Vegetable base                  | 1 oz           | garlic-onion mixture. Cook only until spinach is wilted.                                   |
| Fresh spinach, coarsely chopped | 3 lb 4 oz (EP) | Stir spinach mixture into pasta (reserved from earlier step).                              |
| Vegetable oil                   | ¼ cup          |  |
| Parmesan cheese, grated         | 2 lb           | Stir 1 lb Parmesan cheese into pasta.<br>Serve the remainder of the cheese as a condiment. |

*Approximate nutritive values per portion (Entree Portion)*

**Calories 255**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 14 mg | <b>5%</b>  | <b>Total Carb.</b> 22 g | <b>7%</b> | <b>Vitamin A</b> | <b>24%</b> |
| Sat. Fat 4.3 g        | <b>22%</b> | <b>Sodium</b> 457 mg  | <b>19%</b> | Fiber 1.8 g             | <b>7%</b> | <b>Vitamin C</b> | <b>17%</b> |
| <b>Protein</b> 12 g   |            |                       |            | Sugars 2.7 g            |           | <b>Calcium</b>   | <b>30%</b> |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Basil Oil can be purchased or made by combining ½ cup olive oil, 1 cup vegetable oil, and ½ tsp dried basil leaves. Store covered in refrigerator for 24 hours before using.

## BAKED ZITI WITH FOUR CHEESES

*Yield:* 48 portions or 2 pans 12 × 20 × 4 inches *Portion:* 8 oz  
*Oven:* 350°F *Bake:* 20–25 minutes

| <i>Ingredient</i>           | <i>Amount</i>  | <i>Procedure</i>   |
|-----------------------------|----------------|--|
| Tomatoes, canned, crushed   | 5½ qt          | Combine tomatoes and seasonings in steam-jacketed kettle. Cover and simmer about 10 minutes. Turn off heat.  |
| Tomato puree                | 1 qt           |  |
| Onion, finely chopped       | 3 oz           |  |
| Basil, dried, crumbled      | 1 Tbsp         |  |
| Oregano, dried, crumbled    | 2 tsp          |  |
| Parsley, fresh, minced      | 4 oz           |  |
| Pepper, black               | ½ tsp          |  |
| Salt                        | 1 oz (1½ Tbsp) |  |
| Ziti                        | 3 lb           | Cook according to directions on p. 369. Drain. Cooked yield should be about 6 lb 6 oz.   |
| Water                       | 3 gal          |  |
| Salt                        | 3 oz           |  |
| Vegetable oil (optional)    | 2 Tbsp         |  |
| Cottage cheese              | 3 lb           | Layer as follows into two 12 × 20 × 4-inch pans:<br>1. 2 lb sauce<br>2. 1 lb 10 oz cooked ziti<br>3. 12 oz cottage cheese<br>4. 6 oz mozzarella cheese<br>5. 6 oz Swiss cheese<br>Repeat steps 1–5.<br>Smooth 2 lb sauce over top. |
| Mozzarella cheese, shredded | 1 lb 8 oz      |  |
| Swiss cheese, shredded      | 1 lb 8 oz      |  |
| Parsley, fresh, minced      | 4 oz           |  |
| Provolone cheese, shredded  | 1 lb           |  |

*Approximate nutritive values per portion*

**Calories 302**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 62 mg | <b>21%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b> | <b>23%</b> |
| Sat. Fat 7 g          | <b>36%</b> | <b>Sodium</b> 1372 mg | <b>57%</b> | Fiber 2 g               | <b>8%</b>  | <b>Vitamin C</b> | <b>50%</b> |
| <b>Protein</b> 18 g   |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>35%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## PASTA WITH VEGETABLE SAUCE

*Yield:* 50 portions or 2½ gal sauce

*Portion:* 6 oz sauce + 4 oz pasta

| <i>Ingredient</i>        | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------------|----------------|--|
| Onions, chopped          | 2 lb           | Sauté onion in oil until tender, using a steam-jacketed or other large kettle.                       |
| Olive oil                | 1 cup          |  |
| Oregano, dried, crumbled | ¼ cup          | Add spices to onion. Mix well.   |
| Basil, dried, crumbled   | ½ oz (½ cup)   |  |
| Pepper, black            | 1 Tbsp         |  |
| Garlic powder            | 1 Tbsp         |  |
| Salt                     | 1 oz (1½ Tbsp) |  |
| Bay leaves               | 2              |  |
| Tomato juice             | 5 46-oz cans   |  |
| Tomato paste             | 1 lb 12 oz     |  |
| Zucchini, sliced         | 2 lb 8 oz      | Add zucchini and mushrooms just before serving. Cook only until zucchini is tender. Keep hot, 180°F. |
| Mushrooms, sliced        | 1 lb 8 oz      |  |
| Pasta                    | 5 lb           | Cook pasta according to directions on p. 369.<br>Serve 6 oz sauce over 4 oz pasta.                   |
| Water, boiling           | 5 gal          |  |
| Salt                     | 5 oz           |  |
| Vegetable oil (optional) | 3 Tbsp         |  |

### *Approximate nutritive values per portion*

**Calories 263**

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV       |
|----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 7 g | <b>10%</b> | <b>Cholest.</b> 43 mg | <b>14%</b> | <b>Total Carb.</b> 44 g | <b>15%</b> | <b>Vitamin A</b> | <b>15%</b> | <b>Calcium</b> | <b>6%</b> |
| Sat. Fat 1 g         | 5%         | <b>Sodium</b> 1030 mg | 43%        | Fiber 4 g               | 16%        | <b>Vitamin C</b> | 55%        | <b>Iron</b>    | 25%       |
| <b>Protein</b> 9 g   |            |                       |            | Sugars 7 g              |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2 cups finely chopped fresh basil may be substituted for dried basil.
- 4 oz (2 cups) dehydrated onions, rehydrated in 3 cups water, may be substituted for fresh onions.

### Variations

- **Italian Sausage Pasta.** Delete olive oil, salt, and zucchini. Brown 5 lb bulk Italian sausage in steam-jacketed kettle. Drain. Add onions to sausage and continue to cook until onions are tender. Add spices, tomato juice, and tomato paste. Simmer for 15–20 minutes. Add meat sauce to 6 lb 8 oz cooked pasta (approximately 3 lb AP) and mix gently. Be careful not to overcook pasta. Scale 12 lb per 12 × 20 × 2-inch pan. Sprinkle 1 lb shredded mozzarella cheese over each pan and place in low oven until cheese is melted. Suggested pasta combination: 1 lb (AP) rotini, 1 lb (AP) bow ties, 1 lb (AP) rigatoni.
- **Pizza Sauce.** Reduce olive oil to 4 oz. Delete zucchini and mushrooms. Increase tomato paste to 5 lb 8 oz and decrease tomato juice to 5¼ qt. Add 1 tsp fennel seed, 2 Tbsp sugar, 1 tsp paprika, and ¼ tsp cayenne. Spread 1 qt sauce on top of 18 × 26-inch pizza dough before adding toppings.
- **Sandwich Tomato Sauce.** Delete salt, zucchini, and mushrooms. Add 1 Tbsp sugar. Reduce olive oil to 1 Tbsp, onions to ½ cup, oregano to 1 tsp, basil to 1 Tbsp, pepper to ½ tsp, garlic powder to ½ tsp, bay leaf to 1 leaf, tomato juice to 1½ qt, and tomato paste to 1½ cups. Yield: 50 1-oz servings.

## PASTA WHEELS AND VEGETABLES

Yield: 50 portions

Portion: 4 oz

| Ingredient                | Amount | Procedure   |
|---------------------------|--------|---|
| Pasta wheels              | 5 lb   | Cook according to directions on p. 369. Drain. (Should yield 10 lb cooked pasta.)<br>Scale 3 lb 5 oz into each of three 12 × 10 × 4-inch counter pans.      |
| Water                     | 5 gal  |   |
| Salt                      | 5 oz   |   |
| Vegetable oil             | 3 Tbsp |   |
| Margarine, melted         | 1 lb   | Combine margarine and basil. Ladle 5 oz over each pan of pasta. Toss to coat. Keep hot.   |
| Basil, crumbled, dried    | 3 Tbsp |   |
| Broccoli florets          | 1 lb   | Steam vegetables separately until tender-crisp.<br>To each pan of pasta, add 5 oz broccoli, 5 oz red peppers, and 2 oz carrots.<br>Toss. Keep warm, 160° F. |
| Sweet red pepper strips   | 1 lb   |   |
| Carrot sticks, matchstick | 6 oz   |   |

### Approximate nutritive values per portion

Calories 247

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 9 g | 14% | <b>Cholest.</b> 0 mg  | 0%  | <b>Total Carb.</b> 35 g | 12% | <b>Vitamin A</b> | 14% |
| Sat. Fat 2 g         | 9%  | <b>Sodium</b> 1202 mg | 50% | Fiber 0.2 g             | 1%  | <b>Vitamin C</b> | 23% |
| <b>Protein</b> 6 g   |     |                       |     | Sugars 2 g              |     | <b>Calcium</b>   | 3%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 11% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other vegetables and pasta may be substituted. Suggested vegetables: zucchini, summer squash, asparagus, bell peppers (green, yellow, or red). Suggested pasta: shells, mostaccioli, bow ties.
- May be served as a side dish with poultry or pork or, sprinkled with Parmesan or Romano cheese, as an entree.

### Variations

- **Fettuccine with Herbed Butter Sauce.** Substitute fettuccine for pasta wheels. Omit vegetables. To the melted margarine, add 3 Tbsp dried basil leaves, 1 Tbsp dried thyme leaves, 1 cup snipped parsley, and ½ cup chopped chives. Toss pasta in margarine sauce. Serve hot.
- **Fettuccine with Pesto Sauce.** Cook and drain fettuccine. Toss with pesto sauce (2 oz pesto to 6 oz cooked pasta). If necessary, thin sauce with small amount of pasta water. Serve at once. May sprinkle with freshly grated Parmesan or Romano cheese and cracked black pepper.

## CREOLE SPAGHETTI

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz  
*Oven:* 325°F *Bake:* 20–30 minutes

| <i>Ingredient</i>        | <i>Amount</i>                | <i>Procedure</i>   |
|--------------------------|------------------------------|--|
| Ground beef              | 7 lb (AP)<br>(4 lb 10 oz EP) | Cook beef in steam-jacketed or other kettle until meat reaches 155°F. Drain off fat.   |
| Onion, chopped           | 8 oz                         | Add onion and green pepper to meat.<br>Cook until vegetables are tender.   |
| Green pepper, chopped    | 5 oz                         |  |
| Water                    | 2 qt                         | Add water, tomatoes, sauce, and puree to meat.   |
| Tomatoes, canned, diced  | 2 qt                         |  |
| Tomato puree             | 2 qt                         |  |
| Tomato paste             | 1 qt                         |  |
| Salt                     | 2 Tbsp                       | Add seasonings to meat mixture. Stir to blend.<br>Simmer for 15 minutes.<br>Remove bay leaves.   |
| Sugar, granulated        | 1 Tbsp                       |  |
| Pepper, cayenne          | 1 tsp                        |  |
| Garlic, fresh, minced    | 2 cloves                     |  |
| Worcestershire sauce     | ¼ cup                        |  |
| Bay leaves               | 4                            |  |
| Thyme, ground            | 1 tsp                        |  |
| Oregano, crumbled, dried | 1 Tbsp                       |  |
| Spaghetti                | 2 lb (AP)<br>(6 lb cooked)   | Cook spaghetti according to directions on p. 369.<br>Do not overcook.  |
| Water, boiling           | 3 gal                        |  |
| Salt                     | 3 oz                         |  |
| Vegetable oil (optional) | 2 Tbsp                       |  |
| Cheddar cheese, shredded | 1 lb 4 oz                    | Combine hot sauce and hot cooked spaghetti.<br>Pour into two 12 × 20 × 2-inch baking pans, 13 lb 12 oz per pan.<br>Sprinkle cheese over top.<br>Bake at 325°F for 20–30 minutes, 180°F internal temperature. |

### *Approximate nutritive values per portion*

**Calories 273**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>19%</b> | <b>Cholest.</b> 53 mg | <b>18%</b> | <b>Total Carb.</b> 23 g | <b>8%</b>  | <b>Vitamin A</b> | <b>16%</b> |
| Sat. Fat 6 g          | <b>28%</b> | <b>Sodium</b> 767 mg  | <b>32%</b> | Fiber 3 g               | <b>12%</b> | <b>Vitamin C</b> | <b>56%</b> |
| <b>Protein</b> 18 g   |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>12%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>17%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

## VEGETARIAN SPAGHETTI

*Yield:* 50 portions or 1 pan 12 × 20 × 4 inches

*Portion:* 8 oz

| <i>Ingredient</i>                   | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------------------|---------------|--|
| Margarine, melted                   | 1 lb          | Combine margarine and flour in steam-jacketed kettle. Cook and stir until smooth. Cook 5 minutes, stirring frequently. |
| Flour, all-purpose                  | 12 oz         |  |
| Milk                                | 1 gal         | Add milk gradually. Cook over low heat until thickened, stirring constantly. Turn off heat.                            |
| Salt                                | 1 Tbsp        | Add salt and cheese to sauce. Stir until cheese melts.   |
| American cheese, shredded           | 1 lb 6 oz     |  |
| Carrots, sliced                     | 1 lb 12 oz    | Steam vegetables until tender. Drain. Combine with cheese sauce.   |
| Green peppers, chopped              | 8 oz          |  |
| Celery, chopped                     | 1 lb          |  |
| Broccoli, cut                       | 1 lb          |  |
| Mushrooms, pieces and stems, canned | 3 lb          | Add mushrooms to sauce. Keep hot, 180°F.   |
| Spaghetti                           | 2 lb 12 oz    | Cook spaghetti according to directions on p. 369. Drain.   |
| Water, boiling                      | 2¾ gal        |  |
| Salt                                | 3 oz          | Combine cooked spaghetti gently with cheese sauce.   |
| Vegetable oil                       | 2 Tbsp        |  |

### *Approximate nutritive values per portion*

**Calories 296**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 15 g | <b>22%</b> | <b>Cholest.</b> 22 mg | <b>7%</b>  | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b>      | <b>63%</b> |
| Sat. Fat 6 g          | <b>28%</b> | <b>Sodium</b> 684 mg  | <b>29%</b> | Fiber 3 g               | <b>10%</b> | <b>Vitamin C</b>      | <b>23%</b> |
| <b>Protein</b> 10 g   |            |                       |            | Sugars 6 g              |            | <b>Calcium</b>        | <b>24%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>13%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

### Variations

- **Garden Pasta.** Substitute 3 lb rotini for spaghetti. Omit green peppers and salt. Reduce mushrooms to 2 lb. Increase milk to 1¼ gal and cheese to 2 lb. Add 4 oz chicken base. Add 1 lb 8 oz cauliflower florets, steamed only until tender-crisp.
- **Spaghetti with Vegetarian Sauce.** Ladle 4 oz of sauce over 4 oz cooked spaghetti. Increase spaghetti to 5 lb AP for 50 servings.

## SPAGHETTI WITH CHICKEN SAUCE

Yield: 50 portions

Portion: 6 oz sauce + 4 oz spaghetti

| Ingredient               | Amount                           | Procedure   |
|--------------------------|----------------------------------|---|
| Margarine                | 7 oz                             | Sauté vegetables in margarine until tender-crisp.                                       |
| Celery, chopped          | 1 lb 8 oz                        |   |
| Onions, chopped          | 1 lb 8 oz                        |   |
| Green peppers, chopped   | 2 oz                             |   |
| Flour, all-purpose       | 10 oz                            | Stir in flour. Cook over low heat for 10 minutes.                                       |
| Chicken stock (p. 598)   | 4 <sup>3</sup> / <sub>4</sub> qt | Add stock to vegetable mixture, stirring constantly. Cook until thickened.              |
| Salt                     | 2 tsp                            | Season with salt and pepper.  |
| Pepper, white            | 1 tsp                            |   |
| Chicken, cooked, cubed   | 7 lb                             | Fold in chicken and pimiento. Keep hot, 180°F.  |
| Pimiento, chopped        | 2 oz                             |   |
| Spaghetti                | 5 lb                             | Cook spaghetti according to directions on p. 369. Serve 6 oz sauce over 4 oz spaghetti. |
| Water, boiling           | 5 gal                            |   |
| Salt                     | 5 oz                             |   |
| Vegetable oil (optional) | 3 Tbsp                           |   |

### Approximate nutritive values per portion

**Calories 366**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 10 g | <b>15%</b> | <b>Cholest.</b> 54 mg | <b>18%</b> | <b>Total Carb.</b> 40 g | <b>13%</b> | <b>Vitamin A</b> | <b>4%</b>  |
| Sat. Fat 2 g          | <b>12%</b> | <b>Sodium</b> 709 mg  | <b>30%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>6%</b>  |
| <b>Protein</b> 27 g   |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>22%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Sauce may be combined with spaghetti and served as a casserole.
- 3 oz (1<sup>1</sup>/<sub>2</sub> cups) dehydrated onions, rehydrated in 2<sup>1</sup>/<sub>4</sub> cups water, may be substituted for fresh onions.

## SPAGHETTI WITH MEAT SAUCE

*Yield:* 50 portions      *Portion:* 6 oz sauce + 4 oz spaghetti

| <i>Ingredient</i>             | <i>Amount</i>  | <i>Procedure</i>  |
|-------------------------------|----------------|---|
| Ground beef                   | 8 lb AP        | Brown beef until internal temperature reaches 155°F.<br>Drain off fat.  |
| Tomato puree<br>(or tomatoes) | 5 qt           | Add remaining sauce ingredients to cooked beef.<br>Cook slowly, stirring frequently, until thickened,<br>approximately ½ hour.<br>Remove bay leaves before serving.<br>Keep hot, 190°F. |
| Water                         | 1 qt           |   |
| Tomato sauce                  | 1¾ qt          |   |
| Onions, chopped               | 1 lb           |   |
| Bay leaves                    | 2              |   |
| Thyme, ground                 | 1 tsp          |   |
| Garlic, minced                | 1 clove        |   |
| Oregano, dried,<br>crumbled   | 1 Tbsp         |   |
| Basil, dried,<br>crumbled     | 1 Tbsp         |   |
| Sugar, granulated             | 1 oz (2 Tbsp)  |   |
| Worcestershire sauce          | ¼ cup          |   |
| Pepper, cayenne               | 1 tsp          |   |
| Salt                          | 1 oz (1½ Tbsp) |   |
| Spaghetti                     | 5 lb           | Cook spaghetti according to directions on p. 369.<br>Serve 6 oz sauce over 4 oz spaghetti.  |
| Water, boiling                | 5 gal          |   |
| Salt                          | 5 oz           |   |
| Vegetable oil                 | 3 Tbsp         |   |

### *Approximate nutritive values per portion*

**Calories 371**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 47 mg | <b>16%</b> | <b>Total Carb.</b> 48 g | <b>16%</b> | <b>Vitamin A</b> | <b>21%</b> |
| Sat. Fat 4 g          | <b>20%</b> | <b>Sodium</b> 1090 mg | <b>45%</b> | Fiber 4 g               | <b>16%</b> | <b>Vitamin C</b> | <b>71%</b> |
| <b>Protein</b> 21 g   |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>6%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>32%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Grated Parmesan cheese may be sprinkled over top of each serving.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

## SPAGHETTI WITH MEATBALLS

*Yield:* 50 portions      *Portion:* 3 2-oz or 2 3-oz meatballs + 4 oz spaghetti  
*Oven:* 400°F, 350°F      *Bake:* 15, 30 minutes

| <i>Ingredient</i>                      | <i>Amount</i>  | <i>Procedure</i>   |
|--|----------------|--|
| <b>MEATBALLS</b>                       |                |  |
| Ground beef                            | 15 lb (AP)     | Mix meat, bread crumbs, eggs, milk, and seasonings on low speed. Do not overmix.<br>Portion meat with No. 20 dipper onto baking sheets for 150 2-oz balls; use No. 12 dipper for 100 3-oz balls.<br>Brown in 400°F oven for 15–20 minutes, or until internal temperature reaches 155°F.<br>Remove to 12 × 20 × 4-inch counter pan or roasting pan. |
| Bread crumbs, dry                      | 8 oz           |  |
| Eggs                                   | 16 (1lb 10 oz) |  |
| Milk                                   | 3¾ cups        |  |
| Salt                                   | 3 oz           |  |
| Pepper, black                          | 4 tsp          |  |
| Basil, dried,<br>crumbled              | 4 Tbsp         |  |
| Garlic, minced                         | 6 cloves       |  |
| Parley, fresh<br>chopped<br>(optional) | 3 cups         |  |

### SAUCE

|                                |                  |   |
|--------------------------------|------------------|---|
| Italian Tomato Sauce<br>p. 573 | 2 gal (1 recipe) | Make sauce according to directions.<br>Pour over browned meatballs.<br>Cover and cook in 350°F oven for about 30 minutes. |
|--------------------------------|------------------|---|

### PASTA

|                |        |  |
|----------------|--------|--|
| Spaghetti      | 5 lb   | Cook spaghetti according to directions on p.369.<br>Serve 2 or 3 meatballs and 5 oz sauce over 4 oz spaghetti. |
| Water, boiling | 5 gal  |  |
| Salt           | 5 oz   |  |
| Vegetable oil  | 3 Tbsp |  |

### Approximate nutritive values per portion

**Calories 550**

| Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion          | %DV |                  | %DV |
|-----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 24 g | 37% | <b>Cholest.</b> 148 mg | 49% | <b>Total Carb.</b> 50 g | 17% | <b>Vitamin A</b> | 26% |
| Sat. Fat 9 g          | 45% | <b>Sodium</b> 1962 mg  | 82% | Fiber 4 g               | 15% | <b>Vitamin C</b> | 43% |
| <b>Protein</b> 33 g   |     |                        |     | Sugars 3 g              |     | <b>Calcium</b>   | 12% |
|                       |     |                        |     |                         |     | <b>Iron</b>      | 43% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If desired, mix the cooked spaghetti with the tomato sauce. Place in two counter pans, arrange meatballs over top, and bake at 375°F for 20–30 minutes.

## HUNGARIAN GOULASH

*Yield:* 50 portions      *Portion:* 6 oz goulash + 4 oz noodles

| <i>Ingredient</i>      | <i>Amount</i>  | <i>Procedure</i>  |
|------------------------|----------------|---|
| Beef, cubed            | 10 lb (AP)     | Brown beef and vegetables in shortening in steam-jacketed kettle or tilting fry pan.  |
| Onion, chopped         | 1 lb 8 oz      |   |
| Garlic, finely chopped | 1 clove        |   |
| Shortening             | 8 oz           |   |
| Sugar, brown           | 5 oz           | Combine sugar, seasonings, and liquid ingredients. Add to browned meat.               |
| Mustard, dry           | 1 Tbsp         |   |
| Paprika                | 1 oz (1/4 cup) | Cover container and simmer 1–2 hours or until meat is tender.                         |
| Pepper, cayenne        | 1/8 tsp        |   |
| Salt                   | 2 1/2 oz       |   |
| Worcestershire sauce   | 1 1/2 cups     |   |
| Vinegar, cider         | 2 Tbsp         |   |
| Catsup                 | 1 qt           |   |
| Water                  | 3 qt           |   |
| Flour, all-purpose     | 1 lb 4 oz      |   |
| Water, cold            | 1 qt           | Add gradually to hot mixture and cook until thickened. Keep hot, 190°F.               |
| Noodles                | 4 lb 8 oz      | Cook noodles according to directions on p. 369. Serve 6 oz goulash over 4 oz noodles. |
| Water, boiling         | 4 1/2 gal      |   |
| Salt                   | 2 oz           |   |
| Vegetable oil          | 3 Tbsp         |   |

### *Approximate nutritive values per portion*

**Calories 390**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>16%</b> | <b>Cholest.</b> 90 mg | <b>30%</b> | <b>Total Carb.</b> 48 g | <b>16%</b> | <b>Vitamin A</b> | <b>8%</b>  |
| Sat. Fat 3 g          | <b>15%</b> | <b>Sodium</b> 1093 mg | <b>46%</b> | Fiber 2 g               | <b>8%</b>  | <b>Vitamin C</b> | <b>27%</b> |
| <b>Protein</b> 24 g   |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>6%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>33%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Beef may be browned in a roasting pan in 450°F oven.
- 3 lb 8 oz dry rice, cooked, may be substituted for the noodles. See p. 399 for directions for cooking.
- 3 oz (1 1/2 cups) dehydrated onions, rehydrated in 2 1/4 cups water, may be substituted for fresh onions.

## CHICKEN TETRAZZINI

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz  
*Oven:* 350°F *Bake:* 30–40 minutes

| <i>Ingredient</i>             | <i>Amount</i>              | <i>Procedure</i>  |
|-------------------------------|----------------------------|---|
| Cooked chicken                | 6 lb                       | Dice chicken.   |
| Pimiento, chopped             | 4 oz                       | Add pimiento and parsley.   |
| Parsley, chopped              | 2 Tbsp                     |   |
| Spaghetti                     | 3 lb (AP)<br>(9 lb cooked) | Cook spaghetti according to directions on p. 369<br>Drain.  |
| Water, boiling                | 3 gal                      |   |
| Salt                          | 1 oz (1½ Tbsp)             |   |
| Vegetable oil<br>(optional)   | 2 Tbsp                     |   |
| Margarine                     | 6 oz                       | Sauté vegetables in margarine.  |
| Onion, finely<br>chopped      | 1 lb                       |   |
| Green peppers,<br>chopped     | 4 oz                       |   |
| Mushrooms, sliced             | 1 lb 8 oz                  |   |
| Flour, all-purpose            | 9 oz                       | Blend flour and seasonings into sautéed vegetables.   |
| Salt                          | 1 tsp                      | Stir in chicken base. Cook 5 minutes.   |
| Pepper, black                 | 1 tsp                      |   |
| Chicken base                  | 3 oz                       |   |
| Water                         | 1 gal                      | Add water, stirring constantly.<br>Cook until thickened.<br>Combine cooked spaghetti, chicken, and sauce.<br>Scale into two greased 12 × 20 × 2-inch baking pans,<br>10 lb per pan. |
| Processed cheese,<br>shredded | 1 lb                       | Sprinkle 8 oz cheese over top of each pan.<br>Bake at 350°F for 30-40 minutes or until internal temperature<br>reaches 180°F and cheese is bubbly.                                  |

### *Approximate nutritive values per portion*

**Calories 284**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 10 g | <b>16%</b> | <b>Cholest.</b> 54 mg | <b>18%</b> | <b>Total Carb.</b> 25 g | <b>8%</b>  | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 3 g          | <b>17%</b> | <b>Sodium</b> 500 mg  | <b>21%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>8%</b>  |
| <b>Protein</b> 22 g   |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>8%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 18–20 lb chickens AP will yield approximately 6 lb cooked meat.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

### Variations

- **Tuna Tetrazzini.** Substitute tuna for chicken.
- **Turkey Tetrazzini.** Substitute turkey for chicken.

**PASTA, BEEF, AND TOMATO CASSEROLE**

Yield: 50 portions

Portion: 8 oz

| <i>Ingredient</i>          | <i>Amount</i>           | <i>Procedure</i>   |
|----------------------------|-------------------------|--|
| Ground beef                | 10 lb (AP)<br>(7 lb EP) | Cook meat in kettle until internal temperature reaches 155°F.<br>Stir often to prevent lumps from forming.<br>Drain off fat. |
| Onions, chopped            | 6 oz                    | Add onions and celery to meat.   |
| Celery, chopped            | 3 oz                    | Cook until tender.   |
| Tomatoes, canned,<br>diced | 1½ gal                  | Add tomatoes and seasonings to meat mixture.<br>Simmer 45–60 minutes.  |
| Tomato puree               | 2 cups                  |  |
| Chili sauce                | 3 cups                  |  |
| Salt                       | 2 oz (3 Tbsp)           |  |
| Pepper, black              | 1½ tsp                  |  |
| Sugar, granulated          | 2 Tbsp                  |  |
| Macaroni, elbow            | 2 lb 8 oz               | Cook macaroni according to directions on p.369.  |
| Water, boiling             | 2½ gal                  | Fold into tomato-meat mixture.   |
| Salt                       | 2 oz                    | Keep hot, 180°F.   |
| Vegetable oil              | 2 Tbsp                  |  |

*Approximate nutritive values per portion*

Calories 313

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV        | Amount/portion | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 62 mg | <b>21%</b> | <b>Total Carb.</b> 27 g | <b>9%</b> | <b>Vitamin A</b> | <b>12%</b> | <b>Calcium</b> | <b>6%</b>  |
| Sat. Fat 5 g          | <b>24%</b> | <b>Sodium</b> 982 mg  | <b>41%</b> | Fiber 1 g               | <b>5%</b> | <b>Vitamin C</b> | <b>38%</b> | <b>Iron</b>    | <b>23%</b> |
| <b>Protein</b> 22 g   |            |                       |            | Sugars 6 g              |           |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Other pasta shapes may be substituted for macaroni.
- ¾ oz (⅓ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

## BEEF, PORK, AND NOODLE CASSEROLE

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 6 oz  
*Oven:* 325°F      *Bake:* 30 minutes

| <i>Ingredient</i>                | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------------|---------------|--|
| Ground beef                      | 4 lb (AP)     | Brown meat and onion until internal temperature reaches 155°F.<br>Drain off fat.   |
| Ground pork                      | 4 lb (AP)     |  |
| Onion, finely chopped            | 1 lb          |  |
| Tomato soup                      | 1½ qt         | Mix soup, water, and seasonings. Add to meat and simmer for 10 minutes.  |
| Water                            | 1½ qt         |  |
| Salt                             | 1 Tbsp        |  |
| Pepper, black                    | 1 tsp         |  |
| Noodles                          | 1 lb 12 oz    | Cook noodles according to directions on p. 369. Drain.   |
| Water, boiling                   | 1¼ gal        |  |
| Salt                             | 2 Tbsp        |  |
| Vegetable oil (optional)         | 1 Tbsp        |  |
| Cheddar cheese, grated or ground | 2 lb          | Combine noodles, meat mixture, and cheese. Scale into two 12 × 20 × 2-inch pans, 8 lb 4 oz per pan.                                      |
| Bread crumbs                     | 1 lb 2 oz     | Combine crumbs and margarine.<br>Sprinkle over meat and noodle mixture, 10 oz per pan.<br>Bake at 325°F for 30 minutes. Keep hot, 180°F. |
| Margarine, melted                | 5 oz          |  |

### *Approximate nutritive values per portion*

**Calories 332**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 18 g | <b>28%</b> | <b>Cholest.</b> 77 mg | <b>26%</b> | <b>Total Carb.</b> 21 g | <b>7%</b>  | <b>Vitamin A</b> | <b>9%</b>  |
| Sat. Fat 8 g          | <b>40%</b> | <b>Sodium</b> 581 mg  | <b>24%</b> | Fiber 1 g               | <b>2%</b>  | <b>Vitamin C</b> | <b>14%</b> |
| <b>Protein</b> 20 g   |            |                       |            | Sugars 0 g              |            | <b>Calcium</b>   | <b>20%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>17%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

## BEEF ON NOODLES

*Yield:* 50 portions      *Portion:* 6 oz meat and sauce + 4 oz noodles

| <i>Ingredient</i>    | <i>Amount</i>               | <i>Procedure</i>  |
|----------------------|-----------------------------|---|
| Beef, cubed          | 15 lb (AP)<br>(10 lb EP)    | Brown beef in steam-jacketed or other kettle.   |
| Onions, chopped      | 2 lb 8 oz                   | Add onions and celery to meat.  |
| Celery, chopped      | 1 lb 8 oz                   | Sauté until vegetables are tender.  |
| Water                | 2 qt                        | Add water and seasonings to meat-vegetable mixture.   |
| Pepper, black        | 1 Tbsp                      | Simmer until beef is tender.  |
| Worcestershire sauce | ½ cup                       |   |
| Flour, all-purpose   | 12 oz                       | Make a smooth paste of flour, water, and beef base.   |
| Water                | 1½ qt                       | Add to meat mixture to make a gravy. Cook until thickened.  |
| Beef base            | 5 oz                        | Keep hot, 180°F.  |
| Noodles              | 4 lb (AP)<br>(12 lb cooked) | Cook noodles according to directions on p. 369. Drain.<br>Serve 6 oz beef and sauce over 4 oz cooked noodles. |
| Water, boiling       | 4 gal                       |   |
| Salt                 | 4 oz                        |   |
| Vegetable oil        | 2 Tbsp                      |   |

### *Approximate nutritive values per portion*

**Calories 381**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>16%</b> | <b>Cholest.</b> 122 mg | <b>41%</b> | <b>Total Carb.</b> 34 g | <b>11%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 4 g          | <b>18%</b> | <b>Sodium</b> 237 mg   | <b>10%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>11%</b> |
| <b>Protein</b> 35 g   |            |                        |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>36%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 5 oz (2½ cups) dehydrated onions, rehydrated in ¾ cups water, may be substituted for fresh onions.

## RICE RECIPES

### COOKING RICE

Yield: 50 portions

Portion: 4 oz

| Ingredient                 | Amount    | Procedure  |
|----------------------------|-----------|--|
| Rice, converted            | 3 lb 8 oz | Cook in steamer, oven, or in a stockpot or steam-jacketed kettle, according to directions that follow. |
| Salt                       | 2 Tbsp    |  |
| Margarine or vegetable oil | 2 Tbsp    |  |
| Water, hot                 | 4¼ qt     |  |

#### STEAMER

Weigh rice into a 12 × 20 × 2-inch counter pan. Add salt and margarine. Pour boiling water over rice. Stir. Steam uncovered for 30–40 minutes. Fluff with fork.

#### OVEN

Weigh rice into a 12 × 20 × 2-inch counter pan. Add salt and margarine. Pour boiling water over rice. Stir. Cover pans tightly with aluminum foil. Bake at 350°F for 1 hour. Remove from oven and let stand covered for 5 minutes. Fluff with fork.

#### STOCKPOT OR STEAM-JACKETED KETTLE (BOILED RICE)

Bring water to a boil in steam-jacketed kettle or other large kettle. Add salt, rice, and margarine. Stir. Cover tightly. Cook on low heat until rice is tender and all water is absorbed, about 15–20 minutes. Remove from heat and let stand covered 5–10 minutes. Fluff with fork.

#### Approximate nutritive values per portion

Calories 118

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|------------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 1 g | <b>1%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 25 g | <b>8%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 265 mg | <b>11%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>7%</b> |
| <b>Protein</b> 2 g   |           |                      |            | Sugars 0 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- If using regular white rice in place of converted rice, the cooking time may need to be reduced.
- For brown rice, increase cooking time to 50–60 minutes for steamed rice, to 1½ hours for baked rice, and to 40–50 minutes for boiled rice.
- For buttered rice, add 5 oz butter or margarine. Add to dry rice in counter pan. Add salt and hot water.
- 1 lb uncooked rice yields 2 qt cooked rice.
- Suggested spices to use with rice: allspice, basil, coriander, curry powder, ginger, marjoram, mint, oregano, rosemary, tarragon, thyme.

## GINGER RICE

Yield: 50 portions      Portion: 4 oz  
 Oven: 350°F      Bake: 45 minutes

| Ingredient                      | Amount    | Procedure   |
|---------------------------------|-----------|---|
| Margarine                       | ½ cup     | Sauté vegetables and cinnamon in oil until vegetables begin to soften, 10–15 minutes.   |
| Oil                             | ½ cup     |   |
| Onion, diced                    | 1 lb (EP) |   |
| Garlic, minced                  | 4 oz (EP) |   |
| Fresh ginger, peeled and minced | 4 oz (EP) |   |
| Carrots, peeled and diced       | 8 oz (EP) |   |
| Cinnamon                        | 1 tsp     |   |
| Rice, converted                 | 3 lb      | Add uncooked rice to vegetables and stir over heat until completely coated with margarine and oil.  |
| Salt                            | 1 tsp     | Place rice-vegetable mixture in a 12 × 20 × 4-inch counter pan.<br>Add seasonings and chicken stock. Stir to combine. Cover tightly with aluminum foil. |
| Pepper, black                   | ¼ tsp     |   |
| Chicken stock (p. 598)          | 1 gal     |   |
|                                 |           | Bake at 350°F for 45 minutes; or steam uncovered 30 minutes. Stir before serving.   |

### Approximate nutritive values per portion

Calories 160

| Amount/portion         | %DV | Amount/portion       | %DV | Amount/portion            | %DV | Amount/portion   | %DV |
|------------------------|-----|----------------------|-----|---------------------------|-----|------------------|-----|
| <b>Total Fat</b> 4.7 g | 7%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 24.5 g | 8%  | <b>Vitamin A</b> | 15% |
| Sat. Fat .8 g          | 4%  | <b>Sodium</b> 320 mg | 13% | Fiber .8 g                | 3%  | <b>Vitamin C</b> | 3%  |
| <b>Protein</b> 3.8 g   |     |                      |     | Sugars .7 g               |     | <b>Calcium</b>   | 2%  |
|                        |     |                      |     |                           |     | <b>Iron</b>      | 8%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p.44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

## GINGER RICE STIR-FRY

Yield: 50 portions

Portion: 3 oz

Griddle: 300°F

| Ingredient   | Amount  | Procedure   |
|--|---|---|
| Rice, converted<br>Water   | 3 lb 4 oz<br>3 <sup>1</sup> / <sub>3</sub> cups | Place 1 lb 10 oz rice and 1 <sup>2</sup> / <sub>3</sub> cups water in each of two 12 × 4 × 10-inch pans.<br>Steam uncovered for 15 minutes or until all of the liquid has been absorbed. Rice will be firm.   |
| Soy sauce<br>Sugar, granulated<br>Garlic powder<br>Pepper, white<br>Ginger, ground | 1 cup<br>1 Tbsp<br>1 tsp<br>1 tsp<br>1 tsp      | Mix together soy sauce and spices. Set aside.   |
| Eggs<br>Green onions,<br>chopped   | 1 lb 12 oz<br>1 lb 8 oz                         | Grease griddle lightly with cooking oil. Preheat to 300°F.<br>Place eggs on griddle. Spread thin, scramble, and chop into small pieces.<br>Add chopped onions and continue to cook 3–4 minutes until onions are tender.<br>Add steamed rice and blend well.<br>Drizzle soy sauce mixture over rice.<br>Cook, turning frequently until mixture reaches 160°F.<br>Place in 12 × 10 × 4-inch pan. Serve 3 oz with No. 12 dipper. |

### Approximate nutritive values per portion

Calories 141

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 68 mg | 23% | <b>Total Carb.</b> 26 g | 9%  | <b>Vitamin A</b> | 3%  |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 353 mg  | 15% | Fiber 1 g               | 2%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 4 g   |     |                       |     | Sugars 0 g              |     | <b>Calcium</b>   | 2%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 8%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

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- If griddle is small, prepare in two batches. Use <sup>1</sup>/<sub>2</sub> cup soy sauce, 14 oz eggs, and 12 oz green onions for each pan of cooked rice.

## FRIED RICE

Yield: 50 portions

Portion: 3 oz

| Ingredient        | Amount            | Procedure  |
|-------------------|-------------------|--|
| Rice              | 2 lb 8 oz         | Cook rice according to directions on p. 399.   |
| Water             | 3 qt              | Do not overcook. Let cool.   |
| Salt              | 2 tsp             |  |
| Peas, frozen      | 1 lb 8 oz         | Cook peas and drain. Set aside.  |
| Eggs              | 6 (11 oz)         | Break eggs into bowl and stir until yolks and whites are mixed. Add salt.                    |
| Salt              | 2 tsp             |  |
| Vegetable oil     | 2 Tbsp            | Cook eggs in oil, stirring to break into small pieces. Set aside.                            |
| Onions, chopped   | 1 lb              | Sauté onions and carrots in oil until tender.  |
| Carrots, shredded | 8 oz              | Add rice and cook until heated.  |
| Vegetable oil     | $\frac{3}{4}$ cup |  |
| Soy sauce         | 1 cup             | Add soy sauce to rice mixture, stirring to mix evenly. Stir in peas and eggs. Serve at once. |

### Approximate nutritive values per portion

Calories 147

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 5 g  | 7%  | Cholest. 27 mg | 9%  | Total Carb. 22 g | 7%  | Vitamin A | 14% | Calcium | 2%  |
| Sat. Fat 1 g   | 6%  | Sodium 513 mg  | 21% | Fiber 1 g        | 3%  | Vitamin C | 4%  | Iron    | 6%  |
| Protein 3 g    |     |                |     | Sugars 1 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

### Variations

- **Confetti Rice.** Delete peas, egg, carrots, and soy sauce. Cook rice until almost done. Heat oil in fry pan. Sauté for 2 minutes 12 oz sliced green peppers, 12 oz sliced mushrooms, 4 oz chopped scallions. Stir vegetables into cooked rice. Add 8 oz chopped pimientos.
- **Fried Rice with Almonds.** Cook 3 lb rice according to directions on p. 399. Sauté 4 oz chopped onions and 4 oz chopped green peppers in 1 cup vegetable oil. Add cooked rice, 1 Tbsp pepper, 1 tsp garlic salt,  $\frac{1}{2}$  cup soy sauce, and 2 lb slivered almonds. Add salt if needed. Bake until heated.
- **Fried Rice with Ham.** Delete peas. Reduce chopped onions to 4 oz. Increase carrots to 12 oz. Add 4 oz sliced green onions, 12 oz sliced celery, and 1 lb chopped ham.
- **Plain Fried Rice.** Heat a small amount of vegetable oil in tilting fry pan. Sauté 12 oz sliced celery and 4 oz onion until tender-crisp. Stir 10 lb cooked, cold rice into vegetable. Reduce heat and cover. Cook for 15–20 minutes. Pour 1 cup eggs over surface of hot rice, stir to mix. Cover and cook for 5 minutes. Stir in 1 cup soy sauce, 12 oz finely shredded carrots, and 6 oz thinly sliced green onion. Cover for 5 minutes. Take up in serving pans. Recipe portion, 4 oz.
- **Pork Fried Rice.** Delete peas. Add 4 lb cubed, cooked pork. Fry 1 lb bacon. Use bacon fat for sautéing vegetables and rice. Crumble bacon and add.
- **Rice and Black-Eyed Peas.** Cook 1 lb rice according to directions on p. 399. Cook 3 lb 8 oz frozen black-eyed peas according to directions on p. 631. Sauté 8 oz onion in  $\frac{1}{4}$  cup vegetable oil. Add hot rice and black-eyed peas. Stir to combine. Add 1 tsp ground allspice, 1 Tbsp dried whole thyme, and 2 tsp coarse ground black pepper. Heat until very hot. Stir in 4 lb fresh tomatoes (peeled, seeded, and diced), 2 cups chopped fresh parsley, and 1 lb shredded cheddar cheese.
- **Shrimp Fried Rice.** Add 1 lb 8 oz cooked shrimp.

## HOPPING JOHN

Yield: 50 portions

Portion: 4 oz

| Ingredient                         | Amount         | Procedure  |
|------------------------------------|----------------|--|
| Rice, converted                    | 1 lb           | Cook rice according to directions on p. 399. Rice should yield 3 lb cooked rice.<br>Save cooked rice for later step.   |
| Vegetable oil                      | ¼ cup          | Heat oil in steam-jacketed kettle. Add onions and garlic and cook until transparent.   |
| Onions, chopped                    | 1 lb 6 oz (EP) |  |
| Garlic, minced                     | 2 oz (EP)      |  |
| Black-eye peas,<br>frozen or fresh | 4 lb           | Add peas, water, and seasonings to vegetables.   |
| Water                              | 5½ qt          | Bring to a boil, reduce heat, and simmer until peas are tender, 40–50 minutes. If peas become dry, add a small amount of water. Most of the water should be evaporated when peas are done. |
| Salt                               | 1 Tbsp         |  |
| Vegetable base                     | 1½ oz          |  |
| Parsley, dried                     | 3 Tbsp         |  |
| Thyme, dried                       | 1 tsp          |  |
| Liquid smoke                       | ½ tsp          |  |
| Pepper, black                      | ½ tsp          |  |
| Red pepper sauce                   | ¼ tsp          |  |
| Red wine vinegar                   | ¾ cup          | Stir vinegar and rice into black-eye peas.   |
| Green onions, sliced               | 1 oz (EP)      | Take up into 12 × 10 × 4-inch pan. Garnish with sliced green onions.   |

### Approximate nutritive values per portion

Calories 100

| Amount/portion         | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV       |
|------------------------|-----------|----------------------|------------|-------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 1.8 g | <b>3%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 18 g | <b>6%</b> | <b>Vitamin A</b> | <b>0%</b> |
| Sat. Fat 0.1 g         | <b>1%</b> | <b>Sodium</b> 264 mg | <b>11%</b> | Fiber 2.2 g             | <b>9%</b> | <b>Vitamin C</b> | <b>3%</b> |
| <b>Protein</b> 4 g     |           |                      |            | Sugars 0.8 g            |           | <b>Calcium</b>   | <b>2%</b> |
|                        |           |                      |            |                         |           | <b>Iron</b>      | <b>6%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

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## RISOTTO

Yield: 50 portions

Portion: 4 oz

| Ingredient                        | Amount     | Procedure  |
|-----------------------------------|------------|--|
| Water                             | 1 gal      | Mix vegetarian base and water in a steam-jacketed kettle. Bring to boil then reduce heat to low. Cover and keep hot. Reserve broth for later step.   |
| Vegetable base (see Notes)        | 2 oz       |  |
| Olive oil                         | 3 oz       | Heat oil to 350°F in fry pan.  |
| Onion, finely chopped             | 12 oz (EP) | Sauté onion and garlic in oil until translucent, about 4 minutes.  |
| Garlic, minced                    | 1 oz       |  |
| Arborio rice                      | 2 lb 4 oz  | Add rice to onion. Stir and cook 3 minutes.  |
| Water                             | 1½ cups    | Add water and cook until water evaporates. Reduce temperature and add broth slowly, 2 cups at a time (broth reserved from earlier step). Stir very often but not constantly. Do not let the pan become dry before adding more broth. Cook and stir rice until rice is <i>al dente</i> and mixture is creamy (about 20 minutes). Turn off heat. |
| Butter                            | 12 oz      | Add butter and Parmesan cheese. Stir until incorporated.   |
| Parmesan cheese, freshly shredded | 12 oz      |  |

Pan Risotto into 12 × 10 × 2-inch pans. Cover. Hold for service above 140°F. Prepare close to serving time.

### Approximate nutritive values per portion

Calories 190

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 9 g | 14% | <b>Cholest.</b> 21 mg | 7%  | <b>Total Carb.</b> 22 g | 7%  | <b>Vitamin A</b> | 8%  |
| Sat. Fat 4.8 g       | 24% | <b>Sodium</b> 190 mg  | 8%  | Fiber 0.6 g             | 2%  | <b>Vitamin C</b> | 1%  |
| <b>Protein</b> 4 g   |     |                       |     | Sugars 0.4 g            |     | <b>Calcium</b>   | 7%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 1%  |

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### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- When extending recipe, add broth to rice at a rate of 1 cup per pound of rice.
- Parmesan cheese can be stirred into the rice after it has been put in a pan. Add Parmesan cheese in a ratio of 1 oz cheese to 1 lb rice mixture.
- Risotto should be soft and creamy, but not runny. The product will stiffen during holding and may require additional small amounts of hot broth.
- Chicken broth may be substituted for vegetarian broth. Adjust salt as necessary.

## TOMATO CILANTRO RICE

Yield: 50 portions

Portion: 4 oz

| Ingredient                    | Amount    | Procedure  |
|-------------------------------|-----------|--|
| Vegetable oil                 | ½ cup     | Heat oil to 350°F in tilting or other large fry pan.   |
| Rice, converted               | 3 lb      | Add rice and vegetables to hot oil. Stir and cook until rice is slightly browned.                  |
| Garlic, minced                | 2 Tbsp    |  |
| Onion, chopped                | 1 lb (EP) |  |
| Diced tomatoes (canned)       | 2 lb      | Add tomatoes, base, and water to rice mixture. Bring to boil.                                      |
| Vegetable base (see Notes)    | 5 oz      | Reduce heat to low. Cover and simmer until rice is tender and liquids are absorbed, 25–30 minutes. |
| Water                         | 3 qt      |  |
| Fresh cilantro leaves, minced | 1 oz      | Fold cilantro into rice mixture. Take up into serving pans.  |

### Approximate nutritive values per portion

Calories 135

| Amount/portion         | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|------------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 2.5 g | 4%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 25 g | 8%  | <b>Vitamin A</b> | 3%  | <b>Calcium</b> | 2%  |
| Sat. Fat 0.3 g         | 1%  | <b>Sodium</b> 220 mg | 9%  | Fiber 0.7 g             | 3%  | <b>Vitamin C</b> | 6%  | <b>Iron</b>    | 3%  |
| <b>Protein</b> 2 g     |     |                      |     | Sugars 1 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base can be substituted for the vegetable base. Adjust salt if necessary.

## VEGETABLE PAELLA

Yield: 50 portions

Portion: 8 oz

| Ingredient                          | Amount     | Procedure   |
|-------------------------------------|------------|---|
| Vegetable oil                       | ½ cup      | Lightly coat bottom of fry pan with oil. Heat to 375°F.   |
| Onion, diced ½ inch                 | 1 lb 12 oz | Add onion and garlic. Sauté 3 minutes or until garlic is fragrant.  |
| Garlic, fresh, minced               | 1 oz       |   |
| Water                               | 3½ qt      | Add water and vegetable base. Bring to a boil.  |
| Vegetable base<br>(see Notes)       | 4 oz       |   |
| Rice                                | 3 lb       | Stir in rice and spices. Cover. Reduce heat and simmer 15 minutes.  |
| Salt                                | 3½ tsp     |   |
| Paprika                             | 1 Tbsp     |   |
| Turmeric                            | 1 Tbsp     |   |
| Pepper, black, ground               | 4 tsp      |   |
| Red bell pepper, cut in strips      | 1 lb 8 oz  | Add peppers and vegetables. Cover and cook 10 minutes or until liquid is absorbed and end-point temperature is 170°F. Scale into 12 × 10 × 4-inch pans. |
| Yellow bell pepper, cut in strips   | 1 lb 8 oz  |   |
| Green peas, frozen                  | 1 lb 12 oz |   |
| Artichoke quarters, canned, drained | 4 lb       |   |
| Kidney beans, canned, drained       | 2 lb       |   |
| Baby corn, frozen                   | 2 lb       |   |

### Approximate nutritive values per portion

Calories 202

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | Amount/portion   | %DV  |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|------|
| <b>Total Fat</b> 5 g | 8%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 36 g | 12% | <b>Vitamin A</b> | 2%   |
| Sat. Fat 1 g         | 2%  | <b>Sodium</b> 341 mg | 14% | Fiber 4 g               | 15% | <b>Vitamin C</b> | 111% |
| <b>Protein</b> 5 g   |     |                      |     | Sugars 1 g              |     | <b>Calcium</b>   | 2%   |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 10%  |

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### Notes

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- Recipe is calculated for an entree portion. For 50 4-oz side dish portions, reduce the amount of ingredients by one-half.
- Chicken base may be substituted for the vegetable base in the recipe. Adjust salt if base is highly salted.

## RICE PILAF

Yield: 50 portions or 1 pan 12 × 20 × 4 inches

Portion: 4 oz

Oven: 350°F

Bake: 45 minutes

### Ingredient

### Amount

### Procedure

|                        |           |  |
|------------------------|-----------|--|
| Onions, finely chopped | 1 lb 8 oz | Sauté onion in margarine until it begins to soften. Do not brown.  |
| Margarine, melted      | 8 oz      |  |
| Rice, converted        | 3 lb      | Add uncooked rice to onions and stir over heat until completely coated with the margarine.   |
| Salt                   | 1 tsp     | Place rice in a 12 × 20 × 4-inch counter pan. Add seasonings and Chicken Stock. Stir to combine. Cover tightly with aluminum foil. Bake at 350°F for 45 minutes; or steam uncovered for 30 minutes. Stir before serving. |
| Pepper, white          | ¼ tsp     |  |
| Bay leaf               | 1         |  |
| Chicken Stock          | 1 gal     |  |
| (p. 598)               |           |  |

### Approximate nutritive values per portion

Calories 151

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 4 g | 7%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 24 g | 8%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 336 mg | 14% | Fiber 1 g               | 3%  | <b>Vitamin C</b> | 1%  |
| <b>Protein</b> 4 g   |     |                      |     | Sugars 0 g              |     | <b>Calcium</b>   | 2%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 6%  |

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### Notes

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- Suggested additions for variety: chopped green pepper, pimiento, tomato, or nuts; sliced mushrooms or water chestnuts; ground or diced ham.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

### Variations

- **Curried Rice.** Add 3 Tbsp curry powder.
- **Mexican Rice.** Sauté 14 oz chopped onion, 10 oz chopped green pepper, and 3 oz chopped celery in ⅓ cup vegetable oil. Add uncooked rice and stir 2–3 minutes until grains are coated with oil. Stir in 3 Tbsp salt, 2 oz chili powder, and 1 tsp garlic powder. Place in a 12 × 20 × 4-inch counter pan. Pour a mixture of 2½ qt tomato juice and 1¾ qt Beef Stock (p. 599) over rice. Steam 25–35 minutes. Stir before serving.
- **Mushroom Rice Pilaf.** Reduce rice to 1 lb 12 oz and Chicken Stock to 2½ qt. Delete bay leaf and add 1½ tsp thyme. Add 2 lb mushroom pieces and stems and 1 lb 8 oz chopped celery.
- **Toasted Herb Rice.** Measure uncooked rice into 12 × 2 × 4-inch pan. Bake at 325°F for 20 minutes or until rice is toasted and golden. Proceed as for Rice Pilaf. Add 2 Tbsp crumbled dried basil or tarragon.

## SICILIAN RICE AND VEGETABLES

Yield: 48 portions      Portion: 8 oz  
Oven: 325°F      Bake: 10–15 minutes

| Ingredient                   | Amount                 | Procedure  |   |
|------------------------------|------------------------|--|---|
| Brown rice                   | 1 lb 4 oz              | Cook rice according to directions on p. 399. Should yield 4 lb 8 oz cooked rice. Save for later step.  |   |
| Water                        | 1½ qt                  |  |   |
| Salt                         | 1 Tbsp                 |  |   |
| Onions, sliced               | 1 lb                   | Sauté onions and garlic in oil until tender.   |   |
| Garlic, minced               | 4 cloves               |  |   |
| Olive oil                    | ½ cup                  |  |   |
| Oregano, dried, crumbled     | 2 Tbsp                 | Add seasonings and brown sugar to onion. Mix well.   |   |
| Sweet basil, dried, crumbled | 3 Tbsp                 |  |   |
| Salt                         | 2 Tbsp (3 oz)          |  |   |
| Pepper, black                | 1 tsp                  |  |   |
| Bay leaves                   | 4                      |  |   |
| Parsley, fresh, chopped      | 2 cups                 |  |   |
| Sugar, brown                 | ¼ cup (1½ oz)          |  |   |
| Tomato juice                 | 3 qt<br>(2 46-oz cans) |  | Combine tomatoes, paste, and juice with spices and onion. Reduce heat and simmer uncovered for 15–20 minutes. Remove bay leaves. Add cooked rice from first step. |
| Tomato paste                 | 12 oz                  |  |   |
| Diced tomatoes, canned       | 1½ qt                  |  |   |
| Broccoli stalks, sliced      | 2 lb                   | Add broccoli, carrots, and mushrooms to sauce and cook for 5 minutes.  |   |
| Carrots, julienne cut        | 1 lb                   |  |   |
| Mushrooms, fresh, sliced     | 1 lb 8 oz              |  |   |
| Squash, yellow summer        | 3 lb                   | Quarter squash lengthwise, then slice ½ inch thick. Carefully stir squash into sauce. Cook for 5 minutes. Scale into four 12 × 10 × 2-inch pans, 6 lb per pan. |   |
| Squash, zucchini             | 3 lb                   |  |   |
| Mozzarella cheese, shredded  | 2 lb                   | Sprinkle 8 oz cheese over each pan. Place in 325°F oven to melt cheese.  |   |

### Approximate nutritive values per portion

Calories 170

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 7 g | 11% | <b>Cholest.</b> 15 mg | 5%  | <b>Total Carb.</b> 22 g | 7%  | <b>Vitamin A</b> | 43% |
| Sat. Fat 3 g         | 15% | <b>Sodium</b> 808 mg  | 34% | Fiber 2 g               | 7%  | <b>Vitamin C</b> | 64% |
| <b>Protein</b> 7 g   |     |                       |     | Sugars 4 g              |     | <b>Calcium</b>   | 15% |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 11% |

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### Notes

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- Mixture may be scaled into pan after the raw vegetables are added, then baked at 350°F for approximately 30 minutes. Sprinkle with cheese the last 2–3 minutes of baking.
- Other vegetables may be substituted, or ratio of vegetables changed, for those listed in the recipe. Use a total of 10 lb 8 oz vegetables for 50 servings. Suggested substitutes: eggplant, Japanese eggplant, celery, onion, frozen green beans, peas.

## RICE PRIMAVERA

Yield: 50 portions

Portion: 4 oz

| Ingredient               | Amount         | Procedure   |
|--------------------------|----------------|---|
| Rice, converted          | 2 lb           | Cook rice according to directions on p. 399. Save for later step. (Should yield 6 lb 8 oz cooked rice.) |
| Water                    | 2½ qt          |   |
| Salt                     | 2 Tbsp         |   |
| Yogurt, plain            | 1½ cups        | Combine in steam-jacketed kettle. Heat over low heat. Add rice. Toss to coat.                           |
| Milk, skim               | 2½ cups        |   |
| Parmesan cheese          | 6 oz           |   |
| Salt                     | 1 oz (1½ Tbsp) |   |
| Pepper, white            | 1 tsp          |   |
| Garlic powder            | ¼ tsp          |   |
| Broccoli florets         | 12 oz          | Cook vegetables until tender-crisp (p. 631). Drain. Add to rice mixture. Toss to coat. Heat.            |
| Zucchini, sliced         | 1 lb 8 oz      |   |
| Mushrooms, fresh, sliced | 8 oz           |   |
| Carrots, julienne        | 1 lb           |   |
| Parsley, fresh, minced   | 1¼ cups        | Stir in. Put in 12 × 10 × 4-inch pans. Cover and keep hot.  |

### Approximate nutritive values per portion

Calories 101

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 1 g | 2%  | <b>Cholest.</b> 4 mg | 1%  | <b>Total Carb.</b> 18 g | 6%  | <b>Vitamin A</b> | 25% | <b>Calcium</b> | 9%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 531 mg | 22% | Fiber 0.3 g             | 1%  | <b>Vitamin C</b> | 12% | <b>Iron</b>    | 5%  |
| <b>Protein</b> 4 g   |     |                      |     | Sugars 1 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**BROCCOLI RICE AU GRATIN**

Yield: 50 portions

Portion: 4 oz

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------|---------------|--|
| Rice, converted           | 1 lb 4 oz     | Cook rice according to directions on p. 399. Reserve for later step.<br>Should yield 4 lb 4 oz cooked rice.                        |
| Water                     | 1½ qt         |  |
| Salt                      | 1 Tbsp        |  |
| Margarine, melted         | 5 oz          | Sauté onions in margarine in steam-jacketed kettle until transparent. Do not brown.  |
| Onions, fresh, minced     | 3 oz          |  |
| Flour, all-purpose        | 8 oz          | Add flour and seasonings to onions. Stir with wire whip.<br>Cook 15–20 minutes to make a roux. Stir often.                         |
| Seasoned salt             | 2 tsp         |  |
| Pepper, white             | ½ tsp         |  |
| Milk                      | 2 qt          | Add milk to roux gradually, blending with wire whip.<br>Cook until thickened, 10–20 minutes.                                       |
| American cheese, shredded | 12 oz         | Add cheeses and cooked rice.<br>Heat until cheese melts.   |
| Cheddar cheese, shredded  | 12 oz         |  |
| Broccoli cuts, frozen     | 3 lb          | Steam broccoli (p. 631) until tender-crisp. Do not drain.<br>Add to sauce. Stir gently.<br>Put in 12 × 10 × 4-inch pans. Keep hot. |

*Approximate nutritive values per portion*

Calories 163

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV        |
|----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 8 g | <b>13%</b> | <b>Cholest.</b> 19 mg | <b>6%</b>  | <b>Total Carb.</b> 16 g | <b>5%</b> | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 4 g         | <b>20%</b> | <b>Sodium</b> 321 mg  | <b>13%</b> | Fiber 0.4 g             | <b>1%</b> | <b>Vitamin C</b> | <b>29%</b> |
| <b>Protein</b> 6 g   |            |                       |            | Sugars 2 g              |           | <b>Calcium</b>   | <b>15%</b> |
|                      |            |                       |            |                         |           | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**Variations**

- **Cauliflower Rice au Gratin.** Substitute cauliflower for broccoli. Sprinkle each pan with chopped fresh parsley.
- **Green Rice.** To 2 lb rice, cooked, add 4 lb finely chopped raw or frozen spinach, 2 Tbsp chopped onion, and 1¼ qt medium White Sauce (p. 560). Place in one 12 × 20 × 2-inch counter pan. Bake at 325°F for 30–40 minutes.
- **Jalapeño Rice.** Cook 2 lb 8 oz rice (p. 399). Combine in mixer bowl the cooked rice, 4 oz chopped jalapeño peppers, 1 cup chopped chives, 7 oz chopped green chili peppers, 3 lb 6 oz sour cream, 1 tsp salt, and 3 lb shredded American cheese. Scale 5 lb 12 oz into each of three 12 × 10 × 2-inch half counter pans. Sprinkle 4 oz shredded processed cheese over each pan. Bake uncovered at 250°F for 1–1½ hours. Cut 4 × 4.

## RICE AND LENTILS WITH BALSAMIC GLAZED CARROTS

Yield: 50 portions

Portion: 4 oz

Oven: 400°F

| Ingredient                         | Amount         | Procedure   |
|------------------------------------|----------------|---|
| Balsamic Vinegar Marinade (p. 595) | 2¾ cups        | Prepare Balsamic Vinegar Marinade recipe. Reserve for later step.   |
| Baby cut carrots                   | 3 lb 8 oz (EP) | Steam carrots until bright in color and just beginning to soften, 1–3 minutes.<br>Pour marinade (reserved from earlier step) over carrots. Stir to coat.<br>Drain carrots. Reserve marinade.<br>Place carrots in a single layer on a baking pan.<br>Roast carrots at 400°F until tender and browned. Reserve carrots for later step.  |
| Water                              | 3 cups         | Combine lentils and water in a steam-jacketed or other kettle. Bring to a boil.<br>Reduce heat and simmer until lentils are soft, but not mushy, 15–20 minutes.<br>Drain lentils. Reserve lentils for later step.   |
| Lentils, dried                     | 8 oz           |   |
| Olive oil                          | 2 oz           | Heat oil to 300°F in tilting fry pan.<br>Add onions, garlic, herbs, and spices to hot oil. Sauté until onions are just beginning to soften, about 5 minutes.  |
| Onions, finely chopped             | 1 lb (EP)      |   |
| Garlic, minced                     | 1 oz (EP)      |   |
| Rosemary leaves, dried             | 2½ Tbsp        |   |
| Oregano leaves, dried              | 1 Tbsp         |   |
| Salt                               | 1 Tbsp         |   |
| Pepper, black                      | 2 tsp          |   |
| Water                              | 1¾ qt          | Add water, base, and rice to onions.<br>Add cooked and drained lentils, reserved from earlier step.<br>Bring mixture to a boil. Reduce heat, cover, and simmer until rice is almost tender, about 15 minutes.<br>Stir in carrots and marinade, reserved from earlier steps.<br>Cook until rice is tender, liquid is absorbed, and carrots are hot.<br>Take up into two 12 × 20 × 2-inch pans, approximately 6 lb per pan. |
| Vegetable base (see Notes)         | 1 oz           |   |
| Rice, converted                    | 1 lb 4 oz      |   |
| Parsley, coarsely chopped          | ¼ cup          | Sprinkle 2 Tbsp over each pan.  |

### Approximate nutritive values per portion

Calories 160

| Amount/portion        | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |
|-----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 10 g | 15% | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 16 g | 5%  | <b>Vitamin A</b> | 30% |
| Sat. Fat 1.2 g        | 6%  | <b>Sodium</b> 259 mg | 11% | Fiber 2.7 g             | 11% | <b>Vitamin C</b> | 3%  |
| <b>Protein</b> 2.3 g  |     |                      |     | Sugars 2.3 g            |     | <b>Calcium</b>   | 3%  |
|                       |     |                      |     |                         |     | <b>Iron</b>      | 4%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- To shorten the assembly time, carrots and lentils may be cooked ahead and refrigerated.
- Chicken base may be substituted for vegetable base. Adjust salt as necessary.

**CURRIED RICE, BEANS, AND VEGETABLE PILAF**

Yield: 50 entrees or 100 accompaniment portions

Portion: 8 oz (entree) or 4 oz (accompaniment)

| Ingredient                                     | Amount         | Procedure  |
|--|----------------|--|
| Frozen greens, thawed and drained (see Notes)  | 2 lb 8 oz (EP) | Weigh greens after thawing and draining well in a colander (may thaw overnight). Discard liquid drained from greens. Coarsely chop greens using a sharp knife. Reserve for later step. |
| Orange marmalade                               | 1 lb           | Blend marmalade, base, water, and pepper. Reserve for a later step.  |
| Vegetable base                                 | 3 oz           |  |
| Water  | 1 gal          |  |
| Red pepper flakes                              | ½ tsp          |  |
| Olive oil                                      | 3 oz           | Heat oil to 350°F in tilting or other large fry pan.   |
| Red bell peppers, cut in 1-inch long strips    | 1 lb (EP)      | Sauté peppers and garlic in hot oil for 3 minutes.   |
| Yellow bell peppers, cut in 1-inch long strips | 1 lb (EP)      |  |
| Garlic, minced                                 | 8 oz (EP)      |  |
| Rice, converted                                | 3 lb           | Add rice and curry powder to fry pan with peppers. Stir and cook for 1 minute.   |
| Curry powder                                   | 1½ oz          |  |
| Sweet potatoes, peeled, ½-inch dice            | 2 lb 4 oz (EP) | Add sweet potatoes, beans, and raisins to peppers and rice.  |
| Kidney beans, drained (canned)                 | 5 lb 4 oz (EP) |  |
| Raisins  | 1 lb           |  |

Stir in chopped greens and marmalade mixtures reserved from earlier steps.

Bring to boil.

Reduce heat to low. Cover and simmer until rice and vegetables are tender and liquids are absorbed, about 25 minutes.

Turn off heat and let stand covered for 10 minutes.

*Approximate nutritive values per portion (Entree Portion)*

Calories 250

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 52 g | 17% | <b>Vitamin A</b> | 63% |
| Sat. Fat 0.3 g       | 2%  | <b>Sodium</b> 268 mg | 11% | Fiber 6 g               | 24% | <b>Vitamin C</b> | 76% |
| <b>Protein</b> 6 g   |     |                      |     | Sugars 10 g             |     | <b>Calcium</b>   | 8%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 10% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Frozen collard or spinach greens can be used.
- A frozen pepper blend can be substituted for the red and yellow peppers.

## CEREAL AND GRAIN RECIPES

### COOKED BREAKFAST CEREALS

Yield: 50 portions

Portion: 6 oz

| Ingredient   | Amount        | Procedure   |
|--|---------------|---|
| Water  | 2–2¼ gal      | Measure water into steam-jacketed kettle or heavy stock pot.  |
| Salt   | 2 oz (3 Tbsp) | Add salt and bring to a rolling boil.   |
| Cereal, granular or flaked (Cream of Wheat, Oatmeal) | 2 lb          | Stir dry cereal gradually into boiling water, using wire whip. Stir until some thickening is apparent. Reduce heat and cook until cereal reaches desired consistency and raw starch taste has disappeared.<br>Cereal should be thick and creamy but not sticky. |

#### Approximate nutritive values per portion

Calories 73

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 1 g | 2%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 13 g | 4%  | <b>Vitamin A</b> | 0%  | <b>Calcium</b> | 2%  |
| Sat. Fat 0 g         | 0%  | <b>Sodium</b> 406 mg | 17% | Fiber 1 g               | 4%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 5%  |
| <b>Protein</b> 3 g   |     |                      |     | Sugars 0 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Granular cereals may be mixed with cold water to separate particles and prevent formation of lumps.
- Do not stir excessively; overstirring or overcooking produces a sticky, gummy product.
- 1 lb raisins may be added to cereal the last 2 minutes of cooking.

#### Variation

- **Rice and Raisins.** Cook 8 oz rice (2 lb cooked) according to directions on p. 399. Heat 1 gal milk. Add cooked rice, 8 oz softened raisins, 12 oz granulated sugar, and 2 Tbsp cinnamon.

## DRIED FRUIT AND NUT GRANOLA

*Yield:* 50 servings      *Portions:* 1 cup  
*Oven:* 350°F

| <i>Ingredient</i>                   | <i>Amount</i> | <i>Procedure</i>  |
|-------------------------------------|---------------|---|
| Rolled oats                         | 4 lb 8 oz     | Spread oats on baking pan. Toast in 350°F oven for 10–15 minutes. Shake pan once during baking to ensure even browning.<br>Transfer to mixing bowl.   |
| Shredded coconut                    | 1 lb          | Spread coconut, almonds, and pecans on baking pan. Toast in oven until lightly browned, 6–8 minutes. Shake pan once during cooking to ensure even browning.<br>Add nut mixture to toasted oats. |
| Sliced almonds                      | 1 lb          |   |
| Pecan pieces                        | 1 lb          |   |
| Unprocessed bran                    | 6 cups        | Add to oat-nut mixture. Mix lightly until all ingredients are evenly distributed.<br>Cool.<br>Store in airtight container.  |
| Raisins                             | 2 lb          |   |
| Dried apricots,<br>coarsely chopped | 1 lb          |   |
| Sugar, brown                        | 8 oz          |   |
| Cinnamon                            | 1 Tbsp        |   |

### *Approximate nutritive values per portion*

**Calories 400**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 16 g | <b>24%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 64 g | <b>21%</b> | <b>Vitamin A</b> | <b>7%</b>  |
| Sat. Fat 3.8 g        | <b>19%</b> | <b>Sodium</b> 8.2 mg  | <b>0%</b>  | Fiber 7 g               | <b>29%</b> | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 9 g    |            |                       |            | Sugars 21 g             |            | <b>Calcium</b>   | <b>7%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>22%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Serve as a cereal, on ice cream, or on yogurt.
- Substitute any dried fruit for raisins and apricots. Sunflower seeds may be substituted for part of the nuts.

**BAKED CHEESE GRITS**

*Yield:* 48 portions or 3 pans 12 × 10 × 2 inches      *Portion:* 6 oz  
*Oven:* 350°F      *Bake:* 30–40 minutes

| <i>Ingredient</i>  | <i>Amount</i>                         | <i>Procedure</i>   |
|--|---------------------------------------|--|
| Water  | 1 <sup>3</sup> / <sub>4</sub> gal     | Bring water to a brisk boil in steam-jacketed kettle.  |
| Grits, quick<br>Salt   | 2 lb 4 oz<br>2 tsp                    | Stir in grits quickly with wire whip. Reduce heat to medium. Cook 5–7 minutes or until thickened.  |
| Eggs   | 9 (1 lb)                              | Stir a small amount of cooked grits into eggs. Add to remainder of grits in kettle, stirring constantly.   |
| Cheddar cheese, shredded<br>Margarine<br>Garlic powder<br>Worcestershire sauce | 2 lb 4 oz<br>1 lb<br>1 tsp<br>1/4 cup | Add to grits. Cook over low heat until cheese is melted. Scale into three greased 12 × 10 × 2-inch pans, 6 lb per pan.   |
| Paprika  | 1 tsp                                 | Sprinkle lightly over grits. Bake at 350°F for 30–40 minutes or until top is set and slightly puffed. Let stand 5 minutes before serving. To serve, cut 4 × 4. |

*Approximate nutritive values per portion***Calories 248**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 16 g | <b>24%</b> | <b>Cholest.</b> 63 mg | <b>21%</b> | <b>Total Carb.</b> 18 g | <b>6%</b>  | <b>Vitamin A</b> | <b>11%</b> | <b>Calcium</b> | <b>16%</b> |
| Sat. Fat 6 g          | <b>32%</b> | <b>Sodium</b> 338 mg  | <b>14%</b> | Fiber 3 g               | <b>10%</b> | <b>Vitamin C</b> | <b>3%</b>  | <b>Iron</b>    | <b>6%</b>  |
| <b>Protein</b> 8 g    |            |                       |            | Sugars 0 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## BARLEY CASSEROLE

*Yield:* 50 portions or 1 pan 12 × 20 × 2 inches      *Portion:* 4 oz  
*Oven:* 350°F      *Bake:* 1½ hours

| <i>Ingredient</i>                    | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------------------|---------------|---|
| Margarine                            | 6 oz          | Sauté barley and vegetables in margarine.   |
| Pearl barley                         | 2 lb 6 oz     |   |
| Onions, chopped                      | 1 lb 4 oz     |   |
| Mushroom pieces<br>and stems, canned | 1 lb 11 oz    |   |
| Chicken Stock<br>(p. 598)            | 3½ qt         |   |
|                                      |               | Add chicken stock to barley mixture.<br>Pour into a 12 × 20 × 2-inch counter pan.<br>Bake at 350°F for 1½ hours.<br>Serve with No. 10 dipper. |

### *Approximate nutritive values per portion*

**Calories 119**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 3 g  | 5%         | <b>Cholest.</b> 0 mg  | 0%         | <b>Total Carb.</b> 19 g | 6%         | <b>Vitamin A</b>      | 1%         |
| Sat. Fat 1 g          | 4%         | <b>Sodium</b> 317 mg  | 13%        | Fiber 4 g               | 16%        | <b>Vitamin C</b>      | 1%         |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | 1%         |
|                       |            |                       |            |                         |            | <b>Iron</b>           | 4%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2½ oz (1¼ cups) dehydrated onions, rehydrated in 2 cups water, may be substituted for fresh onions.

### Variations

- **Chicken Barley Casserole.** Increase chicken stock to 1 gal. Stir in 6 lb cooked cubed chicken. Turkey may be substituted for chicken.
- **Mediterranean Barley Pilaf.** Add 1 lb 8 oz golden raisins, 1 lb chopped pecans, and 1 tsp dried thyme.

## BARLEY AND VEGETABLE MEDLEY

Yield: 50 portions

Portion: 4 oz

| Ingredient                          | Amount         | Procedure   |   |
|-------------------------------------|----------------|---|---|
| Olive oil                           | 3 oz           | Heat oil to 350°F in tilting fry pan or steam-jacketed kettle.  |   |
| Onions, sliced into thin half-rings | 1 lb 8 oz (EP) | Sauté onions, garlic, and barley in hot oil until onions and barley are golden brown, about 5 minutes.  |   |
| Garlic, minced                      | 1 Tbsp         |   |   |
| Barley                              | 1 lb           |   |   |
| Water                               | 1¼ qt          | Mix base with part of the water. Add water and base to vegetable-barley mixture.<br>Heat to boiling. Reduce heat and simmer until barley is almost tender, about 30 minutes. Stir occasionally. |   |
| Vegetable base (see Notes)          | 1 oz           |   |   |
| Carrots, peeled, sliced             | 1 lb 6 oz (EP) | Add carrots, cauliflower, broccoli, herbs, and spices to barley mixture.<br>Cover and simmer for 12–15 minutes.   |   |
| Cauliflower, small florets          | 10 oz (EP)     |   |   |
| Broccoli, small florets             | 8 oz (EP)      |   |   |
| Basil leaves, dried                 | 1 Tbsp         |   |   |
| Thyme leaves, dried                 | 1 Tbsp         |   |   |
| Salt                                | 2 tsp          |   |   |
| Pepper, black                       | ½ tsp          |   |   |
| Tomatoes, diced (fresh)             | 2 lb (EP)      |   | Add tomatoes, squash, green peppers, and peas to barley mixture. Cook 5–10 minutes until vegetables are tender. |
| Zucchini squash, sliced             | 1 lb (EP)      |   |   |
| Green peppers, diced                | 10 oz (EP)     |   |   |
| Peas, frozen                        | 1 lb 8 oz      |   |   |

### Approximate nutritive values per portion

Calories 80

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV        | %DV              | %DV        |
|----------------------|-----------|----------------------|-----------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 2 g | <b>3%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 13 g | <b>4%</b>  | <b>Vitamin A</b> | <b>38%</b> |
| Sat. Fat 0.3 g       | <b>1%</b> | <b>Sodium</b> 198 mg | <b>8%</b> | Fiber 3.4 g             | <b>14%</b> | <b>Vitamin C</b> | <b>26%</b> |
| <b>Protein</b> 2.6 g |           |                      |           | Sugars 3 g              |            | <b>Calcium</b>   | <b>2%</b>  |
|                      |           |                      |           |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base can be substituted for the vegetable base. Adjust salt if necessary.

**BARLEY TOMATO RISOTTO**

Yield: 40 portions

Portion: 4 oz

| Ingredient                        | Amount    | Procedure   |
|-----------------------------------|-----------|---|
| Butter                            | 3 oz      | Heat butter in tilting or other large fry pan. Sauté onions and garlic until barely tender.   |
| Onions, chopped                   | 6 oz (EP) |   |
| Garlic, minced                    | 1 oz (EP) |   |
| Barley                            | 1 lb 4 oz | Add barley. Cook 2–3 minutes until barley is coated with butter and slightly toasted.   |
| Water                             | 10 oz     | Add water. Slowly cook uncovered until water is absorbed, 15–30 minutes.  |
| Water                             | 1 gal     | Mix base with water to make a stock. Heat stock and keep hot. Add stock (1 qt at a time) to barley mixture while cooking over medium heat. Add additional stock only after liquid from previous addition is absorbed. Stir very often but not necessarily continuously throughout the liquid-adding step. |
| Chicken base                      | 4 oz      |   |
| Whipping cream                    | 8 oz      | Stir in cream, tomatoes, and cheese. Stir until cheese melts.   |
| Tomatoes, fresh, diced ¼ inch     | 2 lb (EP) |   |
| Parmesan cheese, freshly shredded | 6 oz      |   |
| Green onions, sliced thin         | 4 oz (EP) | Stir green onions and parsley into barley mixture.  |
| Flat leaf parsley, chopped        | 1 oz      |   |

*Approximate nutritive values per portion*

Calories 95

| Amount/portion         | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|------------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 4.5 g | 7%  | <b>Cholest.</b> 13 mg | 4%  | <b>Total Carb.</b> 11 g | 4%  | <b>Vitamin A</b> | 6%  |
| Sat. Fat 2.5 g         | 13% | <b>Sodium</b> 266 mg  | 15% | Fiber 2 g               | 8%  | <b>Vitamin C</b> | 8%  |
| <b>Protein</b> 3 g     |     |                       |     | Sugars 0.8 g            |     | <b>Calcium</b>   | 4%  |
|                        |     |                       |     |                         |     | <b>Iron</b>      | 3%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Vegetable base can be substituted for chicken base. Adjust salt as necessary.

**Variation**

- **Southwest Barley Risotto.** Substitute vegetable base for chicken base. Add 1 oz fresh squeezed lime juice to vegetable base. Stir in 1½ oz chopped canned jalapeño peppers. Substitute ½ oz fresh chopped cilantro for the parsley.

## VEGETABLE COUSCOUS

Yield: 50 portions

Portion: 4 oz

| Ingredient              | Amount     | Procedure  |
|-------------------------|------------|--|
| Margarine, melted       | 8 oz       | Sauté vegetables in margarine in steam-jacketed kettle or stock pot until tender-crisp.  |
| Zucchini, julienne      | 1 lb 12 oz |  |
| Green onions, sliced    | 4 oz       |  |
| Carrots, julienne       | 12 oz      |  |
| Chicken base            | 3 oz       | Mix chicken base with water. Add to vegetables. Bring to a rolling boil.   |
| Water                   | 3 qt       |  |
| Couscous, quick cooking | 3 lb       | Add couscous to vegetables and stir. Cover. Turn off heat. Let stand 5 minutes. Stir to fluff. Place in 12 × 10 × 4-inch pans. Cover tightly and keep hot. |

### Approximate nutritive values per portion

Calories 145

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       | %DV              | %DV        |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 4 g | <b>6%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 23 g | <b>8%</b> | <b>Vitamin A</b> | <b>18%</b> |
| Sat. Fat 1 g         | 4%        | <b>Sodium</b> 368 mg | 15%       | Fiber 4 g               | 17%       | <b>Vitamin C</b> | 1%         |
| <b>Protein</b> 4 g   |           |                      |           | Sugars 0 g              |           | <b>Calcium</b>   | 1%         |
|                      |           |                      |           |                         |           | <b>Iron</b>      | 2%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Vegetable base may be substituted for chicken base. Add salt if vegetable base is unsalted.
- Salt may need to be added if the chicken base is low in salt.

**RED PEPPER COUSCOUS**

Yield: 50 portions

Portion: 4 oz

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------|---------------|---|
| Olive oil                 | ½ cup         | Sauté vegetables in oil in a steam-jacketed kettle or stockpot until tender-crisp.                          |
| Green onion, sliced       | 1 lb          |   |
| Red bell pepper, julienne | 6 oz          |   |
| Garlic, minced            | 2 Tbsp        |   |
| Paprika                   | 2 Tbsp        | Add paprika and cook for 1 minute.  |
| Water                     | 3 qt          | Add water, juice, tomato paste, pimiento, and spices to sautéed vegetable mixture. Bring to a rolling boil. |
| Lemon juice               | ¼ cup         |   |
| Tomato paste              | 8 oz          |   |
| Pimiento, chopped         | 8 oz          |   |
| Red pepper, crushed       | ½ tsp         |   |
| Salt                      | 1 Tbsp        |   |
| Couscous, quick cooking   | 3 lb          | Add couscous to mixture and stir. Cover, turn off heat. Let stand 5 minutes. Stir to fluff.                 |

*Approximate nutritive values per portion*

Calories 141

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | %DV              | %DV  |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|------|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 26 g | 9%  | <b>Vitamin A</b> | 23%  |
| Sat. Fat 1 g         | 2%  | <b>Sodium</b> 141 mg | 6%  | Fiber 5 g               | 20% | <b>Vitamin C</b> | 129% |
| <b>Protein</b> 4 g   |     |                      |     | Sugars 0 g              |     | <b>Calcium</b>   | 2%   |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 61%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**QUINOA PILAF**

Yield: 50 portions

Portion: 4 oz

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>  |
|----------------------------|---------------|---|
| Olive oil                  | 1 cup         | Sauté vegetables in olive oil until tender-crisp.   |
| Green onion, sliced        | 1 lb 8 oz     |   |
| Celery                     | 1 lb          |   |
| Mushrooms, fresh, sliced   | 1 lb 8 oz     |   |
| Garlic                     | 1 Tbsp        |   |
| Chicken base               | 3 oz          | Mix chicken base with water. Add to vegetables. Bring to a rolling boil.  |
| Water                      | 3½ qt         |   |
| Quinoa, rinsed and drained | 3 lb 8 oz     | Add quinoa to vegetables and stir. Cover and reduce heat to low. Simmer until all liquid is absorbed and the grains are translucent, 10–15 minutes. |

## Approximate nutritive values per portion

Calories 166

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 6 g  | 10% | Cholest. 0 mg  | 0%  | Total Carb. 24 g | 8%  | Vitamin A | 6%  | Calcium | 3%  |
| Sat. Fat 1 g   | 4%  | Sodium 18 mg   | 1%  | Fiber 2 g        | 9%  | Vitamin C | 6%  | Iron    | 18% |
| Protein 5 g    |     |                |     | Sugars 1 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- A vegetable base may be substituted for the chicken base. If vegetable base is lightly salted or unsalted, add salt.

## PARMESAN POLENTA

Yield: 48 portions

Portion: 2 triangles

| Ingredient                    | Amount          | Procedure  |
|-------------------------------|-----------------|--|
| Butter                        | 1 lb            | Sauté onions and garlic in butter, using stock pot or steam-jacketed kettle.   |
| Onions, finely chopped        | 2 lb 10 oz (EP) |  |
| Garlic, minced                | 2 oz (EP)       |  |
| Water                         | 3½ gal          | Add water and base to onion mixture. Bring to a boil and turn off heat.  |
| Vegetable base<br>(see Notes) | 12 oz           |  |
| Cornmeal                      | 5 lb 8 oz       | Stir into water very quickly, blending with a wire whisk. Turn heat on medium low and simmer 10 minutes stirring often to prevent sticking and burning. Turn off heat. |
| Parmesan cheese,<br>shredded  | 1 lb            | Stir cheese, milk, chives, and seasonings into cornmeal mixture.   |
| Milk                          | 2 cups          |  |
| Chives, freeze dried          | ¼ oz            | Scale 7 lb 3 oz into four 12 × 20 × 2-inch pans that have been oiled or sprayed with a food release spray.   |
| Salt                          | 1 oz            |  |
| Pepper, black                 | 1 Tbsp          | Chill at or below 40°F until polenta sets up, at least 6 hours.  |
|                               |                 |  |
|                               |                 | Cut pan 4 × 3. Cut each square in half diagonally to make two triangles.   |
| Vegetable oil                 | 1 cup           | Lightly coat grill with oil. Heat to 325°–350°F. Cook polenta until lightly browned on both sides, approximately 180°F. Turn only once during cooking.                 |

## Approximate nutritive values per portion

Calories 365

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 16 g | 25% | Cholest. 31 mg | 10% | Total Carb. 46 g | 15% | Vitamin A | 21% | Calcium | 12% |
| Sat. Fat 7 g   | 37% | Sodium 785 mg  | 33% | Fiber 4 g        | 18% | Vitamin C | 5%  | Iron    | 13% |
| Protein 8.3 g  |     |                |     | Sugars 2.5 g     |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Chicken base may be substituted for vegetable base. Adjust salt as necessary.

## BEAN AND TOFU RECIPES

### BEAN RAGOUT OVER GRILLED PARMESAN POLENTA

*Yield:* 50 portions      *Portion:* 4 oz ragout + 2 polenta triangles

| <i>Ingredient</i>                           | <i>Amount</i>   | <i>Procedure</i>  |
|---|-----------------|---|
| Vegetable oil                               | 1/3 cup         | Sauté onions and garlic in oil, using stock pot or steam-jacketed kettle.   |
| Onions, chopped                             | 1 lb 12 oz (EP) |   |
| Garlic, minced                              | 2 oz (EP)       |   |
| Green chilies<br>(canned) diced             | 6 oz            | Add chilies and peppers to sautéed vegetables. Cook 1–2 minutes.  |
| Red bell peppers,<br>1/4-inch dice          | 1 lb 4 oz (EP)  |   |
| Chili powder                                | 2 oz            | Add spices and continue to cook 1–2 minutes.  |
| Cumin, ground                               | 2 Tbsp          |   |
| Oregano leaves, dried                       | 2 tsp           |   |
| Pepper, black                               | 1 tsp           |   |
| Diced tomatoes (canned)                     | 4 lb 12 oz      | Add vegetables and beans to sautéed mixture. Bring to a boil.<br>Reduce heat and simmer until zucchini is tender-crisp. |
| Zucchini, coarsely<br>chopped               | 1 lb 12 oz (EP) |   |
| Pinto beans, drained<br>and rinsed (canned) | 2 lb 12 oz (EP) |   |
| Black beans, drained<br>and rinsed (canned) | 2 lb 12 oz (EP) |   |
| Parmesan Polenta (p. 421)                   |                 |   |
|   |                 | Serve 4 oz ragout over two polenta triangles.<br>Garnish with fresh shredded Parmesan cheese if desired.                |

#### Approximate nutritive values per portion of Bean Ragout

Calories 80

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 12 g | 4%  | <b>Vitamin A</b> | 12% |
| Sat. Fat 0.2 g       | 1%  | <b>Sodium</b> 348 mg | 15% | Fiber 4 g               | 17% | <b>Vitamin C</b> | 55% |
| <b>Protein</b> 3.6 g |     |                      |     | Sugars 0.8 g            |     | <b>Calcium</b>   | 3%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 7%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

#### Variation

- **Bean Ragout on Pasta.** Cook 5–6 lb pasta according to directions on p. 369. Prepare 1½ recipes of Bean Ragout. Serve 6 oz Bean Ragout over 4 oz pasta.

## BLACK BEANS AND COUSCOUS

*Yield:* 50 entrees or 100 accompaniment portions

*Portion:* 8 oz (entree) or 4 oz (accompaniment)

| <i>Ingredient</i>                        | <i>Amount</i>  | <i>Procedure</i>   |
|--|----------------|--|
| Margarine                                | 1 lb           | Sauté onion and bell pepper just until soft, using a stock pot or steam-jacketed kettle.               |
| Green onions, cut into 1-inch lengths    | 12 oz (EP)     |  |
| Red bell peppers, ¼-inch dice            | 3 lb 8 oz (EP) |  |
| Black beans, drained and rinsed (canned) | 5 lb 8 oz (EP) | Stir beans, water, vegetable base, and lime juice into sautéed vegetables.<br>Bring to a rolling boil. |
| Water                                    | 4¾ qt          |  |
| Vegetable base (see Notes)               | 5 oz           |  |
| Lime juice, fresh                        | 1½ cup         |  |
| Instant couscous                         | 5 lb           | Add couscous to liquid and stir.<br>Turn off heat.<br>Cover and let stand 5 minutes. Stir to fluff.    |
| Parsley, chopped                         | 1 oz           | Sprinkle parsley over each pan or stir into couscous.  |

### *Approximate nutritive values per portion (Entree Portion)*

**Calories 295**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i>  |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|-------------|
| <b>Total Fat</b> 8 g  | <b>12%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 45 g | <b>15%</b> | <b>Vitamin A</b>      | <b>29%</b>  |
| Sat. Fat 1.5 g        | <b>7%</b>  | <b>Sodium</b> 393 mg  | <b>16%</b> | Fiber 5.8 g             | <b>23%</b> | <b>Vitamin C</b>      | <b>108%</b> |
| <b>Protein</b> 9 g    |            |                       |            | Sugars 0.8 g            |            | <b>Calcium</b>        | <b>4%</b>   |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>10%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Chicken base can be substituted for vegetable base. Depending on the base used, salt may need to be added.

**CUBAN BLACK BEANS AND RICE**

Yield: 50 entrees or 100 accompaniment portions

Portion: 8 oz (entree) or 4 oz (accompaniment)

| Ingredient  | Amount                           | Procedure   |
|---|----------------------------------|---|
| Black beans (canned)                                | 6 lb 4 oz                        | Drain beans and reserve juice. Save both beans and juice for later step.  |
| Vegetable oil                                       | 6 oz                             | Heat oil to 350°F in tilting or other large fry pan.  |
| Onions, chopped                                     | 1 lb 8 oz (EP)                   | Add vegetables and rice to hot oil. Stir and cook until rice is browned.  |
| Garlic, minced                                      | 1 oz (EP)                        |   |
| Rice, converted                                     | 4 lb                             |   |
| Black bean juice plus water                         | 4 <sup>3</sup> / <sub>4</sub> qt | Weigh bean juice reserved from earlier step. Add enough water to equal the required volume. Pour juice-water mixture over the rice. |
| Chipotle base (see Notes)                           | 4 oz                             | Stir bases and spices into rice mixture.  |
| Vegetable base (see Notes)                          | 4 oz                             | Reduce heat and simmer covered for 15 minutes.  |
| Oregano leaves, dried                               | 1 tsp                            |   |
| Cumin, ground                                       | 1 Tbsp                           |   |
| Cilantro, dried                                     | 1 Tbsp                           |   |
| Green bell peppers, cut in 1-inch-long thin strips  | 1 lb (EP)                        | Stir peppers and beans reserved from earlier step to the rice mixture.  |
| Red bell peppers, cut in 1-inch-long thin strips    | 12 oz (EP)                       | Cover and simmer 10–15 minutes or until liquid is absorbed and rice is tender.  |
| Yellow bell peppers, cut in 1-inch-long thin strips | 12 oz (EP)                       |   |

Take up in 12 × 10 × 2-inch pans. Cover.

*Approximate nutritive values per portion (Entree Portion)*

Calories 235

| Amount/portion         | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        |
|------------------------|-----------|----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 4.5 g | <b>7%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 41 g | <b>14%</b> | <b>Vitamin A</b> | <b>7%</b>  |
| Sat. Fat 0.4 g         | <b>2%</b> | <b>Sodium</b> 603 mg | <b>25%</b> | Fiber 4 g               | <b>17%</b> | <b>Vitamin C</b> | <b>58%</b> |
| <b>Protein</b> 6.3 g   |           |                      |            | Sugars 1.4 g            |            | <b>Calcium</b>   | <b>5%</b>  |
|                        |           |                      |            |                         |            | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- A frozen pepper blend can be substituted for the bell peppers.
- Chipotle base is available commercially. Chipotles are dried jalapeño peppers that have been slow roasted to give them a smoky flavor. To use dried chipotles, cover with boiling water and let set for 30 minutes. Remove from the water and drain. Using a sharp knife, split chipotles open and remove seeds before chopping. If using canned chipotles, drain and chip.
- Chicken base can be substituted for the vegetable base. Adjust salt as required.

## BLACK BEANS AND HAM ON RICE

Yield: 50 portions

Portion: 6 oz ham and beans + 4 oz rice

| Ingredient                   | Amount    | Procedure   |
|------------------------------|-----------|---|
| Black turtle beans           | 3 lb      | Rinse beans with cold running water. Discard any stones and other foreign material or shriveled beans. Add water and bring to a boil. Boil for 2 minutes. Cover. Turn off heat and allow to stand for 1 hour. |
| Water                        | 1 ¼ gal   |   |
| Cumin, ground                | 1 Tbsp    | Add seasonings to beans. Simmer until almost tender, about 45 minutes. If beans become too thick, add some tomato juice drained from the diced tomatoes used in a later step.                                 |
| Hot pepper sauce             | 1 ½ tsp   |   |
| Pepper, black                | 1 tsp     |   |
| Thyme, crumbled, dried       | 1 Tbsp    |   |
| Oregano, crumbled, dried     | 1 Tbsp    |   |
| Onions, chopped              | 12 oz     | Add to beans. Simmer until beans are tender, about 30 minutes. Add tomato juice from later step or a small amount of water if necessary to keep beans from becoming too thick.                                |
| Garlic cloves, minced        | 3         |   |
| Salt                         | 1 ½ oz    |   |
| Ham, diced                   | 2 lb 8 oz |   |
| Tomatoes, diced, canned      | 3 lb 8 oz | Add tomatoes with juice and peppers.  |
| Green peppers, ¾-inch chunks | 12 oz     | Simmer for 15 minutes.  |
| Rice, converted              | 3 lb 8 oz | Cook rice according to directions on p.399.   |
| Water, boiling               | 4 ½ qt    |   |
| Salt                         | 2 Tbsp    |   |
| Vegetable oil                | 2 Tbsp    |   |
| Parsley, fresh, chopped      | 4 oz      | Serve 6 oz ham and beans over 4 oz cooked rice. Garnish plate by sprinkling with 1 Tbsp chopped parsley.  |

### Approximate nutritive values per portion

Calories 212

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 13 mg | 4%  | <b>Total Carb.</b> 35 g | 12% | <b>Vitamin A</b> | 3%  |
| Sat. Fat 1 g         | 5%  | <b>Sodium</b> 987 mg  | 41% | Fiber 2 g               | 9%  | <b>Vitamin C</b> | 32% |
| <b>Protein</b> 10 g  |     |                       |     | Sugars 1 g              |     | <b>Calcium</b>   | 5%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 14% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Anaheim chilies may be substituted for green peppers.
- 6 lb 8 oz canned black beans (rinsed) may be substituted for dried beans and water. Add beans toward the end of the cooking period. Serving temperature 180°–190°F.

### Variations

- **Black Beans and Andouille Sausage.** Reduce hot sauce to ½ tsp. Omit ham. Add 3 lb cooked andouille sausage cut diagonally into ¾-inch pieces.
- **Black Beans over Rice.** Delete ham. Increase salt to 2 oz. Chicken broth may be substituted for the water to enhance flavor.
- **Black Bean Soup.** Follow recipe for Black Beans and Ham on Rice but make the following changes: Increase beans to 4 lb, water to 2¼ gal, onions to 1 lb, and salt to 2 oz. Decrease ham to 2 lb, tomatoes to 2 lb, and green pepper to 6 oz. Delete rice.

## BLACK BEAN AND TORTILLA CASSEROLE

Yield: 48 portions

Portion: 8 oz

| Ingredient                           | Amount     | Procedure   |
|--------------------------------------|------------|---|
| Onion, chopped                       | 2 lb 10 oz | Combine onion, pepper, tomato, picante sauce, and spices in steam-jacketed kettle.  |
| Green pepper, chopped                | 2 lb 4 oz  |   |
| Tomatoes, diced, canned              | 2¼ qt      | Bring to boil. Reduce heat and simmer uncovered for 15–20 minutes.  |
| Picante sauce                        | 1 qt       |   |
| Garlic, fresh, minced                | 6 cloves   |   |
| Cumin, ground                        | 3 Tbsp     |   |
| Black beans, canned, drained, rinsed | 10 lb      | Stir beans into tomato mixture. Turn off heat. Spread 2 lb 6 oz of bean mixture in 12 × 10 × 2-inch pan.  |
| Tortillas, corn                      | 64 each    | Top bean mixture with 8 corn tortillas, overlapping as necessary.   |
| Monterey Jack cheese, shredded       | 3 lb       | Sprinkle 6 oz cheese over tortillas. Spread 2 lb 6 oz bean mixture over cheese. Top with 8 corn tortillas, overlapping as necessary. Sprinkle 6 oz cheese over tortillas. Cover and bake at 350°F for 30–35 minutes or to 165°F. Cut 4 × 3. |
| Tomatoes, fresh, finely diced        | 1 lb       | Sprinkle 4 oz tomatoes and 1 Tbsp sliced onions over each pan. Keep hot (above 140°F).  |
| Green onions, thinly sliced          | 2 oz       |   |
| Picante sauce                        | 6 lb       | Serve immediately with picante sauce as a condiment.  |

### Approximate nutritive values per portion

Calories 379

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV         |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|-------------|
| <b>Total Fat</b> 12 g | <b>19%</b> | <b>Cholest.</b> 25 mg | <b>8%</b>  | <b>Total Carb.</b> 54 g | <b>18%</b> | <b>Vitamin A</b> | <b>27%</b>  |
| Sat. Fat 6 g          | <b>28%</b> | <b>Sodium</b> 1261 mg | <b>53%</b> | Fiber 6 g               | <b>23%</b> | <b>Vitamin C</b> | <b>102%</b> |
| <b>Protein</b> 20 g   |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>34%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>21%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

## GRAINS AND BEANS

*Yield:* 50 entrees or 100 accompaniment portions

*Portion:* 8 oz (entree) or 4 oz (accompaniment)

| <i>Ingredient</i>  | <i>Amount</i>  | <i>Procedure</i>  |
|--|--|---|
| Cracked bulgur<br>Barley<br>Water  | 1 lb 6 oz<br>2 lb<br>7 qt  | Combine bulgur, cracked wheat, and water in a stock pot or steam-jacketed kettle. Bring to a boil. Reduce heat. Cover and simmer 40–50 minutes or until grains are tender. Drain excess liquid from grains. Save grains for a later step. |
| Vegetable oil<br>Baby corn, frozen<br>(small ears, oriental style)   | 8 oz<br>2 lb 12 oz   | Heat oil to 350°F in a fry pan. Add corn and stir-fry corn for 5 minutes.   |
| Green onions, sliced into thin rings<br>Red bell peppers, ¼-inch dice  | 8 oz (EP)<br>1 lb 12 oz (EP)   | Add onions and peppers to pan. Stir-fry 1–2 minutes until softened slightly.  |
| Garbanzo beans, drained and rinsed (canned)<br>Black beans, drained and rinsed (canned)<br>Pimiento, chopped<br>Hot pepper sauce<br>Cumin, ground<br>Cilantro, dried<br>Salt | 3 lb 12 oz (EP)<br>5 lb (EP)<br>8 oz<br>3 Tbsp<br>3 Tbsp<br>3 Tbsp<br>2 oz | Add beans, pimiento, and seasonings to vegetables. Add cooked grains from previous step. Bring temperature to 180°F, stirring often to prevent sticking.  |

### *Approximate nutritive values per portion (Entree Portion)*

**Calories 250**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 39 g | <b>13%</b> | <b>Vitamin A</b>      | <b>12%</b> |
| Sat. Fat 0.6 g        | <b>3%</b>  | <b>Sodium</b> 783 mg  | <b>33%</b> | Fiber 11 g              | <b>45%</b> | <b>Vitamin C</b>      | <b>64%</b> |
| <b>Protein</b> 9 g    |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>15%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Grains and Beans may thicken during holding. Add vegetable stock as needed.

## RED BEANS AND RICE

*Yield:* 50 portions      *Portion:* 6 oz red beans + 4 oz rice

| <i>Ingredient</i>             | <i>Amount</i>  | <i>Procedure</i>   |
|-------------------------------|----------------|--|
| Vegetable oil                 | 4 oz           | Sauté vegetables in steam-jacketed or large kettle until softened.                               |
| Celery, chopped               | 2 lb (EP)      |  |
| Onions, chopped               | 2 lb (EP)      |  |
| Green bell peppers, chopped   | 1 lb 6 oz (EP) |  |
| Garlic, finely chopped        | 1 oz (EP)      |  |
| Red beans (canned, undrained) | 14 lb          | Add beans, water, and spices to vegetables. Bring to a boil. Reduce heat.                        |
| Water                         | 1 qt           | Cover and simmer for approximately 1 hour, until bean mixture is thickened slightly. Stir often. |
| Liquid smoke                  | 2 tsp          |  |
| Red pepper sauce              | 2 Tbsp         |  |
| Salt                          | 1 tsp          |  |
| Pepper, black                 | 1 tsp          |  |
| Ground red pepper             | 2 tsp          |  |
| Thyme leaves, dried           | 1 tsp          |  |
| Oregano leaves, dried         | 2 tsp          |  |
| Bay leaves, dried             | 5 leaves       |  |
| Rice, converted               | 3 lb 8 oz      |  |
| Water, boiling                | 4½ qt          |  |
| Salt                          | 2 Tbsp         |  |
| Vegetable oil                 | 2 Tbsp         |  |

### *Approximate nutritive values per portion*

**Calories 265**

| <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|------------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 3.5 g | <b>5%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 49 g | <b>16%</b> | <b>Vitamin A</b>      | <b>2%</b>  |
| Sat. Fat 0.5 g         | <b>2%</b>  | <b>Sodium</b> 784 mg  | <b>33%</b> | Fiber 10 g              | <b>38%</b> | <b>Vitamin C</b>      | <b>25%</b> |
| <b>Protein</b> 10 g    |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>        | <b>6%</b>  |
|                        |            |                       |            |                         |            | <b>Iron</b>           | <b>18%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

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## SWEET AND SOUR TOFU

*Yield:* 50 portions      *Portion:* 6 oz tofu + 4 oz rice  
*Oven:* 350°F

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---|---------------|---|
| Tofu  | 5 lb          | Drain tofu and dice into ½-inch cubes.  |
| Water   | 1 cup         | Mix water, garlic powder, and soy sauce.  |
| Garlic powder   | 2 tsp         | Dip cubed tofu in liquid then roll in bread crumbs.   |
| Soy sauce   | ¼ cup         | Place breaded tofu on silicone paper-lined or lightly greased baking sheet.   |
| Dry bread crumbs  | 1 lb          | Bake tofu until brown and crisp. Hold for later step at above 140°F.  |
| Drained pineapple chunks (reserve juice)  | 2 lb 4 oz     | Reserve drained pineapple tidbits for later step.   |
| Pineapple juice (reserved juice from draining pineapple plus water to make up the difference) | 2 qt          | Mix cornstarch with pineapple juice and water.  |
| Cornstarch  | 2 oz          | In steam-jacketed or other large kettle, mix pineapple juice–cornstarch mixture with tomato puree, vinegar, soy sauce, brown sugar, and granulated sugar (use wire whip). Bring to a boil. Boil until mixture thickens. |
| Tomato puree  | 1 qt          |   |
| Cider vinegar   | 1½ cups       |   |
| Soy sauce   | 1½ cups       |   |
| Sugar, brown  | 4 oz          |   |
| Sugar, granulated   | 10 oz         |   |
| Onions, ½-inch dice   | 1 lb (EP)     | Stir in pineapple reserved from earlier step, onions, mushrooms, and peppers into thickened mixture. Return to boil.  |
| Mushrooms, quartered (fresh)  | 8 oz (EP)     |   |
| Green peppers, ½-inch dice  | 1 lb (EP)     | Just prior to serving, gently stir in baked tofu reserved from earlier step.  |
| Converted rice  | 3 lb 8 oz     | Cook rice according to directions on p. 399.  |
| Water, boiling  | 4½ qt         | Serve 6 oz sweet and sour tofu on 4 oz rice.  |
| Salt  | 2 Tbsp        |   |
| Vegetable oil   | 2 Tbsp        |   |

### *Approximate nutritive values per portion*

**Calories 395**

| <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|------------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 3.6 g | <b>6%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 80 g | <b>26%</b> | <b>Vitamin A</b> | <b>3%</b>  |
| Sat. Fat 0.6 g         | <b>3%</b>  | <b>Sodium</b> 976 mg  | <b>41%</b> | Fiber 2.5 g             | <b>10%</b> | <b>Vitamin C</b> | <b>21%</b> |
| <b>Protein</b> 10 g    |            |                       |            | Sugars 14 g             |            | <b>Calcium</b>   | <b>15%</b> |
|                        |            |                       |            |                         |            | <b>Iron</b>      | <b>16%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

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**TOFU AND BROCCOLI SZECHWAN**

Yield: 50 portions

Portion: 6 oz tofu and broccoli + 4 oz rice

Oven: 300°F

| Ingredient                      | Amount          | Procedure  |
|---------------------------------|-----------------|--|
| Tofu                            | 5 lb            | Drain tofu and dice into ½-inch cubes.   |
| Vegetable oil                   | ½ cup           | Place tofu on silicone paper-lined or lightly greased baking sheet. Drizzle with vegetable oil.<br>Bake at 300°F for 30 minutes. Hold for later step at above 140°F. |
| Vegetable oil                   | ¼ cup           | Heat oil in steam-jacketed kettle.   |
| Onions, diced                   | 1 lb 12 oz (EP) | Sauté onions until barely tender. Add broccoli and bell pepper. Stir-fry until tender-crisp.   |
| Broccoli florets                | 2 lb 12 oz (EP) | Remove vegetables from kettle. Save for later step.  |
| Red bell pepper,<br>½-inch dice | 1 lb (EP)       |  |
| Soy sauce                       | 2 cup           | Add soy sauce and cornstarch to tilting fry pan. Mix until smooth.   |
| Cornstarch                      | 2½ oz           |  |
| Water                           | 1¾ qt           | Stir in water, sherry, sugar, ginger, and red pepper.  |
| Cooking sherry                  | 1 cup           | Boil until mixture thickens, about 5 minutes.  |
| Sugar, granulated               | 1¾ oz           | Stir in reserved vegetables and tofu. Take up in 12 × 20 × 4-inch counter pans.  |
| Ginger, finely minced           | 2 oz            |  |
| Pepper, cayenne                 | 2 tsp           | Garnish with drained mandarin oranges.   |
| Drained mandarin oranges        | 2 lb            | Hold for service at 165°F.   |
| Rice, converted                 | 3 lb 8 oz       | Cook rice according to directions on p. 399.   |
| Water, boiling                  | 4½ qt           | Serve 6 oz tofu and broccoli over 4 oz rice.   |
| Salt                            | 2 Tbsp          |  |
| Vegetable oil                   | 2 Tbsp          |  |

*Approximate nutritive values per portion***Calories 335**

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        |
|----------------------|-----------|----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g | <b>9%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 36 g | <b>12%</b> | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 0.8 g       | <b>4%</b> | <b>Sodium</b> 981 mg | <b>41%</b> | Fiber 2 g               | <b>8%</b>  | <b>Vitamin C</b> | <b>56%</b> |
| <b>Protein</b> 7 g   |           |                      |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>11%</b> |
|                      |           |                      |            |                         |            | <b>Iron</b>      | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

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- 1 lb cashews may be sautéed with the onions and broccoli.

## VEGETABLE AND TOFU JAMBALAYA

Yield: 50 portions

Portion: 8 oz

| Ingredient                          | Amount          | Procedure   |   |
|-------------------------------------|-----------------|---|---|
| Olive oil                           | 2 cups          | Heat oil to 350°F in the bottom of a tilting or other large fry pan.  |   |
| Onions, chopped                     | 6 lb (EP)       | Sauté vegetables in hot oil for 10 minutes. Stir often enough to keep vegetables from sticking.   |   |
| Garlic, minced                      | 2 oz (EP)       |   |   |
| Celery, chopped                     | 1 lb 4 oz (EP)  |   |   |
| Green peppers, chopped              | 12 oz (EP)      |   |   |
| Cajun seasoning                     | 2 oz            | Add seasonings and rice to vegetable mixture. Stir and cook for 10 minutes. Add more oil if rice begins to stick.   |   |
| Salt                                | 2 tsp           |   |   |
| Rice, converted                     | 3 lb 14 oz      |   |   |
| Water                               | 3 qt            | Dissolve base in some of the water. Add water-base mixture, remaining water, and red pepper sauce to the rice. Stir to mix.<br>Reduce heat to low. Cover and simmer until rice is tender and liquids are absorbed, 25–30 minutes. |   |
| Vegetable base                      | 2½ oz           |   |   |
| Red pepper sauce                    | 1½ tsp          |   |   |
| Tofu (firm), ½-inch cubes           | 2 lb            | Gently fold tofu into rice mixture.   |   |
| Sugar snap peas (fresh or frozen)   | 1 lb 10 oz (EP) | Steam peas, carrots, and peppers separately until tender-crisp. Drain vegetables.   |   |
| Carrots, cut into ¼-inch slices     | 1 lb 10 oz (EP) | Fold steamed vegetables and green onions into rice mixture. Scale into 12 × 10 × 2-inch pans, 6 lb per pan.   |   |
| Red bell peppers, ½-inch dice       | 4 oz (EP)       |   |   |
| Yellow bell peppers, ½-inch dice    | 4 oz (EP)       |   |   |
| Green bell peppers, ½-inch dice     | 4 oz (EP)       |   |   |
| Green onions, cut in 1-inch lengths | 8 oz (EP)       |   |   |
| Red onions, coarsely chopped        | 4 oz (EP)       |   | Sprinkle 1 oz onions and 1½ oz parsley on top of each pan of jambalaya. |
| Parsley, minced                     | 6 oz (EP)       |   |   |

### Approximate nutritive values per portion

Calories 250

| Amount/portion         | %DV | Amount/portion       | %DV | Amount/portion          | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|------------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 9.8 g | 15% | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 36 g | 12% | <b>Vitamin A</b> | 2%  | <b>Calcium</b> | 7%  |
| Sat. Fat 1.4 g         | 7%  | <b>Sodium</b> 280 mg | 12% | Fiber 2 g               | 8%  | <b>Vitamin C</b> | 18% | <b>Iron</b>    | 6%  |
| <b>Protein</b> 4.7 g   |     |                      |     | Sugars 2.2 g            |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

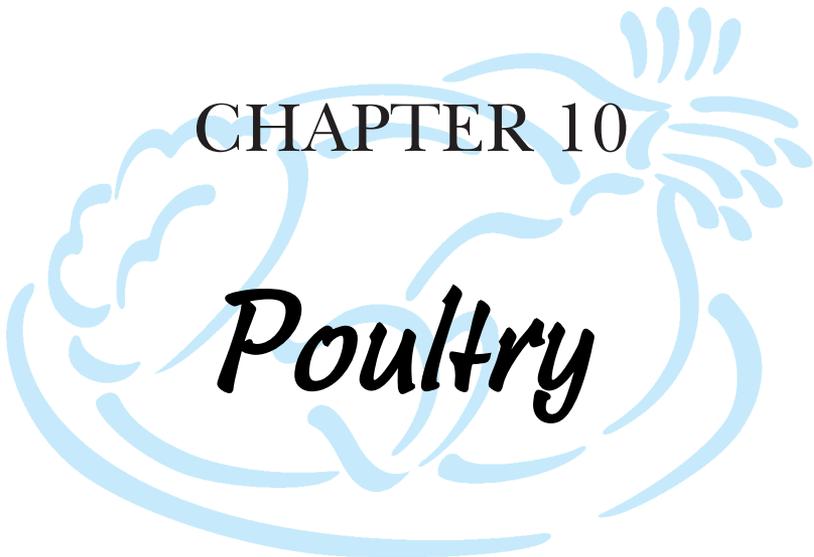
### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- A frozen pepper blend can be substituted for the green, red, and yellow peppers.



## CHAPTER 10

# Poultry



### PURCHASING AND STORAGE

Poultry is used extensively in all types of foodservices. It is available ready to cook, either fresh or frozen, whole or cut in pieces, and in a variety of other forms. Common forms include the following:

- *Whole birds:* broilers (3–4½ lb), roasters (5–8 lb), capon (9 lb approximately), Cornish hens (1½ lb or less), turkeys (4–24 lb or more), ducks (3–7 lb), and geese (6–12 lb).
- *Pieces:* halves or splits, quarters, breasts, split breasts, thighs, drumsticks, wings, drumettes. See Figure 10.1 for instructions on how to cut serving pieces from raw turkey breast, and Figure 10.2 for instructions on cutting up a whole chicken.
- *Other forms:* cooked breasts, rolled breasts, pieces (cooked and uncooked), cold cuts, hot dogs, sausage links, and patties.

All poultry is highly perishable, and caution regarding cleanliness should be exercised in preparing, cooking, cooling, storing, and serving poultry products. Fresh-chilled poultry should be kept at a temperature of 28°–32°F and used within one to two days. Frozen poultry should be kept hard-frozen at 0°F until it is removed from storage for thawing and cooking.

Poultry should be defrosted in a refrigerator. Place covered or wrapped poultry on trays to catch any drippings and arrange on refrigerator shelves so that air can circulate. Never thaw poultry in such a way the drippings from the raw birds will contaminate cooked foods or foods ready to eat. Allow thawing time of one to two days for whole chickens and turkey roasts, and one day or less for cut-up chicken or small poultry

pieces. Whole turkeys require approximately 5 hours thawing time for every pound of bird. Once thawed, poultry may be kept safely no longer than 24 hours at 32°F before cooking. Poultry should never be refrozen.

### HANDLING POULTRY SAFELY

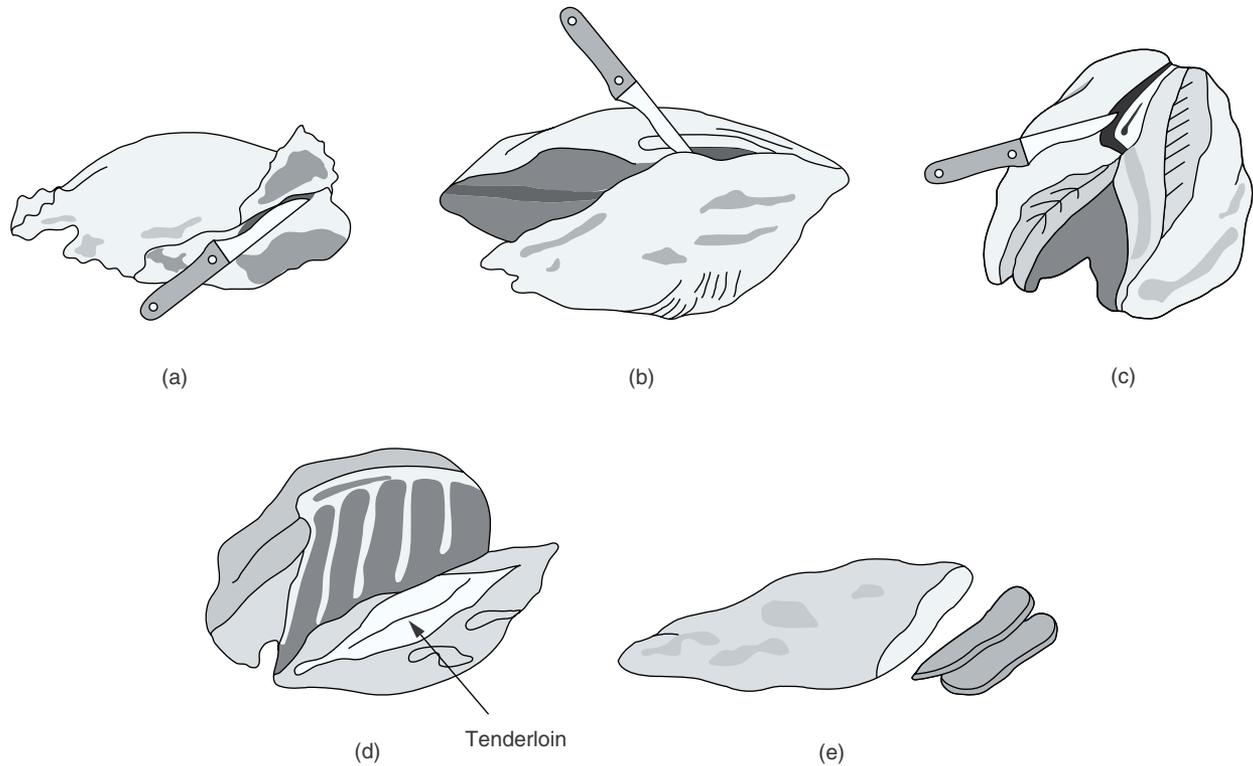
Poultry is perishable and a potential carrier of illness-causing microorganisms, and should be handled with care to ensure food safety. Good handling practices include:

- Keeping fresh poultry refrigerated in the coldest part of the refrigerator (28°–32°F). Limit the time during production that poultry is at room temperature to 30 minutes to 1 hour.
- Thawing poultry in the refrigerator. (See Table 1.13 for approximate thawing times for poultry.)
- Keeping raw poultry and raw poultry juices separate from other foods.
- Washing hands frequently and washing and sanitizing countertops, cutting boards, knives, and other utensils used in preparing raw poultry before they come in contact with other raw or cooked foods.

### COOKING METHODS

Most frozen poultry, except breaded and precooked products, is thawed prior to cooking. If frozen poultry is cooked, it will take approximately 1½ times longer than thawed poultry.

Poultry should be cooked at moderate heat (325°–350°F) for optimum tenderness and juiciness.



**FIGURE 10.1** Skinning and boning a turkey breast. Courtesy of National Turkey Federation.

Recommended cooking methods for various classes of poultry are given in Table 10.1.

Poultry is easily flavored by imaginative use of herbs and spices. Possible spice choices for poultry include celery salt, curry, dillweed, fennel seed, garlic,

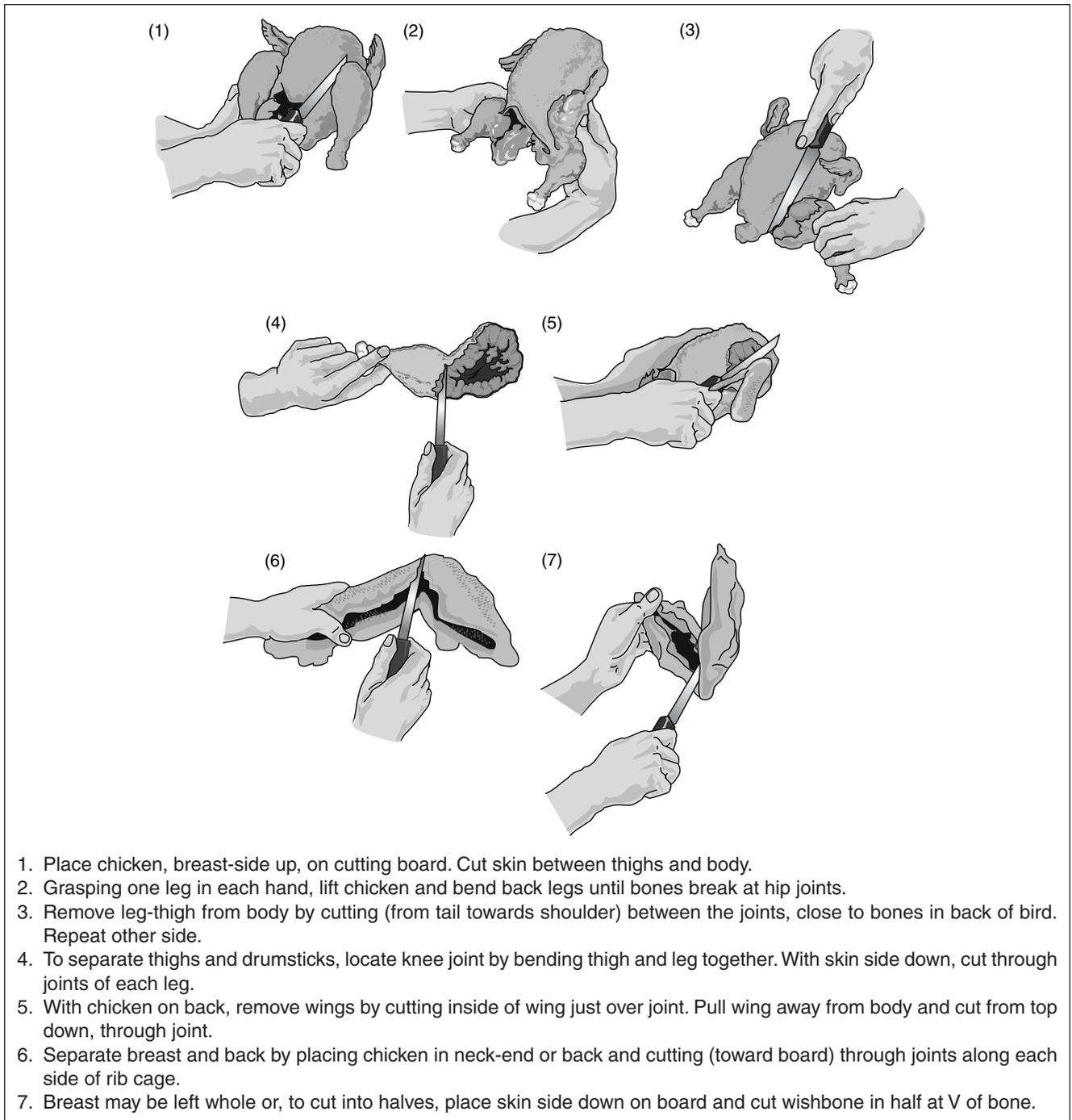
marjoram, ground mustard, oregano, paprika, parsley, poultry seasoning, rosemary, saffron, sage, savory, sesame seeds, sweet basil, tarragon, and thyme. A recipe for a salt-free Lemon-Herb Seasoning appears on p. 591.

**TABLE 10.1** Cooking methods for poultry

| <i>Kind of poultry</i> | <i>Class</i>          | <i>Average ready-to-cook weight (pounds)</i> | <i>Cookery method</i>    | <i>Per-person allowance, ready-to-cook weight (ounces)</i> |
|------------------------|-----------------------|--|--------------------------|--|
| Chicken                | Broiler-fryer         | 3–4½   | Fry, broil, grill, roast | ¼–½ bird   |
|                        | Roaster               | 5–8  | Roast                    | 12–16  |
|                        | Breast, boneless      |  | Grill, broil             | 5–6  |
| Turkey                 | Whole                 | 8–24   | Roast                    | 12–16  |
|                        | Roast, boned and tied | 12   | Roast                    | 5–6  |
|                        | Roll, ready to cook   | 3–6  | Roast                    | 5–6  |
|                        | Cutlet                |  | Grill, broil             |  |
|                        | Steaks                | ¼–½  | Grill, broil             |  |
|                        | Tenderloin            |  | Grill, broil             |  |
|                        | Wings                 |  | Roast, broil             |  |
|                        | Drumsticks            |  | Roast, broil             |  |
| Duck                   |                       | 3–7  | Roast                    | 12–16  |
| Goose                  |                       | 6–12   | Roast                    | 12–16  |

**Notes**

- For cooked yields for chicken and turkey, see p. 17.
- For additional information on amounts of poultry to purchase, see Table 1.1
- For roasting times see Table 10.2. For broiling and grilling times, see Broiling or Grilling, p. 435.



**FIGURE 10.2** Cutting up a whole chicken. Courtesy of the National Broiler Council, Washington, DC.

## Broiling or Grilling

Most cuts of chicken and some turkey products may be cooked by broiling or grilling. Choose from half and quarter chickens, bone-in parts, and boneless chicken or turkey cuts such as breasts, breast or thigh steaks, and tenderloins. The procedure for broiling poultry follows:

- Use poultry that has been marinated, or brush with melted fat. Season as appropriate.

- Place rack 6–8 inches from heat source, grease lightly. Place poultry on broiler, skin side down if skin is left on. Turn larger pieces often so they cook and brown evenly. Thin steaks and breasts should be turned only once. For chicken breasts or turkey breast steaks, cook 4–7 minutes per side; for cutlets, 2–3 minutes per side; and 8–12 minutes per side for turkey tenderloin. Cook until poultry reaches an internal temperature of 170°F for bone-in pieces or 165°F for boneless pieces.

Poultry browns very quickly and larger pieces may become too dark before they are cooked through. If the poultry is browning too quickly, it may be placed in an oven on sheet pans or racks to complete cooking.

## Deep-Fat Frying

Broiler-fryer pieces and many breaded patties, cutlets, and steaks may be cooked by submerging them in hot fat—deep-fat frying. Pressure frying (deep-fat frying in a covered fryer that allows steam to build up and cook the product under pressure) is also a common way to cook poultry.

Poultry products usually are breaded before deep-fat frying or are purchased with a batter or breaded coating. The recipe for coating chicken is on p. 39. Figure 10.3 shows the technique for breading. Guidelines for deep-fat frying raw broiler fryer pieces are as follows:

- Fry at 350°–375°F for regular deep-fat frying, 345°–350°F for pressure frying.
- Fill baskets so that hot fat can circulate around pieces. Do not overload.
- Use a good-quality fat with a high smoke point.
- 15–20 percent fresh fat should be added after each daily use. Old fat should be discarded.
- Cook until chicken reaches an internal temperature of 170°F for bone-in pieces or 165°F for boneless pieces.

Cooking time will vary because of size differences. Approximate frying times for raw chicken pieces are 15–20 minutes for regular deep-fat frying and 14–18 minutes for pressure frying. If cooked or partially cooked pieces are being used, refer to manufacturer's directions.

## Pan Frying

Pan-fried chicken pieces are usually coated with flour or breading before cooking. See recipe on p. 443 and Figure 10.3. Chicken may be purchased breaded and ready to pan fry. Follow these guidelines for pan frying raw chicken pieces:

- Heat  $\frac{1}{2}$  inch of fat to 350°F. Arrange breaded chicken in hot fat, skin side down. Brown on all sides.
- Reduce temperature to 325°F and cook slowly until tender, usually 40–60 minutes, or until internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces. Cooking time depends on size of pieces. Turn as necessary to assure even browning and doneness.

Sautéing thin slices of poultry in a small amount of fat is popular for many poultry dishes. Large pieces may require pan sautéing for browning, then finishing by another method, such as braising or baking.

## Oven Frying

Oven frying is a satisfactory method for producing fried chicken without large quantities of fat. When properly cooked, the finished product is tender, moist, and crispy. The following guidelines are for oven frying chicken:

- Dredge chicken pieces in seasoned flour, then roll in melted fat.
- Place on sheet pans and bake approximately 1 hour at 350°–375°F or until internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces.

This method of cooking chicken should result in a nicely browned product with no turning. See recipe on p. 444. Turkey drumsticks and drumettes may be oven fried using the same procedure. Cooking time will vary depending on the size.

## Braising

Braising—cooking meat slowly in a closely covered pan with a small amount of moisture—is often required for mature, less tender poultry. Guidelines for braising whole and cut-up poultry follow:

### Braising Whole Poultry

- Preheat oven to 450°F for young poultry, 325°F for more mature birds.
- Season and brush ready-to-cook poultry with fat.
- Place poultry in a heavy pan and cover tightly.
- Poultry is done when internal temperature reaches 180°F, 1–2 hours. Uncovering the poultry for the last 30 minutes of cooking will allow it to brown.

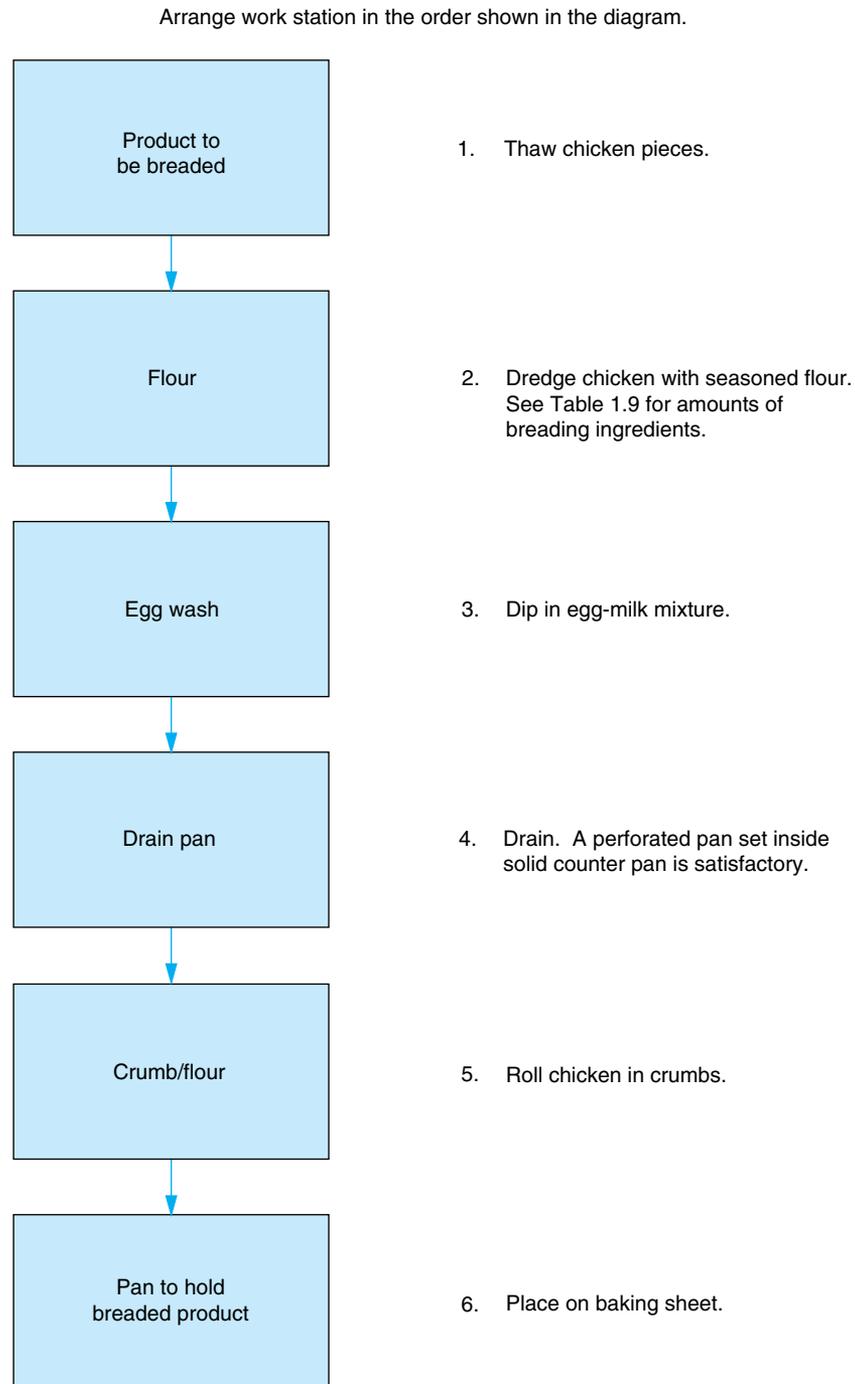
### Braising Cut-up Poultry

- Roll serving-size pieces of poultry in seasoned flour, then brown in fat in a heavy frypan. Drain off fat. Place chicken in a baking pan.
- Add a small amount of hot water. Cover tightly and cook in a 325°F oven. Add more water as necessary to prevent sticking.
- Remove cover during the final 30 minutes of cooking to brown. Total cooking time will be 1½–2½ hours, depending on size of the pieces and maturity of the bird. Poultry is done when internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces.

## En Papillote

Single servings of boneless chicken may be cooked in parchment paper. See p. 290 for cooking procedures.

**FIGURE 10.3** Breading techniques for poultry.



- Notes**
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps to prevent cross contamination.
  - Keep chicken refrigerated, removing small quantities as needed.
  - Breading ingredients in all steps should be kept below 41°F whenever possible and discarded after held above 41°F for 2 hours.

## Stewing or Simmering and Poaching

Stewing or simmering and poaching refers to cooking in a liquid. Stewing or simmering requires that the temperature be kept just below the boiling point, bubbling very gently. Poaching temperature is slightly lower and less liquid is used. This moist heat method of stewing and simmering is used for larger, older, and tougher birds that require longer cooking times to soften. Poaching is used to gently cook tender poultry and develop a delicate subtle flavor. Guidelines are as follows:

### Stewing or Simmering

- Barely cover poultry with seasoned boiling water.
- Simmer until tender, approximately 2½ hours.
- For cooking in a steamer, place whole or parts of birds in a solid steamer pan. Cook until tender. Internal temperature must reach 180°F for whole birds, 170°F for bone-in pieces, and 165°F for boneless pieces.

### Poaching

Poaching is a technique that uses either liquid or steam and liquid to cook the food items. In addition to chicken, poaching is used for tender cuts of meat, fish, eggs, fruits, and vegetables. Items can be partially covered with liquid or fully submerged. The temperature of the poaching liquid should be approximately 185°F.

Procedures for poaching in a small amount of liquid (usually single-serving portions) are as follows:

- Heat a small amount of butter in a shallow poaching pan. Add vegetables, spices, and herbs. Arrange the food to be poached in the pan.
- Pour cold poaching liquid into the pan. Liquid should cover the product ⅓ to ½ inch deep. Bring the liquid

to a simmer and cover with a lid or parchment paper. Finish cooking over direct heat or in an oven until done (for chicken: 170°F for bone-in pieces, 165°F for boneless pieces). Remove the chicken from the poaching liquid, cover, and keep warm.

- If desired, reduce the poaching liquid and use as a sauce.

Procedures for poaching in a large amount of liquid (usually for larger items) are as follows:

- Bring the liquid to a simmer and add the item being poached. The food should be fully submerged. Cook over direct heat without covering.
- The food item may be removed from the poaching liquid or cooled in the liquid. The liquid is generally not used as a sauce.

When stewed or simmered poultry meat is to be used in salads or creamed dishes, the following may be added to the cooking water for additional flavor: 1 carrot, 1 medium onion, 1 celery stalk, and 2 whole peppercorns for each bird.

Cooked poultry must be cooled immediately if prepared for use at a later time. Remove from broth and place on sheet pans. When poultry is cool enough to handle, remove meat from bones, place in shallow pans, and store in the refrigerator at 38°F or below. Broth should be cooled rapidly by stirring frequently during cooling.

## Roasting

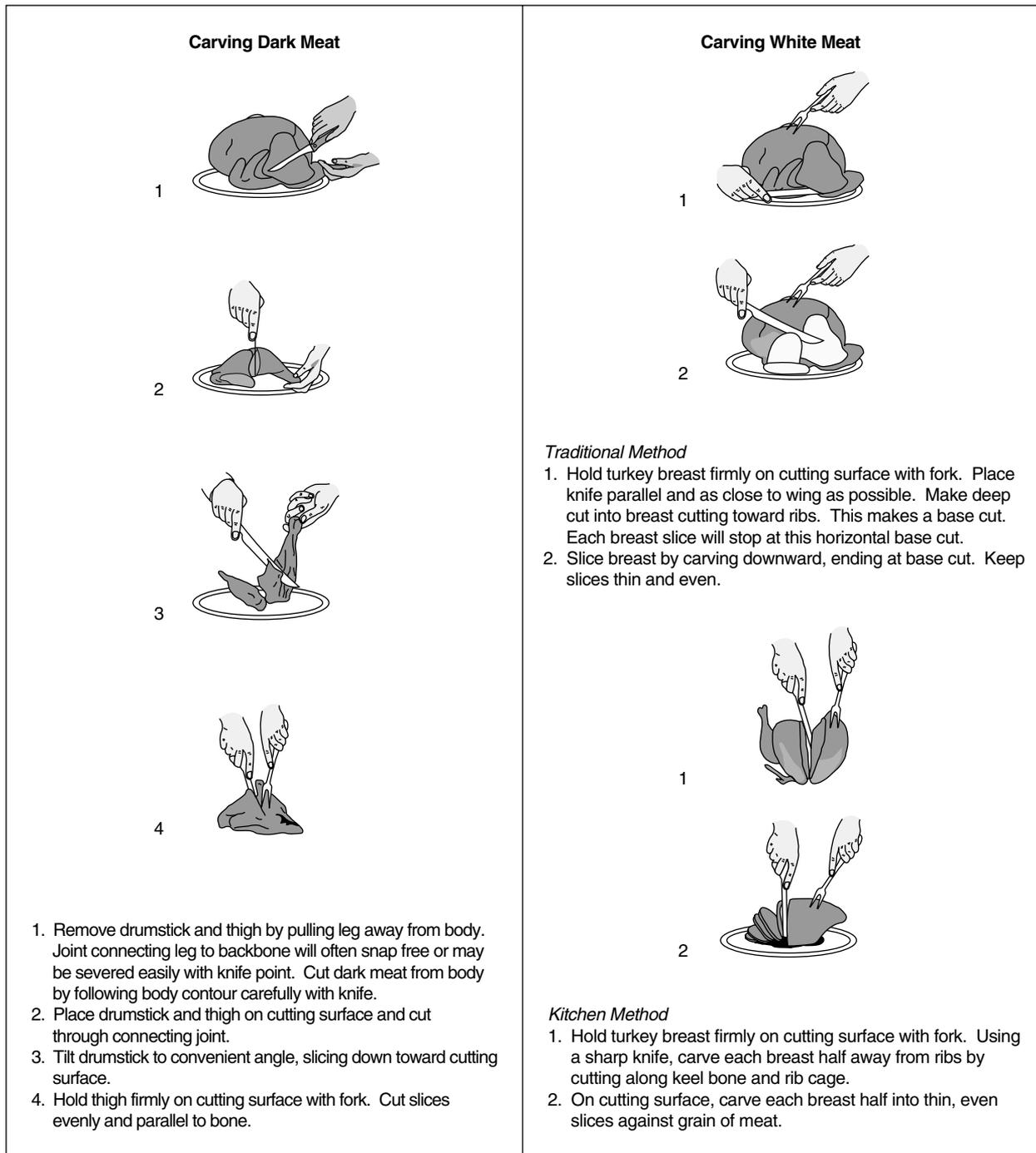
For large-quantity cookery, it is recommended that poultry be roasted unstuffed and that dressing be baked separately. If turkey is to be stuffed, mix the

**TABLE 10.2** Roasting guide for poultry (defrosted)

| <i>Kind of poultry</i>                          | <i>Ready-to-cook weight (pounds)</i> | <i>Approximate total roasting time at 325°F</i> | <i>Internal temperature of poultry when done (°F)</i> |
|---|--------------------------------------|---|---|
| Chicken, whole roasters                         | 2½–4                                 | 1–1½ hr   | 180   |
| Ducks   | 3–7                                  | 1–2 hr  | 180   |
| Geese   | 6–8                                  | 2½–3½ hr  | 180   |
|   | 8–12                                 | 3½–4½ hr  | 180   |
| Turkeys, whole, thawed                          | 8–12                                 | 2¾–3 hr   | 180   |
|   | 12–16                                | 3–3¾ hr   | 180   |
|   | 16–20                                | 3¾–4¼ hr  | 180   |
|   | 18–20                                | 4¼–4½ hr  | 180   |
|   | 20–24                                | 4½–5 hr   | 180   |
| Turkey, breast and breast portions              | 4–6                                  | 1½–2¼ hr  | 170   |
|   | 6–8                                  | 2¼–3¼ hr  | 170   |
| Turkey roast, boneless                          | 3–10                                 | 35–45 min per pound                             | 170   |
| Turkey tenderloin                               |                                      | 18–30 min at 400°F                              | 170   |
| Turkey wings, drumsticks, wing drumettes, thigh |                                      | 1–1¾ hr   | 180   |

### Note

- Thermometer is inserted in thigh muscle of whole turkeys and in center of turkey roasts. The thermometer should not touch bone.



**FIGURE 10.4** Carving a turkey. Courtesy of National Turkey Federation.

stuffing just before it is needed. Do not prepare the dressing or stuff the bird in advance. Follow this order of procedure in roasting poultry:

1. Prepare bird. Remove giblets and neck from body and neck cavities. Rinse bird well inside and out. Tuck wing tips under back of bird. Add  $\frac{1}{2}$  cup water to pan.
2. Season inside and outside of bird.
3. Brush with vegetable oil or soft fat (optional).
4. Place bird on rack in shallow baking pan, breast up. If bird will not be carved for show, bake breast side down. In the beginning, a tent of aluminum foil may be placed over the poultry, then removed for browning.
5. Baste with pan drippings or vegetable oil (optional).
6. Roast at  $325^{\circ}\text{F}$  to an internal temperature of  $180^{\circ}\text{F}$ . Insert thermometer in center of inside thigh muscle, being careful not to touch the bone with the stem (see Table 10.2 for roasting guide). If thermometer is not available, test doneness by moving drumstick. It moves easily at the thigh joint when done. Juices should be clear when meat is pierced in the deepest part with a long-tined fork.
7. Whole turkeys and larger roasts should be allowed to stand 20 minutes before carving. See Figure 10.4 for carving instructions.

The yield of cooked meat from poultry is influenced by the size of the bird, the amount of bone, the method of preparation and service, and the size of portions desired. Whole, ready-to-cook turkey will yield approximately 47 percent edible cooked

meat without skin, neck meat, or giblets; turkey roast or roll will yield about 66 percent. Large fryers will yield approximately 35–40 percent usable cooked meat.

## POULTRY RECIPES

### FRICASSEE OF CHICKEN

*Yield:* 50 portions      *Portion:* 3 oz cooked meat  
*Oven:* 325°F      *Bake:* 1½–2 hours

| Ingredient         | Amount                             | Procedure   |
|--------------------|------------------------------------|---|
| Chicken            | 35 lb AP<br>(13 2½–3 lb<br>fryers) | Cut chickens into pieces of desired serving size.<br>Mix flour and seasonings.<br>Dredge chicken with seasoned flour.   |
| Flour, all-purpose | 12 oz                              |   |
| Salt               | 2 Tbsp                             |   |
| Pepper, white      | 1 tsp                              |   |
| Shortening         | 1 lb                               | Brown chicken in hot shortening.<br>Remove to roasting pan and cover with boiling water.<br>Bake at 325°F, adding more water if necessary, until chicken is tender, 1½–2 hours. |
| Margarine          | 10 oz                              | When tender, remove chicken from stock.   |
| Flour, all-purpose | 6 oz                               | Make gravy, using liquid in which chicken was cooked  |
| Chicken broth      | 3½ qt                              | (see p. 564). Serve over chicken.   |

#### Approximate nutritive values per portion

Calories 618

| Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion         | %DV | Amount/portion   | %DV |
|-----------------------|-----|------------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 31 g | 48% | <b>Cholest.</b> 279 mg | 93% | <b>Total Carb.</b> 8 g | 3%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 9 g          | 45% | <b>Sodium</b> 1108 mg  | 46% | Fiber 0.4 g            | 2%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 75 g   |     |                        |     | Sugars 0 g             |     | <b>Calcium</b>   | 10% |
|                       |     |                        |     |                        |     | <b>Iron</b>      | 53% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

#### Variations

- **Chicken with Black Olives.** Brown floured chicken. Place in baking pans. Cover with chicken gravy. Bake 1–1½ hours. Prior to serving, sprinkle with sliced ripe olives and sautéed fresh mushrooms.
- **Chicken Tahitian.** Cut chickens into quarters. Melt 12 oz shortening in baking pans. Arrange chicken in pans in single layer. Brown in 425°F oven for 30 minutes. Brush chicken with mixture of 2 12-oz cans undiluted frozen orange juice, 1 lb melted margarine, 2 Tbsp ground ginger, and 2 Tbsp soy sauce. Bake at 325°F for 30–40 minutes, basting as needed until chicken is glazed. Serve with Steamed Rice (p. 399) and garnish with slivered almonds and avocado wedges.
- **White Fricassee of Chicken.** Do not brown chicken. Simmer until tender. Remove from liquid. Boil liquid until concentrated. Add milk or cream to make 1½ gal; thicken to make a Medium White Sauce (p. 560). Beat constantly with wire whip while pouring hot sauce gradually over 10 beaten egg yolks (for safety reasons, egg yolks must reach 165°F). Season to taste. Add chicken.

## GRILLED CHICKEN BREAST

Yield: 50      Portion: 6 oz

Grill: 350°F

| Ingredient  | Amount | Procedure  |
|---|--------|--|
| Chicken breasts, skinless, boneless, 6 oz<br>Seasonings (see Variations, or salt and pepper to taste) | 50     | Grill chicken breasts on well-oiled grill preheated to 350°F, for 3–5 minutes, or until internal temperature is 165°F. |

### Approximate nutritive values per portion

Calories 118

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 57 mg | 19% | <b>Total Carb.</b> 0 g | 0%  | <b>Vitamin A</b> | 0%  | <b>Calcium</b> | 1%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 53 mg   | 2%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 4%  |
| <b>Protein</b> 21 g  |     |                       |     | Sugars 0 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

### Variations

- **Blackened Chicken.** Rub chicken with Cajun Seasoning (p. 592) before grilling.
- **Chicken Breast Dijon.** In baker's bowl mix  $2\frac{2}{3}$  cups honey, 2 cups Dijon mustard,  $1\frac{1}{2}$  cups fresh or reconstituted frozen lemon juice,  $1\frac{1}{2}$  tsp dried tarragon leaves, and  $\frac{3}{4}$  cup Worcestershire sauce. Brush glaze over chicken breasts during last few minutes of grilling.
- **Chicken Breast with Grilled Tomato Sauce.** Sauté 2 Tbsp minced garlic in  $1\frac{1}{2}$  cups vegetable oil until fragrant but not browned. Add 5 lb 12 oz firm tomatoes, diced, and  $1\frac{1}{2}$  Tbsp granulated sugar. Sauté 2 minutes until heated. Add  $\frac{1}{3}$  cup red wine vinegar,  $1\frac{1}{2}$  Tbsp salt, 2 Tbsp cracked black pepper, and  $\frac{1}{2}$  cup snipped fresh parsley. Toss lightly. Ladle 2 oz sauce over cooked chicken breast.
- **Curried Chicken Breast.** In baker's bowl blend 1 qt vegetable oil,  $2\frac{2}{3}$  cups fresh or reconstituted frozen lemon juice, 6 oz curry powder, 3 oz minced garlic,  $\frac{1}{2}$  tsp cayenne, and  $\frac{1}{2}$  tsp ground cumin. Place chicken breasts in marinade and turn so all surfaces are covered. Cover and refrigerate for several hours or overnight. Drain. Grill as for Grilled Chicken Breast.
- **Herb-Marinated Chicken Breast.** In baker's bowl, mix  $2\frac{1}{2}$  cups red wine vinegar, 2 tsp dried rosemary leaves,  $\frac{1}{4}$  tsp ground thyme, 3 Tbsp minced garlic, 2 Tbsp salt, and 1 qt vegetable oil. Place chicken breasts in marinade and turn so all surfaces are covered. Cover and refrigerate for several hours or overnight. Drain. Grill as for Grilled Chicken Breast.
- **Sesame Mustard Chicken.** Prepare sauce by combining in steam-jacketed kettle or saucepan  $1\frac{1}{2}$  qt water,  $2\frac{3}{4}$  cups cider vinegar,  $\frac{1}{4}$  cup cooking sherry, 1 lb 4 oz granulated sugar,  $\frac{3}{4}$  cup soy sauce, 2 oz dry mustard, 1 tsp turmeric, 1 oz toasted sesame seeds, 2 oz cornstarch, and 5 tsp sesame oil. Heat to boiling, stirring constantly, until thickened. Ladle 2 oz sauce over cooked chicken breast.
- **Tarragon Chicken.** Follow recipe for Lime Tarragon Turkey Steaks, p. 459. Substitute chicken breasts for turkey. Grill as for Grilled Chicken Breast.

**CHEESE-STUFFED CHICKEN BREAST**

*Yield:* 50 portions      *Portion:* 5–7 oz  
*Oven:* 375°F      *Bake:* 15 minutes, 30 minutes

| <i>Ingredient</i>                              | <i>Amount</i>  | <i>Procedure</i>  |
|--|----------------|---|
| Chicken breasts, boneless and skinless, 4–6 oz | 50             | Flatten chicken breasts and sprinkle with salt and pepper. (Keep chicken refrigerated, removing small quantities as needed for production.) |
| Salt   | 2 Tbsp         |   |
| Pepper, black                                  | 2 Tbsp         |   |
| Butter or margarine, softened                  | 1 lb 8 oz      | Mix together butter and seasonings. Spread each chicken breast with 1 tsp seasoned butter (save remaining seasoned butter for later step).  |
| Oregano, dried, crumbled                       | 2½ tsp         |   |
| Marjoram, dried, crumbled                      | 1 Tbsp         |   |
| Parsley, fresh, chopped                        | ½ oz           |   |
| Swiss cheese                                   | 1 lb 8 oz      | Cut cheese into ½-oz strips and roll inside each piece of chicken.  |
| Flour, all-purpose                             | 1 lb           | Roll each chicken breast in flour; then egg, then crumbs.   |
| Eggs, beaten                                   | 12 (1 lb 4 oz) | Place in 12 × 20 × 2-inch pans.   |
| Bread crumbs, dry                              | 2 lb           | Bake at 375°F for 15 minutes until internal temperature reaches 165°F.  |
| Dry white wine                                 | 3 cups         | Heat wine with butter reserved from earlier step. Pour over chicken and bake 30 minutes. Baste occasionally.                                |

*Approximate nutritive values per portion***Calories 403**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 22 g | <b>35%</b> | <b>Cholest.</b> 146 mg | <b>49%</b> | <b>Total Carb.</b> 16 g | <b>5%</b>  | <b>Vitamin A</b> | <b>17%</b> |
| Sat. Fat 11 g         | <b>57%</b> | <b>Sodium</b> 571 mg   | <b>24%</b> | Fiber 1 g               | <b>3%</b>  | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 31 g   |            |                        |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>17%</b> |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Monterey Jack cheese may be substituted for Swiss.

**Variation**

- **Cheese-Stuffed Chicken with Tomato Basil Sauce.** Sauté 8 oz chopped onion and 3 Tbsp minced garlic in ½ cup olive oil. Add 2 cups white wine and cook to reduce, approximately 5 minutes. Add 8 lb (EP) fresh tomatoes that have been peeled, seeded, and diced, along with 4 oz chopped fresh green onion, 1½ oz chopped fresh basil, and ½ tsp salt. Stir gently and briefly, 2–3 minutes. A mixture of chopped fresh herbs may be used. Choose from basil, marjoram, tarragon, thyme and fennel. Serve 3 oz sauce over cooked chicken breast. Chicken and sauce may be served with pasta, rice, or couscous. A good-quality marinara sauce can be substituted for the Tomato Basil Sauce.

## PAN-FRIED CHICKEN

Yield: 50 portions

Portion: 8–12 oz AP

| Ingredient                      | Amount | Procedure   |
|---------------------------------|--------|---|
| Chicken fryers,<br>2–3 lb       | 13     | Cut chickens into pieces of desired serving size.<br>(Keep chicken refrigerated, removing small quantities as needed for preparation.)  |
| Flour, all-purpose              | 1 lb   | Mix flour and seasonings.   |
| Salt                            | 2 Tbsp | Dredge chicken pieces with seasoned flour.  |
| Paprika or poultry<br>seasoning | 1 Tbsp |   |
| Pepper, black                   | 1 tsp  |   |
| Shortening                      | 1 lb   | Brown chicken in hot shortening, ½ inch deep in pan.<br>Reduce heat and cook slowly until tender, 45–60 minutes or until internal temperature reaches 170°F.<br>Turn for even browning. |

### Approximate nutritive values per portion

Calories 644

| Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 36 g | 55% | <b>Cholest.</b> 192 mg | 64% | <b>Total Carb.</b> 13 g | 4%  | <b>Vitamin A</b> | 5%  | <b>Calcium</b> | 3%  |
| Sat. Fat 10 g         | 48% | <b>Sodium</b> 432 mg   | 18% | Fiber 0.3 g             | 1%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 18% |
| <b>Protein</b> 64 g   |     |                        |     | Sugars 0 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Chicken portions (quarters, thighs, or breasts) may be used.
- Chicken may be browned in a skillet, then placed in counter pans or baking pan, skin side up, and finished in the oven at 325°F for 20–30 minutes.

### Variations

- **Chicken Cacciatore.** Brown chicken as above. Arrange into two 12 × 20 × 4-inch counter pans. Sauté 1 lb 8 oz coarsely diced onions and 2 cloves garlic, minced, in 5 oz margarine. Add 1 lb 8 oz green peppers cut into strips, 2 lb sliced mushrooms, 1 No. 10 can diced tomatoes with juice, ½ tsp oregano, ½ tsp thyme, and 1 qt Chicken Stock (p. 598). Thicken with 4 oz flour mixed with 2 cups cold water. Pour over chicken, 3½ qt per pan. Cover with aluminum foil. Bake at 325°F for 1 hour.
- **Chicken Cantonese.** Flour chicken and brown as above. Place in 12 × 20 × 2-inch counter pans. Cover with aluminum foil. Bake at 350°F for approximately 1 hour. Before serving, cover with sauce made of 3 qt pineapple juice, 3 qt orange juice, 12 oz flour, 3 lb pineapple cubes, 12 oranges peeled and diced, 1 lb 4 oz almonds slivered and browned, 2 tsp nutmeg, and 2 tsp salt. Combine juice and flour; cook until thickened. Add seasonings, fruit, and almonds. Pour over chicken. Bake uncovered about 10 minutes. Serve with cooked rice.
- **Deep-Fat Fried Chicken.** Use 1¾ to 2-lb broiler-fryers, cut in serving pieces, or chicken quarters. Dredge in seasoned flour as for Pan-fried Chicken; or dredge in flour, dip in egg and milk mixture (3 eggs to 1 cup milk), and roll in crumbs (12 oz); or dip in batter (p. 39). Fry in deep fat at 325°F for 12–15 minutes or until golden brown and cooked through. For larger fryers, brown in deep fat, drain, then place in baking pans and finish in the oven at 325°F for 20–30 minutes.
- **Southern Fried Chicken.** Dip chicken pieces in buttermilk then dredge in flour seasoned with salt and pepper. Refrigerate chicken for 30 minutes. Dredge chicken in flour again and pan-fry according to directions for Pan-Fried Chicken.

## OVEN-FRIED CHICKEN

*Yield:* 50 portions      *Portion:* 1 chicken quarter or 2 pieces  
*Oven:* 350°F      *Bake:* 1 hour

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Chicken quarters <i>or</i><br>chicken breasts<br>and thighs | 50<br>100     | Mix flour and seasonings.<br>Dredge chicken with seasoned flour.<br>Place in single layer on greased or parchment-lined baking sheets.           |
| Flour, all-purpose  | 1 lb          |  |
| Nonfat dry milk   | 8 oz          |  |
| Salt  | 2 Tbsp        |  |
| Paprika   | 1 Tbsp        |  |
| Pepper, black   | 1 tsp         |  |
| Margarine, melted   | 1 lb          | Brush chicken with melted margarine.<br>Bake at 350°F for 1 hour or until chicken is browned and tender, and internal temperature reaches 170°F. |

### *Approximate nutritive values per portion*

*Calories 500*

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 23 g | <b>35%</b> | <b>Cholest.</b> 167 mg | <b>56%</b> | <b>Total Carb.</b> 9 g | <b>3%</b>  | <b>Vitamin A</b> | <b>11%</b> |
| Sat. Fat 6 g          | <b>29%</b> | <b>Sodium</b> 504 mg   | <b>21%</b> | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 61 g   |            |                        |            | Sugars 2 g             |            | <b>Calcium</b>   | <b>8%</b>  |
|                       |            |                        |            |                        |            | <b>Iron</b>      | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Chicken may be breaded. See Table 1.9 for coating and Figure 10.3 for procedures.

### Variations

- **Barbecued Chicken.** Brown chicken at 425°F for 20–30 minutes. Reduce heat to 325°F. Pour 1½ gal Cooked Barbecue Sauce (p. 567) over chicken. Bake 40–45 minutes.
- **Chicken Parmesan.** Combine 1 lb flour, 1 oz salt, ½ tsp pepper, and ¾ cup Parmesan cheese. Dredge chicken pieces in flour mixture, then dip in mixture of 12 (1 lb 5 oz) eggs and 1 qt milk, then back into flour mixture. Arrange chicken on greased or parchment-paper-lined baking sheets. Drizzle lemon butter (8 oz melted butter or margarine and ¼ cup lemon or lime juice) over chicken. Bake at 325°F for 1 hour. Use drippings from baking sheets for gravy.
- **Chicken Teriyaki.** Marinate chicken overnight in a marinade of 3 cups soy sauce, 10 oz brown sugar, 1½ Tbsp garlic powder, and 1½ Tbsp ground ginger. Arrange chicken pieces in single layer on greased or parchment-paper-lined baking sheets. Bake at 350°F for 30 minutes. Remove from oven. Brush chicken with remaining marinade and bake until tender, about 30 minutes. 1 cup orange juice or pineapple juice may be added to the marinade.
- **Herb Baked Chicken.** Combine 1 lb 8 oz dry bread crumbs, 8 oz flour, 1½ oz salt, 1 Tbsp paprika, 1½ tsp onion salt, 1 tsp garlic salt, 1 Tbsp rosemary, and ¾ cup vegetable oil. Dredge chicken with crumb mixture. Place on parchment-paper-lined 18 × 26 × 1-inch baking sheets. Bake at 350°F for 1 hour.
- **Italian Baked Chicken.** Melt 3 lb butter. Dip chicken in melted margarine, then roll in coating mixture of 3 lb dry bread crumbs, 1 cup chopped parsley, 2 Tbsp paprika, 1 Tbsp salt, 3 Tbsp garlic salt, 2 Tbsp crumbled dried oregano, 1½ tsp crumbled dried basil, 1 tsp black pepper, and 12 oz grated Parmesan cheese. Place in shallow baking pans with skin side up. Bake at 350°F for 1 hour.

## ORANGE GLAZED CORNISH GAME HENS

*Yield:* 50      *Portion:* 16 oz (1 hen)  
*Oven:* 325°F      *Bake:* 1½–1¾ hours

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------------|---------------|---|
| Cornish game hens               | 50 hens       | Wash hens inside and out. Remove packaged giblets. Place 4 × 4 in 18 × 26 × 2-inch pans.  |
| Butter or margarine, melted     | 1 lb 8 oz     | Brush hens with melted butter. Bake at 325°F for 1½–1¾ hours or until internal temperature reaches 180°F; follow glazing instructions that follow.                  |
| Orange juice, frozen, undiluted | 2 cups        | Blend together juice concentrate, syrup, and marmalade. Brush over poultry 30 minutes before end of roasting time and again 15 minutes before end of roasting time. |
| Corn syrup, light               | 2¼ cups       |   |
| Orange marmalade                | 12 oz         |   |

### *Approximate nutritive values per portion*

**Calories 559**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 26 g | <b>40%</b> | <b>Cholest.</b> 211 mg | <b>70%</b> | <b>Total Carb.</b> 19 g | <b>6%</b>  | <b>Vitamin A</b> | <b>13%</b> |
| Sat. Fat 11 g         | <b>55%</b> | <b>Sodium</b> 298 mg   | <b>12%</b> | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>21%</b> |
| <b>Protein</b> 59 g   |            |                        |            | Sugars 13 g             |            | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>17%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Other glazes may be substituted for orange glaze. See p. 353 for apricot, brown sugar, and honey glazes.

**CHICKEN AND BROCCOLI STIR-FRY**

Yield: 50 portions

Portion: 4 oz chicken and broccoli + 4 oz rice

| Ingredient                       | Amount         | Procedure  |
|----------------------------------|----------------|--|
| Water (cold)                     | 4½ qt          | Prepare sauce by blending together the liquids, spices, and cornstarch. Stir with a wire whip until well blended. Cook over medium heat until thick and translucent. Stir often during cooking. Keep hot (above 165°F). Save for later step.   |
| Soy sauce                        | 2⅔ cup         |  |
| Chicken base                     | 1½ oz          |  |
| Ginger, ground                   | 1 Tbsp         |  |
| Garlic, minced fresh             | 2 oz           |  |
| Red pepper, crushed              | ¼ tsp          |  |
| Sesame seed oil                  | 4 oz           |  |
| Cornstarch                       | 7 oz           |  |
| Vegetable oil                    | ½ cup          | Sauté ginger and garlic in hot oil for 2–3 minutes, until softened. Add chicken and cook until done, 165°F, stirring often during cooking.   |
| Ginger, fresh, thinly sliced     | 1 tsp          |  |
| Garlic, minced                   | 1 tsp          |  |
| Chicken, raw, cut in strips      | 6 lb           |  |
| Water chestnuts, sliced, drained | 2 lb (EP)      | Add water chestnuts and mushrooms to the cooked chicken. Stir-fry until mushrooms are softened. Add Chinese cabbage, broccoli, and onions. Stir-fry for an additional 2–3 minutes, until vegetables are barely tender. Pour hot sauce reserved from earlier step over chicken-vegetable mixture. |
| Mushrooms, sliced fresh          | 1 lb (EP)      |  |
| Chinese cabbage, 1-inch slices   | 2 lb (EP)      |  |
| Broccoli florets                 | 1 lb 8 oz (EP) |  |
| Green onions, 1-inch slices      | 6 oz (EP)      |  |
| Rice, converted                  | 3 lb 8 oz      | Cook rice according to directions on p. 399. Serve 4 oz chicken-vegetable mixture over 4 oz rice.  |
| Water, boiling                   | 4¼ qt          |  |
| Salt                             | 2 Tbsp         |  |
| Vegetable oil                    | 2 Tbsp         |  |

*Approximate nutritive values per portion*

Calories 275

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 7 g | 11% | <b>Cholest.</b> 38 mg | 13% | <b>Total Carb.</b> 35 g | 12% | <b>Vitamin A</b> | 5%  |
| Sat. Fat 1 g         | 6%  | <b>Sodium</b> 1300 mg | 56% | Fiber 2 g               | 9%  | <b>Vitamin C</b> | 31% |
| <b>Protein</b> 16 g  |     |                       |     | Sugars 2 g              |     | <b>Calcium</b>   | 6%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 10% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

**Variations**

- **Beef and Broccoli Stir-Fry.** Substitute beef strips for chicken, and beef base for chicken base. Reduce water chestnuts to 1 lb 8 oz and Chinese cabbage to 1 lb 6 oz. Increase broccoli to 3 lb and mushrooms to 1 lb.
- **Chicken and Vegetable Stir-Fry.** Follow recipe for Chicken and Broccoli Stir-Fry. Use a total of 7 lb assorted vegetables. Select from broccoli florets, carrots, Chinese cabbage, mushrooms, water chestnuts, onions (green or mature), snow peas, or sugar snap peas.

- **Pork Stir-Fry.** Substitute pork loin strips for chicken.
- **Tofu Stir-Fry.** Delete chicken. Just before serving, gently stir in 3 lb diced (1/4-inch) tofu. Substitute vegetable base for chicken base if desired.
- **Vegetable Stir-Fry.** Delete chicken. Increase vegetables to 12 lb. Select from bell peppers (any color), broccoli florets, carrots, cauliflower florets, Chinese cabbage, mushrooms, water chestnuts, onions (green or mature), snow peas, sugar snap peas, summer squash, or zucchini.

## CHICKEN AND SNOW PEAS OVER RICE

*Yield:* 50 portions

*Portion:* 4 oz sauce + 4 oz rice

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------------|---------------|---|
| Sugar, granulated                 | 2 Tbsp        | Combine in steam-jacketed kettle or saucepan.   |
| Cornstarch                        | 8 oz          |   |
| Pepper, black                     | 1 1/4 tsp     |   |
| Ginger, ground                    | 1 1/4 tsp     |   |
| Garlic powder                     | 1/4 tsp       |   |
| Water                             | 1 1/4 gal     | Stir in water, soy sauce, and chicken base.   |
| Soy sauce                         | 3/4 cup       | Cook until clear and thickened.   |
| Chicken base                      | 4 oz          | Turn off heat. Cover and keep warm.   |
| Chicken strips or cubes, uncooked | 12 lb 8 oz    | Stir-fry chicken in hot oil until lightly browned and cooked through, internal temperature 165°F. Drain off any liquid. |
| Green onions, sliced              | 6 oz          | Add chicken and vegetables to reserved sauce.   |
| Mushrooms, canned, drained        | 1 lb 10 oz    | Cook for about 1 minute until snow peas are hot.  |
| Snow peas, frozen                 | 2 lb 12 oz    |   |
| Rice, converted                   | 3 lb 8 oz     | Cook rice according to directions on p. 399.  |
| Water                             | 4 1/4 qt      | Serve 4 oz sauce over 4 oz cooked rice.   |
| Salt                              | 2 Tbsp        |   |
| Margarine                         | 2 Tbsp        |   |

### *Approximate nutritive values per portion*

**Calories 311**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 7 g  | <b>10%</b> | <b>Cholest.</b> 55 mg | <b>18%</b> | <b>Total Carb.</b> 37 g | <b>12%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 1047 mg | <b>44%</b> | Fiber 1 g               | <b>4%</b>  | <b>Vitamin C</b> | <b>5%</b>  |
| <b>Protein</b> 24 g   |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>13%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

## SZECHWAN CHICKEN WITH CASHEWS

Yield: 50 portions

Portion: 6 oz chicken + 4 oz rice

| Ingredient                                  | Amount         | Procedure  |
|---|----------------|--|
| Vegetable oil                               | 1 cup          | Heat oil in steam-jacketed kettle. Add ginger and garlic and cook until translucent. Remove garlic and discard.                                  |
| Ginger root, sliced                         | 3 oz (EP)      |  |
| Garlic, minced                              | 3 oz (EP)      |  |
| Chicken strips, raw (unbreaded)             | 6 lb           | Add chicken to hot oil. Stir fry to 165°F.   |
| Green onions, 1-inch lengths                | 1 lb 8 oz (EP) | Add onion and pepper to chicken. Stir-fry 1–2 minutes.   |
| Green peppers, 1-inch dice                  | 3 lb 8 oz (EP) |  |
| Mushrooms, drained (reserve juice) (canned) | 3 lb 8 oz (EP) | Drain mushrooms and water chestnuts. Reserve mushroom liquid.  |
| Water chestnuts, sliced, drained (canned)   | 12 oz (EP)     | Add mushrooms and water chestnuts to chicken-vegetable mixture. Stir-fry until hot, 1–2 minutes. Reserve for later step (keep hot, above 140°F). |
| Mushroom liquid plus water                  | 2 qt           | Combine liquids, chicken bases, cornstarch, and pepper. Mix until smooth.  |
| Chicken base                                | 1 oz           | Cook sauce until thickened and clear.  |
| Soy sauce                                   | ¼ cup          |  |
| Cornstarch                                  | 6 oz           |  |
| Pepper, cayenne                             | 1 tsp          |  |
| Cashew                                      | 1 lb           |  |
| Pimento, chopped                            | 2 oz           | Stir chicken mixture (reserved from earlier step), cashews, and pimento into sauce.  |
| Rice, converted                             | 3 lb 8 oz      | Cook rice according to directions on p. 399. Serve 6 oz chicken over 4 oz rice.  |
| Water, boiling                              | 4¼ qt          |  |
| Salt  | 2 Tbsp         |  |
| Margarine or vegetable oil                  | 2 Tbsp         |  |

### Approximate nutritive values per portion

Calories 320

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 11 g | 17% | <b>Cholest.</b> 38 mg | 13% | <b>Total Carb.</b> 39 g | 13% | <b>Vitamin A</b> | 4%  |
| Sat. Fat 2 g          | 10% | <b>Sodium</b> 632 mg  | 26% | Fiber 3 g               | 12% | <b>Vitamin C</b> | 56% |
| <b>Protein</b> 17 g   |     |                       |     | Sugars 3 g              |     | <b>Calcium</b>   | 5%  |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 12% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

## CHICKEN CREPES

Yield: 50 portions      Portion: 2 crepes  
Oven: 325°F      Bake: 10 minutes

| Ingredient                       | Amount         | Procedure  |
|----------------------------------|----------------|--|
| Margarine                        | 1 lb 8 oz      | Melt margarine in steam-jacketed or other large kettle.  |
| Flour, all-purpose               | 12 oz          | Add flour and salt. Blend and cook for 5 minutes.  |
| Salt                             | 1 oz (1½ Tbsp) |  |
| Chicken Stock<br>(p.598) or milk | 1½ gal         | Gradually add stock stirring constantly with wire whip.<br>Cook until thickened.   |
| Cooked chicken,<br>diced         | 10 lb          | Combine chicken, mushrooms, and seasonings.  |
| Mushrooms,<br>chopped            | 2 8-oz cans    | Add enough sauce to hold chicken together (1–2 qt).<br>Reserve remaining sauce to ladle over crepes.   |
| Worcestershire sauce             | 2 Tbsp         |  |
| Curry powder                     | 2 Tbsp         |  |
| Salt                             | To taste       |  |
| Crepes (p. 131)                  | 1 recipe       | Make batter. Fry on lightly greased griddle, using No. 20 dipper (1¾ oz) of batter.<br>Brown lightly on one side.<br>Turn and cook to set batter.<br>Place Crepes on trays, with waxed paper between layers. Hold for next step. |

Portion No. 20 dipper of chicken mixture onto each crepe; roll and place on baking sheets.  
Heat in 325°F oven for 10 minutes, or until internal temperature reaches 165°F.  
Serve with remaining sauce, ladled on top.

### Approximate nutritive values per portion

Calories 411

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|------------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 21 g | <b>32%</b> | <b>Cholest.</b> 155 mg | <b>52%</b> | <b>Total Carb.</b> 27 g | <b>9%</b> | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 5 g          | 27%        | <b>Sodium</b> 1055 mg  | 44%        | Fiber 1 g               | 4%        | <b>Vitamin C</b> | 2%         |
| <b>Protein</b> 37 g   |            |                        |            | Sugars 3 g              |           | <b>Calcium</b>   | <b>10%</b> |
|                       |            |                        |            |                         |           | <b>Iron</b>      | <b>15%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 lb sautéed mushrooms may be added to sauce that is ladled over crepes.

### Variations

- **Fruit Cheese Crepes.** Fill Crepes (recipe on p. 131) with 1½ Tbsp of the following mixture: 2 lb cream cheese, whipped and combined with 2 cups sour cream. Serve with frozen strawberries or raspberries, thickened slightly, or with prepared fruit pie filling, heated.
- **Spinach Crepes.** Omit chicken and sauce. Fill crepes with cooked Spinach Soufflé (p. 671). Serve with Cheese Sauce (p. 561) or Swiss Cheese and Mushroom Sauce (p. 562).

**CHICKEN À LA KING**Yield: 50 portions      Portion: 6 oz ( $\frac{3}{4}$  cup)

| Ingredient                    | Amount         | Procedure  |
|-------------------------------|----------------|--|
| Cooked chicken                | 6 lb           | Dice chicken.  |
| Margarine                     | 1 lb 12 oz     | Melt margarine in steam-jacketed or other large kettle. Add onions and sauté until tender. |
| Onions, minced                | 4 oz           |  |
| Flour, all-purpose            | 1 lb 4 oz      | Add flour and seasonings to onions. Stir and cook for 5 minutes.                           |
| Salt                          | 1 oz (1½ Tbsp) |  |
| Pepper, white                 | 1 tsp          |  |
| Chicken Stock<br>(p. 598)     | 3 qt           | Add stock and milk, stirring constantly with wire whip. Cook until thickened.              |
| Milk                          | 2¼ qt          |  |
| Green pepper,<br>chopped      | 4 oz           | Add to sauce.  |
| Pimento, shredded             | 4 oz           |  |
| Mushrooms, sliced,<br>sautéed | 1 lb           |  |

Fold chicken gently into sauce.  
Check seasoning.  
Heat to 170°F.  
Serve over biscuits, toast points, or rice.

*Approximate nutritive values per portion*

Calories 289

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 21 g | <b>32%</b> | <b>Cholest.</b> 43 mg | <b>14%</b> | <b>Total Carb.</b> 16 g | <b>5%</b> | <b>Vitamin A</b> | <b>33%</b> |
| Sat. Fat 6 g          | <b>28%</b> | <b>Sodium</b> 586 mg  | <b>24%</b> | Fiber 1 g               | <b>4%</b> | <b>Vitamin C</b> | <b>86%</b> |
| <b>Protein</b> 9 g    |            |                       |            | Sugars 2 g              |           | <b>Calcium</b>   | <b>9%</b>  |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>44%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

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- 18–20 lb chicken (AP) will yield approximately 6 lb cooked meat.
- ½ oz ( $\frac{1}{4}$  cup) dehydrated onions, rehydrated in  $\frac{1}{2}$  cup water, may be substituted for fresh onions.

**Variations**

- **Creamed Chicken.** Delete green pepper, pimento, and mushrooms.
- **Tuna à la King.** Substitute tuna for chicken. Stir carefully to avoid breaking up tuna pieces.
- **Turkey à la King.** Substitute turkey for chicken.

## HOT CHICKEN SALAD

*Yield:* 56 portions or 2 pans 12 × 20 × 2 inches or 50 individual casseroles *Portion:* 5 oz

*Oven:* 350°F *Bake:* 25–30 minutes

| <i>Ingredient</i>                     | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------------------|---------------|---|
| Cooked chicken                        | 6 lb          | Dice chicken.   |
| Celery, diced                         | 4 lb          | Combine and add to chicken. Mix lightly.<br>Scale mixture into two 12 × 20 × 2-inch counter pans, 7 lb per pan.<br>If using individual casseroles, portion with No. 8 dipper. |
| Onion, chopped                        | 3 oz          |   |
| Almonds, browned and chopped coarsely | 1 lb          |   |
| Lemon juice                           | ½ cup         |   |
| Lemon peel, grated                    | 3 Tbsp        |   |
| Pepper, white                         | 1 tsp         |   |
| Salt                                  | 1 Tbsp        |   |
| Mayonnaise                            | 1½ qt         |   |
| Cheddar cheese, shredded              | 3 lb          | Sprinkle cheese over top of salad mixture.  |
| Potato chips, crushed                 | 12 oz         | Distribute potato chips uniformly over cheese.<br>Bake at 350°F for 25–30 minutes, or until bubbly.<br>Cut 4 × 7 or serve with No. 8 dipper.                                  |

### *Approximate nutritive values per portion*

**Calories 440**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 37 g | <b>56%</b> | <b>Cholest.</b> 80 mg | <b>27%</b> | <b>Total Carb.</b> 7 g | <b>2%</b>  | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 10 g         | <b>49%</b> | <b>Sodium</b> 491 mg  | <b>20%</b> | Fiber 1 g              | <b>5%</b>  | <b>Vitamin C</b> | <b>9%</b>  |
| <b>Protein</b> 22 g   |            |                       |            | Sugars 1 g             |            | <b>Calcium</b>   | <b>22%</b> |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 18–20 lb chicken (AP) will yield approximately 6 lb cooked meat.
- Swiss cheese may be substituted for cheddar cheese.
- 2 lb of the cheese may be added to the chicken mixture and 1 lb sprinkled on top.
- Salad should be served as soon as possible after preparation.

### Variation

- **Hot Turkey Salad.** Substitute turkey for chicken. A 16- to 18-lb turkey (AP) will yield approximately 6 lb cooked meat.

## SCALLOPED CHICKEN

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches  
*Oven:* 350°F

*Portion:* 8 oz

*Bake:* 30–40 minutes

| <i>Ingredient</i>                  | <i>Amount</i>  | <i>Procedure</i>   |
|------------------------------------|----------------|--|
| Cooked chicken                     | 6 lb           | Cut chicken into ½-inch pieces. Save for layering step.  |
| Margarine                          | 1 lb           | Melt margarine in steam-jacketed or other kettle. Stir in flour and chicken base.<br>Cook 5 minutes.   |
| Flour, all-purpose                 | 8 oz           |  |
| Chicken base                       | 3 oz           |  |
| Water                              | 1 gal          | Add water to roux, while stirring with wire whip. Cook until thickened.  |
| Eggs, beaten                       | 12 (1 lb 5 oz) | When sauce is thick, add small amount of hot mixture to eggs, then stir into remainder of sauce. Save for layering step.   |
| Dry bread, cubed                   | 2 lb 6 oz      | Add seasonings to bread. Mix to distribute seasonings.   |
| Salt                               | 1 tsp          |  |
| Pepper, black                      | 2 tsp          |  |
| Sage, ground, or poultry seasoning | 1½ tsp         |  |
| Margarine                          | 10 oz          | Sauté celery and onion in melted margarine. Stir in chicken base.  |
| Celery, chopped                    | 8 oz           |  |
| Onion, chopped                     | 8 oz           | Add to bread.  |
| Chicken base                       | 2 oz           |  |
| Water                              | 2½ qt          | Add water to bread. Toss lightly. Do not overmix.  |
|                                    |                | Place dressing, sauce, and chicken in two greased 12 × 20 × 2-inch counter pans, layered in each pan as follows:<br>a. 4 lb 8 oz dressing      c. 3 lb chicken<br>b. 1¼ qt sauce              d. 1¼ qt sauce |
| Cracker crumbs, coarse             | 6 oz           | Mix crumbs and margarine and sprinkle on mixture, 4 oz per pan.  |
| Margarine, melted                  | 3 oz           | Bake at 350°F for 30–40 minutes, internal temperature 180°F. Cut 4 × 6.  |

### *Approximate nutritive values per portion*

**Calories 334**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 20 g | <b>31%</b> | <b>Cholest.</b> 99 mg | <b>33%</b> | <b>Total Carb.</b> 18 g | <b>6%</b>  | <b>Vitamin A</b>      | <b>8%</b>  |
| Sat. Fat 4 g          | <b>21%</b> | <b>Sodium</b> 1005 mg | <b>42%</b> | Fiber 3 g               | <b>11%</b> | <b>Vitamin C</b>      | <b>1%</b>  |
| <b>Protein</b> 21 g   |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Scalloped Turkey or Chicken may be made by preparing one recipe of Bread Dressing (p. 461) and scaling it in the following manner in each of two 12 × 20 × 2-inch pans. Scale 4 lb dressing into pans and spread evenly. Arrange 3 lb cooked turkey or chicken over dressing. Scale 4 lb dressing over turkey, spreading evenly. Bake at 325°F for 1 hour 15 minutes. Serve with chicken Gravy (p. 564).
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

### Variation

- **Scalloped Turkey.** Substitute turkey for chicken.

**BRUNSWICK STEW**

Yield: 50 portions or 3 gal

Portion: 8 oz (1 cup)

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------|---------------|---|
| Cubed fresh pork          | 2 lb AP       | Brown pork. Drain off fat.  |
| Cooked chicken            | 7 lb 8 oz     | Cube chicken.   |
| Celery, diced             | 1 lb 8 oz     | Cook vegetables until partially done.   |
| Carrots, diced            | 2 lb 4 oz     |   |
| Potatoes, diced           | 2 lb          |   |
| Onions, finely chopped    | 10 oz         |   |
| Margarine                 | 8 oz          | Melt margarine in steam-jacketed or other large kettle.   |
| Flour, all-purpose        | 8 oz          | Add flour and stir until smooth.  |
| Chicken Stock<br>(p. 598) | 1 gal         | Add stock gradually, stirring constantly with wire whip.  |
| Salt                      | 1 Tbsp        | Add chicken, pork, and vegetables. Simmer until vegetables are tender. Do not overcook.                     |
| Pepper, white             | 1½ tsp        |   |
| Green peas, frozen        | 1 lb          | Add peas. Cook an additional 5 minutes. Stew should be fairly thick.<br>Serve in soup bowls or deep plates. |

*Approximate nutritive values per portion***Calories 246**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       |                  | %DV        |                | %DV       |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 10 g | <b>16%</b> | <b>Cholest.</b> 65 mg | <b>22%</b> | <b>Total Carb.</b> 12 g | <b>4%</b> | <b>Vitamin A</b> | <b>60%</b> | <b>Calcium</b> | <b>3%</b> |
| Sat. Fat 3 g          | 14%        | <b>Sodium</b> 493 mg  | 21%        | Fiber 1 g               | 6%        | <b>Vitamin C</b> | 11%        | <b>Iron</b>    | 9%        |
| <b>Protein</b> 25 g   |            |                       |            | Sugars 2 g              |           |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If large fryers are used, cook 15 lb AP. Remove meat from bones and cube. Save broth for sauce.

## SINGAPORE CURRY

Yield: 50 portions

Portion: 8 oz curry + 6 oz rice

| Ingredient                             | Amount             | Procedure   |
|--|--------------------|---|
| Cooked chicken                         | 15 lb              | Cut chicken into $\frac{3}{4}$ -inch pieces. Reserve for later step.  |
| Margarine                              | 1 lb               | Melt margarine in steam-jacketed or other large kettle.   |
| Flour, all-purpose                     | 1 lb 4 oz          | Add flour and stir until smooth.<br>Cook 5 minutes.   |
| Chicken Stock<br>(p. 598)              | 5 qt               | Add stock gradually, stirring constantly with wire whip. Cook until thickened.  |
| Salt                                   | 1 tsp              | Add salt, pepper, and curry powder.   |
| Pepper, white                          | $\frac{1}{2}$ tsp  | Add chicken and stir gently to prevent breaking of chicken pieces. Return temperature to 170°F.                                     |
| Curry powder                           | 2 oz               | Taste and add more seasonings as the chicken takes up the curry flavor. It should be quite yellow and have a distinct curry flavor. |
| Rice, converted                        | 5 lb               | Cook rice according to directions on p. 399.  |
| Salt                                   | 3 oz               | This amount of rice will allow very generous servings, 6 oz.  |
| Water, boiling                         | 6 $\frac{1}{4}$ qt |   |
| Margarine or vegetable oil             | 3 Tbsp             |   |
| French fried onion rings               | 50 servings        | Serve curried chicken over rice, with accompaniments. See directions for serving in Notes.  |
| Tomatoes, fresh, sliced                | 10 lb              |   |
| Bananas, cut in thick slices or chunks | 10 lb              |   |
| Pineapple chunks, drained              | 1 No. 10 can       |   |
| Coconut, shredded or flaked            | 1 lb 8 oz          |   |
| Salted peanuts                         | 1 lb               |   |
| Chutney                                | 3 1-lb jars        |   |

### Approximate nutritive values per portion

Calories 869

| Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion           | %DV | Amount/portion   | %DV |
|-----------------------|-----|------------------------|-----|--------------------------|-----|------------------|-----|
| <b>Total Fat</b> 31 g | 47% | <b>Cholest.</b> 113 mg | 38% | <b>Total Carb.</b> 103 g | 34% | <b>Vitamin A</b> | 12% |
| Sat. Fat 10 g         | 51% | <b>Sodium</b> 1047 mg  | 44% | Fiber 7 g                | 27% | <b>Vitamin C</b> | 51% |
| <b>Protein</b> 47 g   |     |                        |     | Sugars 43 g              |     | <b>Calcium</b>   | 9%  |
|                       |     |                        |     |                          |     | <b>Iron</b>      | 31% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Shrimp, veal, lamb, or a combination of chicken and pork may be used, allowing 6 oz cooked meat per person.
- For a Singapore Curry dinner, arrange foods on a buffet table in the following order: rice, curried chicken or other meat, and accompaniments in the order listed in the recipe. Each guest serves rice in the center of the plate, dips a generous serving of curried meat over the rice, and then adds accompaniments as desired.

## CHICKEN POT PIE

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 8 oz  
*Oven:* 400°F      *Bake:* 20–25 minutes

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------|---------------|---|
| Margarine                 | 12 oz         | Sauté onions in margarine in steam-jacketed or other large kettle.  |
| Onions, chopped           | 14 oz         |   |
| Flour, all-purpose        | 1 lb 6 oz     | Add flour and pepper to onions. Stir until blended. Cook 30 minutes.  |
| Pepper, black             | ½ tsp         |   |
| Chicken Stock<br>(p. 598) | 1¼ gal        | Add stock, stirring constantly with wire whip. Cook until thickened, stirring often. Check for seasoning. Add salt if necessary.  |
| Cooked chicken            | 6 lb          | Cut chicken into ½- to ¾-inch pieces. Add to sauce.   |
| Celery, sliced            | 1 lb 8 oz     | Cook celery and carrots until partially done. Drain. Fold into sauce.   |
| Carrots, sliced           | 2 lb          |   |
| Green peas, frozen        | 2 lb          | Add peas (uncooked) to chicken mixture. Mix carefully. Scale chicken into two 12 × 20 × 2-inch counter pans, 12 lb per pan.   |
| Pastry (p. 225)           | 3 lb          | Roll out 1 lb 8 oz Pastry to fit each pan. Place on chicken mixture and seal edges to pan. Bake at 400°F for 20–25 minutes or until crust is browned and internal temperature is 180°F. |

### *Approximate nutritive values per portion*

**Calories 370**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 20 g | <b>31%</b> | <b>Cholest.</b> 46 mg | <b>15%</b> | <b>Total Carb.</b> 26 g | <b>9%</b>  | <b>Vitamin A</b> | <b>55%</b> |
| Sat. Fat 5 g          | <b>24%</b> | <b>Sodium</b> 590 mg  | <b>25%</b> | Fiber 2 g               | <b>6%</b>  | <b>Vitamin C</b> | <b>9%</b>  |
| <b>Protein</b> 21 g   |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>13%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 18–20 lb chicken AP will yield approximately 6 lb cooked meat.
- Chicken mixture may be topped with Baking Powder Biscuits (p. 110).
- 1¾ oz (¾ cup) dehydrated onions, rehydrated in 1¼ cups water, may be substituted for fresh onions.

### Variation

- **Turkey Pie.** Substitute turkey for chicken.

**CHICKEN AND NOODLES**

Yield: 50 portions or 2 pans 12 × 20 × 2 inches      Portion: 8 oz

Oven: 350°F      Bake: 30 minutes

| Ingredient                     | Amount    | Procedure   |
|--------------------------------|-----------|---|
| Cooked chicken                 | 7 lb 8 oz | Cut chicken into ½-inch pieces.   |
| Noodles                        | 3 lb      | Cook noodles according to directions on p. 369. Drain.  |
| Water, boiling                 | 3 gal     |   |
| Salt                           | 3 oz      |   |
| Vegetable oil                  | 1 Tbsp    |   |
| Margarine                      | 12 oz     |   |
| Onions, chopped                | 2 oz      | Melt margarine in a steam-jacketed or other large kettle. Add onions and sauté until tender.  |
| Flour, all-purpose             | 7 oz      | Add flour and salt to onions. Stir until blended. Cook 5 minutes.   |
| Salt                           | 1 Tbsp    |   |
| Milk or chicken stock (p. 598) | 3½ qt     | Add stock or milk gradually, stirring constantly with wire whip. Cook until thickened. Combine chicken, cooked noodles, and sauce. Scale into two 12 × 20 × 2-inch counter pans, 11 lb 12 oz per pan. Bake at 350°F for 30 minutes or until internal temperature reaches 180°F. |

*Approximate nutritive values per portion*

Calories 331

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 14 g | <b>21%</b> | <b>Cholest.</b> 91 mg | <b>30%</b> | <b>Total Carb.</b> 26 g | <b>9%</b> | <b>Vitamin A</b> | <b>6%</b>  |
| Sat. Fat 4 g          | <b>20%</b> | <b>Sodium</b> 414 mg  | <b>17%</b> | Fiber 0.1 g             | <b>1%</b> | <b>Vitamin C</b> | <b>1%</b>  |
| <b>Protein</b> 25 g   |            |                       |            | Sugars 4 g              |           | <b>Calcium</b>   | <b>10%</b> |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 20–22 lb chicken (AP) will yield approximately 7 lb 8 oz cooked meat.
- ¼ oz (2 Tbsp) dehydrated onion, rehydrated in ¼ cup water, may be substituted for fresh onions.

**Variations**

- **Chicken and Noodles with Mushrooms.** Add 2 lb sliced mushrooms, sautéed with the onions.
- **Pork and Noodle Casserole.** Substitute 10 lb pork, diced and cooked, for chicken.
- **Turkey and Noodle Casserole.** Substitute cooked turkey for chicken (cook 18- to 20-lb turkey).

## CHICKEN AND RICE CASSEROLE

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 8 oz  
*Oven:* 350°F      *Bake:* 1 hour

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>  |
|----------------------------|---------------|---|
| Cooked chicken             | 6 lb          | Dice chicken.   |
| Rice, converted            | 2 lb 8 oz     | Cook rice according to directions on p. 399.  |
| Water, boiling             | 2 qt          |   |
| Salt                       | 2 Tbsp        |   |
| Margarine or vegetable oil | 2 Tbsp        |   |
| Margarine, melted          | 6 oz          | Sauté onion, celery, and mushrooms in margarine.  |
| Onion, chopped             | 3 oz          |   |
| Celery, chopped            | 8 oz          |   |
| Mushrooms, sliced          | 1 lb          |   |
| Flour, all-purpose         | 8 oz          | Add flour to vegetables and stir to blend.  |
| Milk                       | 1½ qt         | Add milk and stock, stirring constantly with wire whip.<br>Cook until thickened.<br>Add pepper. Add salt if needed.   |
| Chicken Stock<br>(p. 598)  | 2 qt          |   |
| Pepper, white              | ¼ tsp         |   |
| Almonds, slivered          | 6 oz          | Add almonds, pimento, and chicken to sauce. Combine carefully.<br>Scale into two lightly greased 12 × 20 × 2-inch baking pans, 10 lb 8 oz per pan.                    |
| Pimento, chopped           | 3 oz          |   |
| Bread crumbs               | 9 oz          | Combine bread crumbs, margarine, and cheese.<br>Sprinkle over mixture in pans, 9 oz per pan.<br>Bake at 350°F for 1 hour or until internal temperature reaches 180°F. |
| Margarine, melted          | 3 oz          |   |
| Cheddar cheese, shredded   | 6 oz          |   |

### *Approximate nutritive values per portion*

**Calories 320**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 53 mg | <b>18%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 4 g          | <b>18%</b> | <b>Sodium</b> 585 mg  | <b>24%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 21 g   |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>10%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 18–20 lb chicken AP will yield approximately 6 lb cooked meat.
- Sliced water chestnuts may be substituted for almonds.
- Chopped parsley may be sprinkled over the baked product just before serving.
- ¼ oz (2 Tbsp) dehydrated onions, rehydrated in ¼ cup water, may be substituted for fresh onions.

## TURKEY AND DUMPLINGS

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches

*Portion:* 8 oz

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Margarine          | 14 oz         | Melt margarine in steam-jacketed or other kettle. Sauté onions until tender.  |
| Onions, chopped    | 1 lb          |   |
| Flour, all-purpose | 1 lb 8 oz     | Stir flour and pepper into onions. Cook 5–10 minutes, stirring often.   |
| Pepper, black      | 1½ tsp        |   |
| Water              | 1½ gal        | Add water and chicken base to mixture in kettle. Cook until thickened, stirring often.  |
| Chicken base       | 6 oz          |   |
| Turkey, cooked     | 6 lb 10 oz    | Cut turkey into ½-inch cubes.<br>Add to sauce.  |
| Celery, chopped    | 1 lb 10 oz    | Steam celery and carrots until tender-crisp.<br>Fold into turkey mixture.<br>Scale into two 12 × 20 × 2-inch pans, 13 lb per pan. |
| Carrots, sliced    | 2 lb 4 oz     |   |

### STEAMED DUMPLINGS

|                         |           |  |
|-------------------------|-----------|--|
| Flour, all-purpose      | 2 lb 4 oz | Combine flour, baking powder, and salt in mixer bowl. Mix until blended.   |
| Baking powder           | 3 oz      |  |
| Salt                    | 2 Tbsp    |  |
| Eggs, beaten            | 5 (9 oz)  | Combine eggs, milk, and seasonings.<br>Add to dry ingredients and mix only until blended.                                |
| Milk                    | 1½ qt     |  |
| Parsley, fresh, chopped | 1 oz      | Portion 4 × 6 with No. 24 dipper onto turkey and gravy.<br><br>Steam until dumplings are done, approximately 20 minutes. |
| Poultry seasoning       | 2 tsp     |  |

### Approximate nutritive values per portion

**Calories 336**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 14 g | <b>21%</b> | <b>Cholest.</b> 62 mg | <b>21%</b> | <b>Total Carb.</b> 35 g | <b>12%</b> | <b>Vitamin A</b> | <b>64%</b> |
| Sat. Fat 4 g          | <b>18%</b> | <b>Sodium</b> 1593 mg | <b>66%</b> | Fiber 2 g               | <b>8%</b>  | <b>Vitamin C</b> | <b>8%</b>  |
| <b>Protein</b> 18 g   |            |                       |            | Sugars 5 g              |            | <b>Calcium</b>   | <b>20%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>16%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Steam as soon as dumplings are portioned onto gravy. Product holds well after cooking.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

## LIME TARRAGON TURKEY STEAK

Yield: 50 steaks      Portion: 6 oz  
Grill: 350°F      Grill: 4–7 minutes per side

| Ingredient                        | Amount  | Procedure  |
|-----------------------------------|---------|--|
| Turkey steaks, 6 oz               | 50      |  |
| Vegetable oil                     | 3½ cups | Combine oil, liquids, and spices in stainless steel container. Pour over turkey steaks and refrigerate for several hours or overnight. Turn if necessary to make sure both sides of turkey are coated. |
| Lime juice, frozen, reconstituted | 1 qt    |  |
| Cooking sherry                    | 2 cups  |  |
| Garlic cloves, minced             | 4 oz    |  |
| Chives, chopped                   | 3 oz    |  |
| Tarragon, dried whole leaves      | ½ cup   |  |
| Salt                              | 2½ oz   |  |
| Pepper, black                     | 5 tsp   |  |
| Dry mustard                       | 1 tsp   |  |
| Worcestershire sauce              | ¼ cup   |  |
| Water                             | 2 cups  |  |

Drain marinade from turkey steaks.  
Preheat grill to 350°F.  
Grill steaks approximately 4–7 minutes per side until internal temperature reaches 165°F.

### Approximate nutritive values per portion

Calories 240

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 66 mg | <b>22%</b> | <b>Total Carb.</b> 3 g | <b>1%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 630 mg  | <b>26%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>9%</b>  |
| <b>Protein</b> 30 g   |            |                       |            | Sugars 0 g             |           | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                       |            |                        |           | <b>Iron</b>      | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

### Variation

- **Creole Turkey Steaks.** Prepare Creole Spice Mixture, p. 295 (Creole Baked Fish). Dip turkey steaks in melted margarine, then sprinkle generously with spice mixture. Grill steaks until done, 4–7 minutes per side.

**CORN BREAD DRESSING**

*Yield:* 50 portions or 1 pan 12 × 20 × 2 inches  
*Oven:* 375°F *Bake:* 20–30 minutes

*Portion:* 4 oz

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------------------|---------------|--|
| Corn Bread (p. 122)<br>1/3 recipe | 3 lb 10 oz    | Prepare Corn Bread. Crumble  |
| Bread, cubed or torn              | 1 lb 12 oz    | Crumble bread. Add to Corn Bread.  |
| Margarine                         | 4 oz          | Melt margarine in steam-jacketed or other kettle.                                      |
| Onions, chopped                   | 1 lb          | Add onions and celery. Sauté until vegetables are tender.                              |
| Celery, chopped                   | 1 lb 8 oz     | Add bread.   |
| Chicken base                      | 2 oz          | Combine chicken base, water, and seasonings. Pour over bread mixture. Stir to moisten. |
| Water, hot                        | 3 qt          |  |
| Salt (see Notes)                  | 1 tsp         |  |
| Poultry seasoning                 | 1 Tbsp        |  |
| Pepper, black                     | 1 tsp         |  |

Scale mixture (12 lb) into lightly greased 12 × 20 × 2-inch pan.

Bake at 375°F for 20–30 minutes or until 180°F.

Serve with No. 12 dipper.

*Approximate nutritive values per portion***Calories 157**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 15 mg | <b>5%</b>  | <b>Total Carb.</b> 23 g | <b>8%</b>  | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 1 g          | <b>7%</b>  | <b>Sodium</b> 546 mg  | <b>23%</b> | Fiber 2 g               | <b>8%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 4 g              |            | <b>Calcium</b>   | <b>8%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>6%</b>  |

\*Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If chicken base is highly salted, reduce or delete salt in recipe.

## BREAD DRESSING (OR STUFFING)

*Yield:* 50 portions or 1 pan 12 × 20 × 2 inches      *Portion:* 4½ oz  
*Oven:* 325°F      *Bake:* 1 hour 15 minutes

| <i>Ingredient</i>             | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------------|---------------|--|
| Onion, chopped                | 1 lb          | Sauté onion and celery in margarine until lightly browned.   |
| Celery, chopped (optional)    | 1 lb          |  |
| Margarine                     | 1 lb          |  |
| Water (see Notes)             | 1 gal         | Add water, chicken base, and seasonings to sautéed vegetables. Heat until hot.   |
| Chicken base                  | 3 oz          |  |
| Salt (see Notes)              | 1 Tbsp        |  |
| Pepper, black                 | 1 Tbsp        |  |
| Poultry seasoning (see Notes) | 1 Tbsp        |  |
| Thyme, ground                 | 1 Tbsp        |  |
| Dry bread, cubed              | 3 lb 12 oz    | Add bread gradually to vegetable mixture, tossing lightly until thoroughly mixed. Avoid overmixing, which causes dressing to be soggy and compact.                               |
|                               |               | Scale dressing (15 lb) into lightly greased 12 × 20 × 2-inch pan.<br>Bake at 325°F for approximately 1 hour 15 minutes, internal temperature 180°F.<br>Serve with No. 10 dipper. |

### Approximate nutritive values per portion

Calories 159

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 9 g | 14% | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 17 g | 6%  | <b>Vitamin A</b> | 2%  | <b>Calcium</b> | 4%  |
| Sat. Fat 2 g         | 8%  | <b>Sodium</b> 757 mg | 32% | Fiber 4 g               | 17% | <b>Vitamin C</b> | 2%  | <b>Iron</b>    | 7%  |
| <b>Protein</b> 4 g   |     |                      |     | Sugars 2 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- The amount of liquid will depend on the dryness of the bread.
- If chicken base is highly salted, reduce or delete salt in recipe.
- Sage may be used for part or all of the poultry seasoning.

### Variations

- **Apple Stuffing.** Add 1 lb finely chopped apples. Reduce bread cubes to 3 lb 4 oz.
- **Chestnut Stuffing.** Add 1 lb 4 oz cooked chestnuts, chopped. Reduce bread to 3 lb 8 oz. Substitute 2 qt milk for 2 qt water.
- **Mushroom Stuffing.** Reduce celery and onions to 8 oz each. Sauté 2 lb fresh mushrooms with the vegetables.
- **Nut Stuffing.** Add 2 cups chopped almonds or pecans that have been browned lightly in 4 oz melted margarine. Substitute 1 qt milk for 1 qt water.
- **Oyster Stuffing.** Add 1 lb 8 oz oysters.
- **Raisin Stuffing.** Add 1 lb seedless raisins.
- **Sausage Stuffing.** Reduce bread cubes to 3 lb 4 oz. Add 2 lb sausage, cooked and drained, and 1 lb tart apples, peeled and chopped.



## CHAPTER 11

# Salads & Salad Dressings

### SALADS

Salads are popular menu items, versatile enough to be served in a variety of ways. Appetizer salads are served as a first course and play an important role in stimulating the appetite and creating a sense of anticipation for the remainder of the meal. Visual appearance as well as taste and flavor combinations must be considered.

Accompaniment salads are considered side dishes to the entree. These salads should be selected carefully so that the flavor and food group characteristics will be in harmony. Many accompaniment salads have traditional significance: turkey and cranberries, pork and applesauce, sandwiches and pasta or potato salad, and fish and coleslaw.

Entree salads offer an upscale approach to dining, particularly at the noon meal and among the health-conscious patron. Other than bread or crackers and a beverage, the salad is generally the only menu item, making the ingredient selections especially important. Entree salads should be substantial in the amount of food provided, and they may include at least one ingredient that is a source of protein. The salad should be fresh in appearance and attractive in design.

A salad course is occasionally offered after the entree. The objective is to “cleanse the palate” in preparation for dessert. The salad served as a separate course should be light and refreshing. Fruit salads or lightly dressed greens are appropriate choices.

With the exception of separate course salads, which are always served, the presentation of salads may be either individually placed and served or self-service from a buffet line or salad bar. The choice of method will depend on the clientele’s expectations and objectives of the foodservice.

### ARRANGED SALADS

Arranged salads may be served to the patron either after they have been seated, on the table as for some banquets and catered functions, or à la carte from a cafeteria counter. Regardless of the serving method, the principles of placed salad construction are the same:

- Select plates or bowls that are appropriately sized and will add to the salad’s attractiveness.
- Place salad green underliners on the dish. The curly edge should be at the back and top of the salad and should not extend over the edge of the plate. Tossed green salads may not include an underliner but are decorated with an attractive garnish.
- To gain height, place chopped lettuce on the underliner and under salad ingredients.
- Place the main salad ingredients neatly on the plate. They should be prepared and arranged attractively with careful consideration given to color and balance.
- Garnish appropriately to give accent in color and flavor.
- Keep salad chilled and sprinkle with dressing just before serving or pass dressings for individual service.

### SALAD BARS

Salad bars have expanded the selection of items available and are very popular in many types of foodservices. For a salad bar to be successful, enough variety must be offered so patrons will enjoy creating their own salad. See Table 11.1 for components of a basic

**TABLE 11.1 Basic salad bar components**

| Item                               | Number of choices | Ideas for choices   |
|------------------------------------|-------------------|---|
| Greens                             | 1 bowl            | Combine 2–3 different greens. See p. 465 for types of greens.   |
| Fresh vegetables                   | 3–5 containers    | Alfalfa sprouts, broccoli, cabbage (red or green), carrots, cauliflower, celery, cucumber, green onions, mushrooms, peppers (red, green, yellow), radishes, snow peas, tomatoes, zucchini |
| Toppings                           | 2–3 containers    | Bacon bits, garbanzo beans, croutons, pickles, olives, peanuts, raisins, sesame seeds, sunflower seeds  |
| Gelatin                            | 1–2 molds         | Fruit or vegetable gelatin salads   |
| Fruit, pasta, and vegetable salads | 2–3 containers    | Rice salads, potato salad, pasta salad, ambrosia, applesauce, other fruit or marinated vegetable salads   |
| Protein                            | 2–3 containers    | Chopped hard-cooked eggs, egg salad, meat salad, cottage cheese, shredded cheese  |
| Crackers and bread                 | 1 basket          | Variety crackers, warm breads   |
| Dressings                          | 3–4 containers    | Blue cheese, buttermilk, French, Italian, oil and vinegar, Thousand Island  |

- Notes**
- More choices are appropriate if the salad bar or buffet serving area can accommodate the variety.
  - Select salads that will retain quality during the serving period.

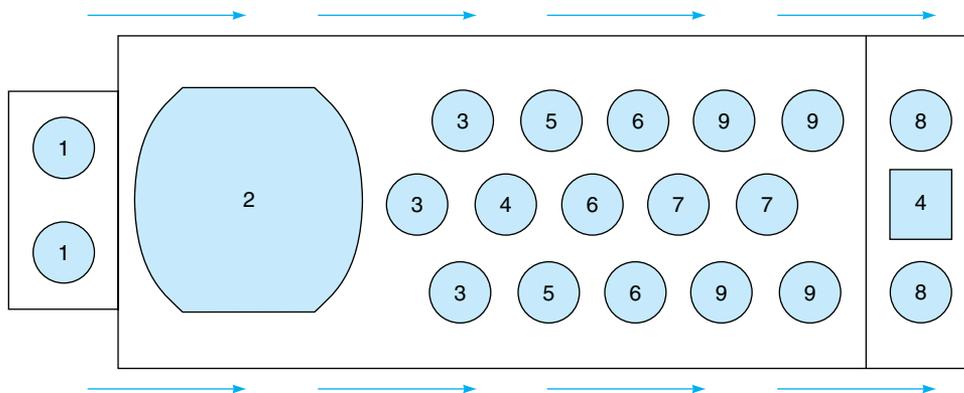
salad bar and Figure 11.1 for a suggested salad bar arrangement. Basic rules for salad bars are as follows:

- The salad bar should be equipped with a sneeze guard, and standards of good sanitation should be maintained. A clean plate should be used each time a patron visits the salad bar. Serving utensils should facilitate sanitary service.
- A salad bar should look well supplied throughout the serving period. This can be accomplished by selecting appropriate-size containers and resupplying them when one-half to two-thirds empty. Avoid arranging too few food items on plates that will look empty after only a few servings are taken.
- Spills, drips, and misplaced food items should be cleaned up regularly. Arranging food containers so spills are reduced is important, and items that could become unsightly should be placed where they will be easy to reach without spilling onto other food. Correct serving utensils will help eliminate untidiness.

- The selections should be varied and creative enough to appeal to many different people. The variety of items offered should be changed periodically when serving repeat customers.
- Potentially hazardous food should be kept at 41°F or below and temperatures monitored throughout the serving period.

### SALAD INGREDIENTS AND THEIR PREPARATION AND STORAGE

Many salad ingredients may be purchased that have some or all of the preliminary preparation completed. Torn salad greens, prepared grapefruit sections, and diced or chopped vegetables are examples. In many foodservices, however, salad ingredients are prepared on the premises. Information about the



**Figure 11.1** Suggested salad bar arrangement: (1) plates and bowls; (2) greens; (3) fresh vegetables; (4) toppings; (5) gelatins; (6) fruit, pasta, and vegetable salads; (7) protein salads; (8) crackers and breads; (9) dressings.

most commonly used salad ingredients and their preparation is provided in the following sections. Table 11.2, p. 471 provides storage temperatures for fresh produce.

## Salad Greens

Many types of greens may be used for salads. The most common ones are described here and some are shown in Exhibit X in the color insert.

**Arugula** Narrow, bright-green leaves with a spicy, peppery taste. Small leaves are the mildest. Combines well with mild greens. Sometimes used as an underliner garnish.

**Belgian or French Endive** An upright, thin, elongated stock resembling a spear. Off-white or pale green color. Served typically as a small, separate course salad after a meal or as a decorative component of an arranged salad.

**Bibb Lettuce** Small cup-shaped lettuce with a deep rich green color that blends into whitish green near the core. Flavor is buttery and sweet, texture delicate and tender.

**Boston Lettuce** Soft, pliable leaf and delicate sweet flavor. Not as tender or sweet as Bibb lettuce. Deep green outside blending to light yellow near the core.

**Cabbage** *Green:* Pale green tough crisp leaves generally used in slaws. *Red:* Purple crisp leaves; may be used with other greens to add color. *Chinese:* Very light green, crinkly leaves with a delicate cabbage flavor. May be used sparingly in a tossed green salad.

**Cress** A hot peppery leaf that resembles radish leaves. Mix sparingly with mild greens.

**Curly Endive** A bunched head with narrow, ragged-edge leaves. Mild center leaves, slightly bitter outer leaves. Used sparingly in combination salads. Primary use for underliners and garnishing.

**Escarole** A variety of endive with broad leaves that do not curl at the tips. Texture is coarse and slightly tough, flavor somewhat bitter. May be mixed sparingly with other greens or served alone.

**Iceberg Lettuce (Head Lettuce)** The most popular lettuce used in green salads. Firm, round heads ranging in color from bright to light green. Mild in flavor; combines well with other greens.

**Kale** A hardy dark green, curly leaf. Often used as a garnish for salad bars, or may be cooked.

**Leaf Lettuce** Most varieties have soft, fragile leaves with curly edges. Color varies by variety but may be all green or various shades of red. May be mixed with other greens in a combination salad or used as an underliner or garnish.

**Mâche** Spoon-shaped leaves, sweet, nutty flavor. Mix with other young tender greens, Belgian endive, or serve alone.

**Radicchio** Brilliant, ruby-colored leaves with a bitter peppery taste. Combine with mild tender greens, Belgian endive, or arugula.

**Romaine or Cos** Long, loaf-shaped head and long, narrow leaves. Tender, sweet and tasty. Coarse dark green outer leaves and golden yellow inner ones. Used in combination salads.

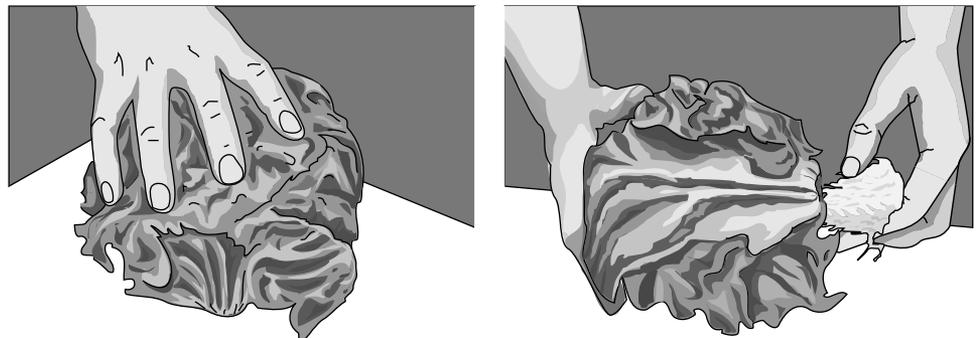
**Spinach** Curly, dark green, flat leaves, with a bold flavor. Very young tender leaves are often served fresh, more mature leaves cooked.

**Watercress** Dark green, glossy leaves with a spicy flavor. Used as a garnish or mixed with tender leaf greens.

## Preparation

Greens should be clean, crisp, chilled, and well drained. It may be necessary to separate leaves for thorough washing. Wash in a spray of water or in a large container of tepid water. Repeat if necessary until all grit disappears. Shake off excess water, drain thoroughly, and refrigerate. Draining in a colander or

**FIGURE 11.2** Coring head lettuce. (a) Hit stem end of lettuce sharply on flat surface. (b) Remove loosened core.



(a)

(b)

on a rack placed on a baking sheet will keep the greens from standing in water while chilling. Cover with a clean damp cloth or plastic to prevent dehydration.

When preparing head lettuce for garnish, remove stem end or core (Figure 11.2). Hold inverted head under cold, running water to loosen tightly wrapped leaves. Do not soak. Turn heads open-side down to drain. Separate the leaves and stack 6 to 7 leaves to a nest. Invert and pack in a covered container or plastic bag. Refrigerate 2 hours or more to complete crisping.

Leaf lettuce is convenient to use for salad liners. Wash lettuce thoroughly (Figure 11.3). Cut stem end and place in perforated pan to drain. Chill 2 to 3 hours for crisping.

Spinach should be carefully examined, removing veins and tough stems. Discard all dry, yellow, wilted, or decayed leaves. Wash first in tepid water, then in cold, as many times as necessary to remove sand.

## Herbs

Herbs add aroma and a distinctive flavor to foods and may be used to enhance taste without added salt or fat. Several varieties of fresh herbs are available, as shown in Exhibit XI in the color insert. Most herbs can be purchased also as dried leaves, seeds, or ground. Descriptions of many herbs used in cooking follow. See Appendix B for use of herbs and spices in cooking.

**Arugula** Also known as rocket and roquette. A relative of the mustard family, it has a pungent, pep-

pery taste and complements Mediterranean foods such as olives, garlic, and tomatoes. Add near the end of cooking.

**Basil** Adds clovelike aroma and aniselike flavor to poultry, tomato sauces, vegetables, and many Italian foods. Its versatility makes it blend well with garlic, lemon, fennel, marjoram, oregano, thyme, and curry. Common varieties include cinnamon, lemon, opal, and sweet.

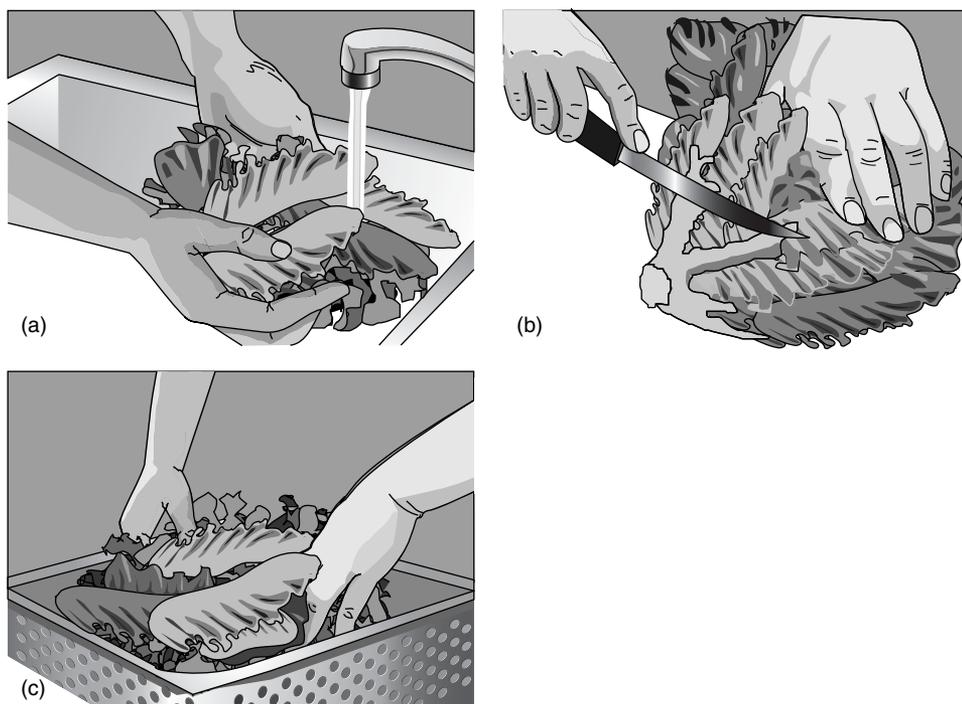
**Bay leaves** Strong, distinctive, and aromatic flavor used to season poultry, soups, stews, stuffing, and tomato-based sauces. The long, dull green leaves (about ½ inch wide) are edible but not usually eaten and generally are removed before serving. Best if long simmered.

**Chervil** Delicate flavor of parsley and mild anise. Compatible with garlic and chives and used for flavoring egg dishes, fish, meats, salads, salad dressings, savory sauces, stews, vegetables, or as a chopped garnish. Similar to appearance in parsley. Essential for fines herbes. Add near the end of cooking.

**Chives** Mild onion or garlic flavor. Used to flavor any savory dish or as chopped and sprinkled as a garnish on a wide variety of seasoned vegetables. The lavender flowers can be used in salads.

**Cilantro (coriander)** Also known as Chinese or Mexican parsley. Has a bold sage-citrus flavor. Use sparingly to season chili, eggplant, quacamole, salsa, and tomatoes. Important herb in cooking Southwest fare and also in Indian, Chi-

**FIGURE 11.3** Preparing leaf lettuce. (a) Wash lettuce under cold running water. (b) Remove stem end by cutting with a sharp knife. (c) Place leaf end up in a perforated pan to drain. Chill 2 to 3 hours to crisp.



nese, and Thai cuisine. Blends well with chilies, curry spices, garlic, parsley, sour cream, and soy sauce. Coriander is the seed of the cilantro plant.

**Dill** A feathery-leaf herb with an anise-parsley-celery flavor. Used as a garnish and to flavor fish, salads, soups, and vegetables. Complements salmon and potato salad. Blends with caraway, celery seed, garlic, lemon, parsley, sherry, tarragon, and sour cream. Add near the end of cooking.

**Fennel (anise)** Mild licorice flavor. Leaves are often used to flavor fish dishes, lamb, pork, omelets, and salads, or chopped and sprinkled as a garnish. Stocks are used like celery in soups and stews.

**Lemon grass** Strawlike stalk with a lemony flavor. Used with fish, shellfish, chicken, and vinaigrette.

**Marjoram** Tastes similar to oregano, only sweeter and milder. A member of the mint family, it is often substituted for sage in dressing, and for oregano. Complements meats, especially lamb, as well as fish, salads, sauces, soups, stews, and vegetables.

**Mint** Sweet- and spicy-flavored aromatic herb. Used to garnish and flavor summer drinks, fruit platters, and frozen desserts. Fundamental ingredient in lamb dishes and used in Middle Eastern, Thai, and Vietnamese cuisine. Complements soft cheeses, green salads, and such vegetables as green beans, beans, carrots, and peas.

**Oregano** Bold, clovelike flavor similar to marjoram and thyme. Used to season Greek, Italian, Mexican, and Spanish dishes. Complements beans, meats, poultry, salad dressings, shellfish, tomato dishes, and vegetables.

**Parsley** Crisp with a strong flavor (stems stronger than leaves). Available in two varieties, curly and flat-leaf or Italian parsley. Curly parsley is used most often for garnishing, and adds a mild, sweet flavor to meats, sandwich fillings, soups, and vegetables. Blends well with garlic, lemon, mint, oregano, pepper, rosemary, sage, thyme, and cooking wines.

**Rosemary** Fragrant, spicy, and pinelike, it is used in beef, chicken, lamb, pork, and veal dishes. Enhances eggplant, cauliflower, peas, and potatoes. A potent herb generally not used in fresh salads. Cook at least 10 minutes to release maximum flavor.

**Sage** Assertive, slightly bitter, musty flavor. Common seasoning in dressing or stuffing. Complements cheese dishes, meat, and poultry. Use sparingly.

**Savory** Sharp, peppery, and clovelike, it typically is used on beans, in soups, and as a meat and poultry seasoning. Use sparingly.

**Sorrel** Sharp, sour, lemony flavor. Used as a salad green or vegetable but also in sauces and soups.

**Tarragon** Spicy and aromatic with a hint of anise and mint. Used in sauces and vinegar or to enhance egg dishes, fish, meats, poultry, shellfish, and vegetables. Often used in French cuisine. Use sparingly.

**Thyme** Aromatic, spicy, and clovelike herb used to season Creole and Cajun dishes. Seasoning for meat or poultry stuffing, eggplant, tomatoes, and peppers. Varieties include lemon, English, French, and common. Use sparingly.

## Vegetables for Salads and Crudités

Whether vegetables are used raw or cooked, strive to preserve their shape, color, flavor, and crispness. Marinating in a well-seasoned dressing adds flavor to vegetables used in salads. Following are preparation instructions for fresh vegetables.

**Artichokes** Wash. Cut 1 inch off tops. Cut off stem and bottom leaves. Trim the outer leaves if necessary. With a melon ball cutter or spoon, remove and discard the fuzzy center core (choke). Dip in lemon juice immediately.

**Asparagus** Break or cut off tough end of stems. Thoroughly wash remaining portions. Lower scales may harbor sand; remove if necessary. Lower stalks may be peeled. Blanch asparagus by immersing in boiling water for 2 minutes. Remove quickly and dip in cold water. Drain.

**Beans (any tender variety)** Wash. Trim. Blanch beans by immersing in boiling water for 1½–2 minutes. Remove quickly and dip in cold water, then drain.

**Broccoli** Wash. If insects are present, soak in salt water for 15–20 minutes (1 oz salt per 1 gal water). Trim blemished outer leaves and stalks. Discard tough stalk end. Cut florets from flower end. Stem may need to be sliced or split.

**Cabbage** Remove outer leaves. Wash heads and cut into 4–6 pieces. Remove center core. Shred remaining portions as desired with a long sharp knife or shredder. Crisp in ice water 15–30 minutes, drain well.

**Carrots** Peel and remove blemishes. Cut into wedges, rounds, or strips. For *curls* cut long, paper-thin slices. Roll each strip around finger, fasten with pick, and chill in ice water for several hours.

**Cauliflower** Remove all leaves and cut away dark spots. Separate into florets, leaving 1-inch stem. If insects are present, soak in salt water (1 oz salt or ⅓ cup vinegar per gal of water).

**Celery** Separate outer stalks from the heart. (Outer stalks may be used for soup.) Wash, trim, and remove bruised and blemished parts and strings. To dice, cut lengthwise. Several stalks may be cut at one time. Place on board and cut crosswise with a French knife. For celery *curls* or fans, cut celery into 2½-inch lengths. Make lengthwise cuts ⅛ inch apart about 1 inch in length on one or both ends or celery strips. Place in ice water for about 2 hours before serving. For celery *rings*, cut celery into 2-inch lengths and then into pieces ⅛ inch thick. Place in ice water for several hours. Each strip of celery will form a ring.

**Cucumbers** Wash and peel, or score lengthwise with a fork. Crisp and let stand in salted ice water 15 minutes. Cut into slices, wedges, or spears (for spears, slice away seeds).

**Fennel** Wash and slice into thin wedges or long batons.

**Garlic** Separate cloves from bulb. Trim root end and peel cloves.

**Jicama** Peel and cut into strips, slices, cubes or batons.

**Kohlrabi** Peel. Cut into wedges or slice into very thin rounds.

**Mushrooms** Do not soak in water or scrub. Trim bottoms of stems. Rinse quickly in cold water just before serving. Adding a small amount of acid to the water will help keep mushrooms white. See Exhibit XII in the color insert for common types of mushrooms.

**Onions** Pour water over onions to cover. Under water, remove outer layer of the bulb, firm root end, and all bruised or decayed parts. See Exhibit XIII for common types of onions.

**Peas (sugar snap, snow)** Remove strings from edge of pod. Blanch by immersing in boiling water for 30 seconds or just until peas brighten. Remove quickly and dip in cool water. Drain.

**Peppers (all colors)** Wash. Remove seeds, membrane, and stems. Cut into desired shapes. To make *rings*, cut into thin crosswise slices. To make *sticks*, cut peppers lengthwise into narrow strips.

**Potatoes** Peel. Remove eyes and blemishes. Cut into cubes and cook; or wash, cook with skins on, peel, and dice.

**Radishes** Cut off root and stem end with a sharp knife. Wash. To make *accordions*, cut long radishes not quite through into 10–12 narrow slices. Place in ice water. Slices will fan out accordion style. To make *roses*, leave an inch or two of the green stem. Cut 4 or 5 petal-shaped slices around the radish from cut tip to center. Place radishes in ice water, and petals will open.

**Tomatoes** Wash, remove core, stem and flower end. If peeling, place in wire basket and dip in boiling water 10–20 seconds or until skins begin to loosen. Dip in ice water immediately and remove skins and core. Chill.

**Turnips** Peel. Cut small ones into wedges or thin rounds.

## Fresh Fruits

**Apples** Wash, pare, core, remove bruises and spots. If the skins are tender and the desired color, do not pare.

To dice, cut into rings and dice with sectional cutter. Drop diced pieces into salad dressing, lemon, pineapple, or other acid fruit juice to prevent discoloration. If diced apple is placed in fruit juice, drain before using in a salad.

To section, cut into uniform pieces, with the widest part of the section not more than ½ inch thick. Remove core from each section. If the peeling has not been removed, score it in several places to facilitate cutting when it is served. Prevent discoloration by the same method as for diced apples, only do not use salad dressing.

**Apricots** Cut into halves or sections and remove seed. Remove skins if desired.

**Avocados** If hard, ripen at room temperature. Peel shortly before serving, cut into halves or quarters, and remove seed. Slice, dice, or cut into balls. Dip into French dressing or lemon juice to prevent discoloration.

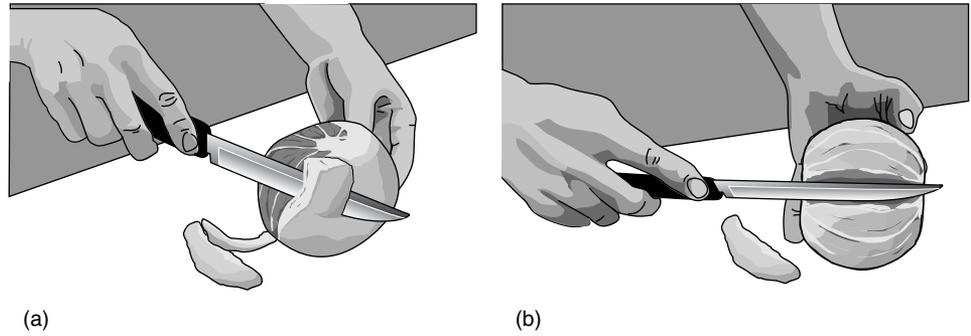
**Bananas** Remove skins and bruised or discolored parts. Cut into strips, sections, wedges, or slices. Dip each piece into pineapple juice, other acid fruit juice, or salad dressings to prevent discoloration.

**Cantaloupes and Other Melons** Pare, dice, and cut into balls, or cut into uniform wedges or strips (Exhibit XIV in the color insert).

**Cherries and Grapes** Wash, drain, halve, and remove seeds. To frost, brush with slightly beaten egg white. Sprinkle with sugar. Let dry before using.

**Grapefruit** For sections, select large grapefruit, wash and dry. Cut off a thick layer of skin from the top and bottom. Place grapefruit on cutting board, start at the top, and cut toward the board (Figure 11.4). Always cut with a downward stroke and deeply enough to remove all the white membrane. Turn grapefruit while cutting. When paring is completed and pulp is exposed, remove sections by cutting along the membrane of one section to the center of the fruit.

**FIGURE 11.4** Peeling and sectioning grapefruit: (a) Cut layer of peel from top and bottom of grapefruit. Using a sharp knife, remove peel. Cut with a downward stroke and deeply enough to remove all the white membrane. (b) Section grapefruit by cutting along membrane of one section to the center of the fruit. Turn the knife and force the blade along the membrane of the next section.



**Kiwi** Remove fuzzy skin with a very sharp paring knife. Slice, chop, dice, or cut into wedges.

**Mango** Cut in half and remove the seed carefully. Scoop the flesh out of the shell. For chunks, peel back the skin from each mango half and cut as desired.

**Melons** Melons may be peeled or served with the peel on. Remove seeds from the center of the melon using a spoon. Remove watermelon seeds with a sharp tipped knife or fork.

**Oranges** Peel, section as grapefruit, or slice or dice (Figure 11.4).

**Papaya** Cut papaya in half lengthwise, remove the seeds and scoop out of shell. For rings, slice the papaya into circles and neatly cut out seeds at the center of each ring (Exhibit XV).

**Peaches** Remove skins only a short time before using. Peel or submerge in boiling water for a few seconds and remove skins. Chill. Cut into halves, wedges, or slice. Drop into acid fruit juice to prevent discoloration.

**Pears** Peel and remove core and seeds a short time before serving. Cut into halves, wedges, or slices. Dipping in lemon juice or other acid fruit juice will prevent oxidation and discoloration.

**Pineapple** Remove crown by holding pineapple in one hand and crown in the other, then twisting in opposite directions (Figure 11.5). Trim top of pineapple and cut off base. Using a sharp knife, remove peel by using a downward cutting motion. Remove eyes by making narrow wedge-shaped grooves into the pineapple. Cut diagonally around the fruit, following the pattern of the eyes. Cut away as little of the fruit as possible. Cut pineapple vertically into eighths, then cut hard center core from each spear. To make pineapple chunks, cut each spear into pieces of the desired size.

**Pomegranates** Cut open and remove seeds. Discard peeling and white membrane.

**Star Fruit (Carambola)** Wash and slice. Use for garnish.

## Canned Fruit

Select whole pieces uniform in size and shape and with a firm appearance. Drain. If cubes or sections are desired, cut into pieces uniform in size and shape with well-defined edges. Pieces should not be too small.

## Other Foods

**Almonds, Blanched** To blanch almonds, cover with boiling water and let stand until skins will slip. Drain. Cover with cold water and rub off skins. Place skinned almonds between dry clean towels to remove water.

**Almonds, Toasted** Spread blanched almonds in a shallow pan in a thin layer. Heat in oven at 250°F, stirring occasionally until nuts are light brown in color.

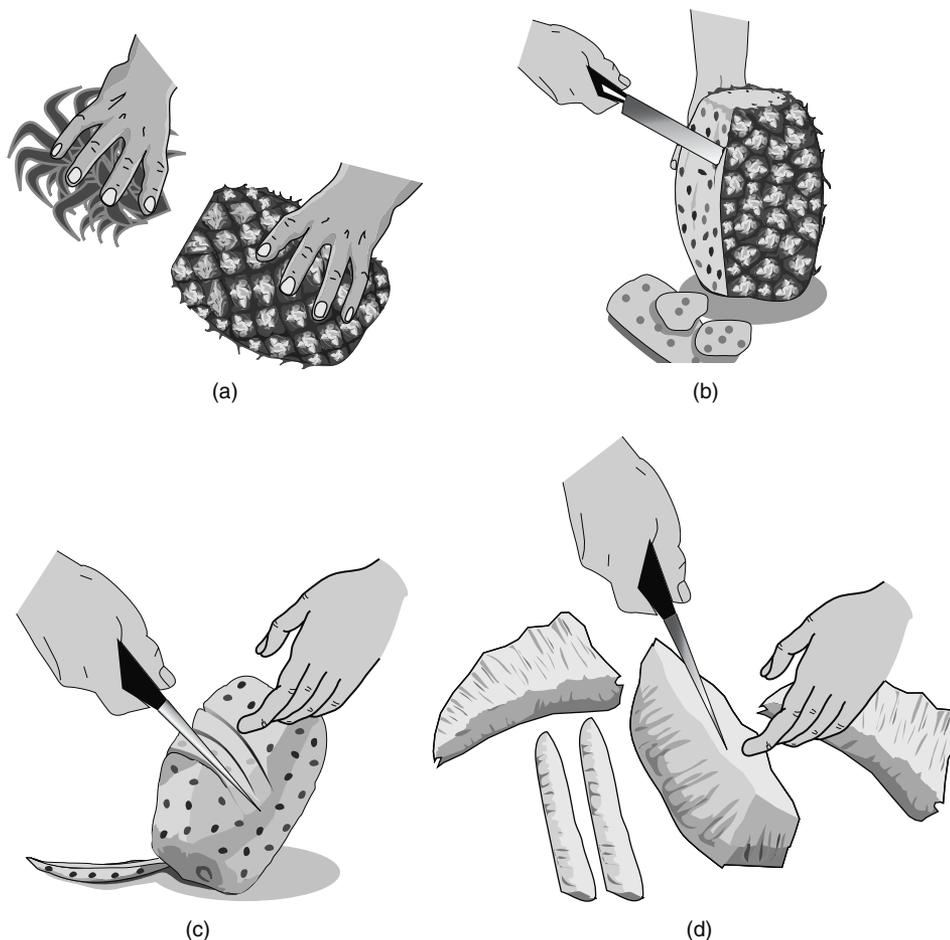
**Cheese** Grate, shred, or cut in tiny cubes; or soften and put through a pastry tube.

**Chicken or Turkey** Cook, remove skin, gristle, and bone. Cut into 1/8-inch cubes. Marinate if desired. Mix with dressing and other ingredients just before serving.

**Eggs** Hard-cook (p. 271). Use whole, halved, sliced, or sectioned. Slice or mince whites. Force yolks through ricer.

**Fish** Cook, remove skin and bones. Flake. Marinate if desired. Mix with dressing just before serving. See p. 291 for preparation of crab, lobster, and shrimp.

**FIGURE 11.5** Preparing fresh pineapple: (a) Remove crown by holding pineapple in one hand and crown in the other, then twisting in opposite directions. (b) Trim top of pineapple and cut off base. Using a sharp knife, remove peel by using a downward cutting motion. (c) Remove eyes by making narrow wedge-shaped grooves into the pineapple. Cut diagonally around the fruit, following the pattern of the eyes. Cut away as little of the fruit as possible. (d) Cut pineapple vertically into eighths, then cut the hard center core from each spear. To make pineapple chunks, cut each spear into pieces of the desired size.



**Flowers** Edible flowers are commonly used for garnish. See Appendix A and Appendix B for color information.

**Meat** Cut cooked meat into  $\frac{1}{8}$ -inch cubes. Marinate with French or Italian dressing. Mix just before serving.

**Nuts** Heat in hot oven to freshen if desired. Use whole, shredded, or chopped.

## SALAD DRESSINGS

A salad dressing's function is to "dress" or accent the salad; it should not mask the flavor of the other ingredients. Care should be taken to choose an appropriate dressing to match the salad.

The basic ingredients of a salad dressing are oil combined with vinegar or another acid liquid such as lemon juice. Cooking oils such as canola, corn, safflower, soybean, and sesame seed are often used for salad dressing. Other oils that are commonly used include avocado, nut, olive, and oils infused with herbs, peppers, or other seasonings. Variation in the

vinegar will change the salad dressing flavor. Types of vinegars that may be used for making salad dressings include:

**Balsamic** A sweet tart vinegar with a dark color and intense flavor, imported from Modena, Italy.

**Cider** Caramel colored and made from apples.

**Distilled** A strong clear vinegar made from grains.

**Flavored** Wine, distilled, or cider vinegar that has been flavored with herbs such as basil, tarragon, thyme, rosemary, dill (sometimes called herb vinegar), or fruits.

**Fruit** White wine or cider vinegar with added fruit such as blueberries, cranberries, limes, raspberries, or strawberries.

**Herb** Wine or cider vinegar that has been flavored with herbs such as basil, tarragon, thyme, rosemary, or dill.

**Malt** Caramel-colored vinegar made from malted barley.

**Rice** Rice vinegar usually made from rice wine.

**Wine** A mild vinegar made from red or white wine.

Added to the basic ingredients are emulsifiers or binding agents. Temporary emulsifiers may be herbs, spices, sugar, and salt. More permanent emulsifiers include egg yolk, as in mayonnaise, or a starch paste and egg mixture, as in a cooked dressing.

Salad dressings should be stored in glass, plastic, or stainless steel containers with tight-fitting lids at 41°F.

**TABLE 11.2** Storage temperatures for fresh produce

| <i>Food</i>                                 | <i>Storage temp. °F</i> | <i>Misc. information</i>   |
|---|-------------------------|--|
| Apples                                      | 32–36                   | Keep dry and away from airflow. Ethylene producing and ethylene sensitive.                 |
| Apricots                                    | 32–36                   | Ethylene producing and ethylene sensitive.   |
| Artichokes                                  | 32–36                   | Excess moisture may cause mold.  |
| Asparagus                                   | 32–36                   | Stand upright in cold water. Ethylene sensitive  |
| Avocado                                     |                         |  |
| ripe  | 45–50                   |  |
| for ripening                                | 65–70                   | Ripe avocados should be firm. Ethylene producing and ethylene sensitive.                   |
| Bananas                                     | 60–65                   | Do not refrigerate. Ethylene producing and ethylene sensitive.                             |
| Beets                                       | 32–36                   |  |
| Belgian Endive                              | 32–36                   | Do not expose to light.  |
| Blueberries                                 | 32–36                   | Wash just before preparation.  |
| Bok Choy                                    | 32–36                   | Ethylene sensitive.  |
| Broccoli                                    | 32–36                   | Store only 4–5 days. Ethylene sensitive.   |
| Brussels Sprouts                            | 32–36                   | Ethylene sensitive.  |
| Cabbage                                     | 32–36                   | Store with wrapper leaves intact. Ethylene sensitive.                                      |
| Cantaloupe                                  | 32–36                   | Ripen at room temperature. Keep out of airflow. Ethylene producing and ethylene sensitive. |
| Carrots                                     | 32–36                   | Store dry. Ethylene sensitive.   |
| Cauliflower                                 | 32–36                   | Ethylene sensitive.  |
| Celery                                      | 32–36                   | Keep dampened. Ethylene sensitive.   |
| Cherries                                    | 32–36                   |  |
| Chinese Pea Pods                            | 32–36                   |  |
| Corn  | 32–36                   | Keep storage time short.   |
| Cucumbers                                   | 45–50                   | Ethylene sensitive.  |
| Eggplant                                    | 45–50                   | Ethylene sensitive.  |
| Endive-Escarole                             | 32–36                   |  |
| Garlic                                      | 32–36                   |  |
| Ginger Root                                 | 60–65                   |  |
| Grapefruit                                  | 45–50                   |  |
| Grapes                                      | 32–36                   | Rinse under cold water just before serving. Ethylene sensitive.                            |
| Green Beans                                 | 45–50                   | Ethylene sensitive.  |
| Guavas                                      | 45–50                   | Ethylene producing and ethylene sensitive.   |
| Herbs                                       |                         |  |
| Basil                                       | 50–55                   | Ethylene sensitive.  |
| Oregano                                     | 48–50                   | Ethylene sensitive.  |
| Others                                      | 38–42                   | Ethylene sensitive.  |
| Kale  | 32–36                   |  |
| Kiwifruit                                   | 32–36                   | Ethylene producing and ethylene sensitive.   |
| Lemons                                      | 40–45                   |  |
| Leeks                                       | 32–36                   | Ethylene sensitive.  |
| Lettuce                                     | 32–36                   | Ethylene sensitive.  |
| Limes                                       | 45–50                   |  |
| Mangos                                      | 60–65                   | Ethylene producing and ethylene sensitive. Ripen at room temperature.                      |
| Melons                                      |                         |  |
| Casaba, Persian, Crenshaw, Honeydew, others | 60–65                   | Ethylene producing and ethylene sensitive.   |

*continues*

**TABLE 11.2** *continued*

| <i>Food</i>                    | <i>Storage temp. °F</i> | <i>Misc. information</i>  |
|--------------------------------|-------------------------|---|
| Mushrooms                      | 32–36                   |   |
| Nappa Cabbage                  | 32–36                   | Ethylene sensitive.   |
| Nectarines                     | 32–36                   | Ethylene producing and ethylene sensitive.  |
| Onions                         |                         |   |
| green                          | 32–36                   | Ethylene sensitive.   |
| dry                            | 60–65                   | Store dry with good air circulation.  |
| Oranges                        | 45–50                   |   |
| Papaya                         | 55–60                   | Ripen at room temperature. Ethylene producing and ethylene sensitive.                               |
| Parsley                        | 32–36                   | Ethylene sensitive.   |
| Parsnips/Rutabagas/<br>Turnips | 32–36                   | Ethylene sensitive.   |
| Peaches/Pears/Plums            | 32–36                   | Ripen at room temperature. Ethylene producing and ethylene sensitive. Keep out of airflow.          |
| Peas                           | 32–36                   | Ethylene sensitive.   |
| Peppers, all                   | 45–50                   | Ethylene sensitive  |
| Pineapple                      | 45–50                   |   |
| Potatoes                       | 60–65                   | Ethylene sensitive.   |
| Radishes                       | 32–36                   | Ethylene sensitive.   |
| Raspberries/Blackberries       | 32–36                   | Very fragile, rinse just before serving.  |
| Romaine                        | 32–36                   | Ethylene sensitive.   |
| Spinach                        | 32–36                   | Ethylene sensitive.   |
| Sprouts                        | 32–36                   | Store in original container. Rinse just before using. Ethylene sensitive.                           |
| Strawberries                   | 32–36                   | Very perishable. Rinse just before serving.   |
| Squash                         |                         |   |
| hard shell                     | 60–65                   | Ethylene sensitive.   |
| summer                         | 40–45                   | Ethylene sensitive.   |
| Sweet Potatoes                 | 60–65                   |   |
| Tangerines                     | 45–50                   |   |
| Tomatoes                       | 60–65                   | Ethylene producing and ethylene sensitive. Keep out of airflow. Will lose flavor when refrigerated. |
| Watermelon                     | 45–50                   | Ethylene sensitive.   |

**Note**

- Ethylene is a natural gas that promotes ripening of fruits and vegetables. Storing ethylene-sensitive products close to an ethylene-producing product may accelerate deterioration.

## VEGETABLE AND PASTA SALAD RECIPES

### BASIC MIXED GREEN SALAD

*Yield:* 50 portions or 10 lb

*Portion:* 3 oz

| <i>Ingredient</i>                                     | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Head lettuce (iceberg)                                | 7 lb          | Cut or tear lettuce and other greens into bite-size pieces. (Use sharp steel-bladed knife if greens are cut.)                                      |
| Leaf lettuce, Bibb or romaine                         | 3 lb          |  |
| French dressing, oil and vinegar, or Italian dressing | 1¼ qt         | Just before serving, toss lightly with dressing, or portion greens into individual salad bowls, 3 oz per bowl, and serve with choice of dressings. |

#### *Approximate nutritive values per portion*

**Calories 125**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 3 g | <b>1%</b>  | <b>Vitamin A</b> | <b>7%</b>  |
| Sat. Fat 2 g          | <b>12%</b> | <b>Sodium</b> 8 mg    | <b>1%</b>  | Fiber 1 g              | <b>4%</b>  | <b>Vitamin C</b> | <b>12%</b> |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 2 g             |            | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Any combination of salad greens may be used. For contrast, mix dark greens with light, crisp with tender, and smooth leaves with curly. With pale iceberg lettuce, use dark green spinach, romaine, curly endive, or red-tipped leaf lettuce. See p. 465 for major types of salad greens.
- If serving on a salad bar, place greens in a large bowl and offer choice of dressing and garnishes (see p. 464).

#### Variations

- **Hawaiian Tossed Salad.** To 7 lb mixed greens, add sections from 8 grapefruit, 8 oranges, 4 avocados, and 1 fresh pineapple, cubed. Serve with Honey French Dressing (p. 522).
- **Salad Greens with Grapefruit.** Place 3 oz greens in each bowl. Garnish each with 3 sections of pink grapefruit. Serve with Poppy Seed Dressing (p. 527) or French Dressing (p. 520–521).
- **Spinach Mushroom Salad.** Use 10 lb fresh spinach (may be part lettuce), 4 lb fresh mushrooms, sliced, and 2 bunches green onions, sliced. Toss lightly with French Dressing (p. 520–521) just before serving. Sprinkle with cooked crumbled bacon if desired.
- **Spinach Salad.** Use 4 lb lettuce and 6 lb fresh spinach, 2 bunches green onions, sliced, and 12 eggs, hard-cooked and sliced. To serve, toss lightly with French Dressing (p. 520–521) or Dijon Mustard Vinaigrette Dressing (p. 524) and portion into bowls. Sprinkle with bacon (1 lb) that has been diced, cooked until crisp, and drained.

## TOSSED VEGETABLE SALAD

Yield: 50 portions or 10 lb      Portion: 3 oz

| Ingredient                    | Amount    | Procedure  |
|-------------------------------|-----------|--|
| Salad greens (see Notes)      | 7 lb      | Wash greens thoroughly and drain.<br>Tear into bite-size pieces.   |
| Salad ingredients (see Notes) | 3 lb      | Add salad ingredients to greens. Toss lightly.<br>Portion into individual salad bowls or plates, 3 oz per portion.                           |
| Garnish (see Notes)           | As needed | Garnish salads if desired.   |
| Salad dressing (see Notes)    | 1¼ qt     | Serve with choice of dressings.<br>If preferred, French, Italian, or oil-and-vinegar dressing may be added to the salad just before serving. |

### Notes

- **Salad Greens.** Select one or more: iceberg, leaf, Bibb, Boston, or romaine lettuce, endive, spinach, escarole, celery cabbage, watercress. See Exhibit X for kinds of lettuce and p. 465 for types of salad greens.
- **Salad Ingredients.** Select one or more: diagonally sliced asparagus, sliced Jerusalem artichokes, artichoke hearts, sliced avocado, bean sprouts, garbanzo beans, broccoli florets or sliced broccoli stems, chopped or shredded red cabbage, shredded or thinly sliced carrots, sliced cauliflower florets, sliced or diced celery, sliced or diced cucumbers, sliced green onions or scallions, diced green peppers, sliced fresh mushrooms, cooked green peas, sliced radishes, halved cherry tomatoes, fresh tomato wedges, sliced water chestnuts, sliced zucchini.
- **Garnishes.** Alfalfa sprouts, crumbled crisp-cooked bacon, crumbled blue cheese, shredded cheddar cheese, cheese strips or cubes, seasoned croutons, sliced or quartered hard-cooked eggs, sliced olives, onion rings (fresh or French fried), parsley sprig, green pepper rings or strips, sunflower seeds, cherry tomatoes, tomato wedges, toasted wheat germ.
- **Salad Dressings.** French, Italian, Oil and Vinegar, Roquefort, Thousand Island, Buttermilk, Horseradish Cream, Green Peppercorn Cream, Sour Cream Basil.

## TENDER GREENS AND FRUIT SALAD

Yield: 50 portions      Portion: 3 oz greens + 1 oz fruit

| Ingredient                 | Amount         | Procedure   |
|----------------------------|----------------|---|
| Tender greens (see Notes)  | 10 lb          | Toss greens with fruit.<br>Sprinkle garnish on top. |
| Fruit (see Notes)          | 4 lb           | Serve with dressing to the side.                    |
| Garnish (see Notes)        | 1 lb–1 lb 8 oz |   |
| Salad dressing (see Notes) | 1¾ qt          |   |

### Approximate nutritive values per portion

Calories 276

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 20 g | 31% | Cholest. 10 mg | 3%  | Total Carb. 22 g | 7%  | Vitamin A | 28% |
| Sat. Fat 7 g   | 33% | Sodium 413 mg  | 17% | Fiber 3 g        | 10% | Vitamin C | 44% |
| Protein 5 g    |     |                |     | Sugars 17 g      |     | Calcium   | 11% |
|                |     |                |     |                  |     | Iron      | 7%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- **Greens:** Bibb lettuce, heart of romaine, tiny spinach leaves.
- **Fruit:** Blueberries, strawberries, raspberries, fresh pineapple, apples.
- **Garnish:** Blue cheese, feta cheese, walnuts, pecans.
- **Dressing:** Sweet Sesame Vinaigrette (p. 525), Golden Fruit Dressing (p. 527).

**CARRIFRUIT SALAD**

Yield: 50 portions or 4½ qt      Portion: ⅓ cup (3 oz)

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------------|---------------|---|
| Carrots, shredded               | 4 lb 8 oz     | Combine ingredients. Mix lightly.                                     |
| Pineapple tidbits,<br>drained   | 2 lb 12 oz    |   |
| Flaked coconut                  | 8 oz          |   |
| Marshmallows,<br>miniature      | 9 oz          |   |
| Mayonnaise                      | 2¼ cups       | Mix mayonnaise and cream.   |
| Light cream (half-<br>and-half) | ¾ cup         | Add to salad ingredients. Mix carefully.<br>Serve with No. 12 dipper. |

*Approximate nutritive values per portion*

Calories 143

| Amount/portion        | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV  |                | %DV |
|-----------------------|-----|----------------------|-----|-------------------------|-----|------------------|------|----------------|-----|
| <b>Total Fat</b> 10 g | 15% | <b>Cholest.</b> 7 mg | 2%  | <b>Total Carb.</b> 14 g | 5%  | <b>Vitamin A</b> | 116% | <b>Calcium</b> | 2%  |
| Sat. Fat 3 g          | 14% | <b>Sodium</b> 75 mg  | 3%  | Fiber 1 g               | 6%  | <b>Vitamin C</b> | 9%   | <b>Iron</b>    | 3%  |
| <b>Protein</b> 1 g    |     |                      |     | Sugars 11 g             |     |                  |      |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- 8 oz raisins may be added.
  - Best when served the same day it is prepared.

**CARROT RAISIN SALAD**

Yield: 50 portions or 4¼ qt      Portion: ⅓ cup (2½ oz)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Raisins           | 8 oz          | Soften raisins in steamer or simmer in a small amount of water for about 3 minutes. |
| Carrots, raw      | 7 lb (AP)     | Peel carrots. Shred or grind coarsely.<br>Combine with raisins.                     |
| Mayonnaise        | 2 cups        | Mix mayonnaise, salad dressing, and salt.   |
| Salad dressing    | 2 cups        | Add to carrot-raisin mixture. Mix lightly.  |
| Salt              | 1 Tbsp        | Serve with No. 12 dipper.   |

*Approximate nutritive values per portion*

Calories 141

| Amount/portion        | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV  |                | %DV |
|-----------------------|-----|----------------------|-----|-------------------------|-----|------------------|------|----------------|-----|
| <b>Total Fat</b> 10 g | 16% | <b>Cholest.</b> 8 mg | 3%  | <b>Total Carb.</b> 13 g | 4%  | <b>Vitamin A</b> | 179% | <b>Calcium</b> | 2%  |
| Sat. Fat 1 g          | 7%  | <b>Sodium</b> 267 mg | 11% | Fiber 2 g               | 7%  | <b>Vitamin C</b> | 10%  | <b>Iron</b>    | 2%  |
| <b>Protein</b> 1 g    |     |                      |     | Sugars 7 g              |     |                  |      |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Carrot-Apple-Celery Salad.** Substitute 3 lb diced apples for 2 lb carrots.
  - **Carrot-Celery-Cucumber Salad.** Use 4 lb 8 oz shredded carrots, 1 lb 8 oz chopped celery, and 1 lb 8 oz chopped cucumber.
  - **Carrot-Celery Salad.** Omit raisins. Use 5 lb ground carrots. Add 2 lb chopped celery and 2 oz sugar.
  - **Carrot-Coconut Salad.** Substitute 1 lb toasted coconut for raisins.

**TRIPLE BEAN SALAD**

Yield: 50 portions or 6 qt      Portion: ½ cup (4 oz)

| <i>Ingredient</i>                        | <i>Amount</i>              | <i>Procedure</i>   |
|--|----------------------------|--|
| Green beans, French style or cut, canned | 3 lb 8 oz<br>(1 No.10 can) | Drain green and wax beans thoroughly.  |
| Wax beans, cut, canned                   | 2 lb 8 oz                  |  |
| Kidney beans, canned                     | 3 lb                       | Rinse kidney beans. Drain.   |
| Onion, thinly sliced                     | 1 lb 8 oz                  | Add onion, green pepper, and seasonings to beans. Cover. Marinate overnight in the refrigerator. |
| Green pepper, diced                      | 6 oz                       |  |
| Vinegar, cider                           | 3 cups                     |  |
| Sugar, granulated                        | 1 lb 8 oz                  |  |
| Salt                                     | 1 Tbsp                     |  |
| Pepper, black                            | 1 Tbsp                     |  |
| Celery seed                              | 1 Tbsp                     |  |
| Salad oil                                | 1 cup                      | Just before serving, drain vegetables well. Add oil and toss lightly. Serve with No. 12 dipper.  |

*Approximate nutritive values per portion***Calories 168**

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 5 g | 7%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 29 g | 10% | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 6%  | <b>Sodium</b> 277 mg | 12% | Fiber 5 g               | 18% | <b>Vitamin C</b> | 10% |
| <b>Protein</b> 4 g   |     |                      |     | Sugars 15 g             |     | <b>Calcium</b>   | 4%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 6%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Cauliflower Bean Salad.** Delete kidney beans and add 3 lb cauliflower florets, slightly cooked.
  - **Oriental Bean Salad.** Delete kidney beans. Add 1 lb 8 oz cooked red beans, drained and rinsed, and 1 lb 8 oz bean sprouts.

**BROWN BEAN SALAD**

Yield: 50 portions or 6 qt      Portion: ½ cup (4 oz)

| <i>Ingredient</i>            | <i>Amount</i>  | <i>Procedure</i>                              |
|------------------------------|----------------|---|
| Eggs, hard-cooked (p. 271)   | 12             | Peel and dice eggs.                           |
| Brown or kidney beans        | 1½ No. 10 cans | Rinse beans with cold water. Drain.           |
| Celery, diced                | 12 oz          | Combine with beans. Add eggs.                 |
| Green pepper, chopped        | 3 oz           |   |
| Onion, minced                | 3 oz           |   |
| Pickle relish                | 10 oz          |   |
| Salad dressing or mayonnaise | 3 cups         | Combine and add to bean mixture. Mix lightly. |
| Salt                         | 2 Tbsp         |   |
| Vinegar, cider               | ¾ cup          |   |

*Approximate nutritive values per portion*

Calories 197

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 12 g | 19% | <b>Cholest.</b> 59 mg | 20% | <b>Total Carb.</b> 17 g | 6%  | <b>Vitamin A</b> | 3%  | <b>Calcium</b> | 3%  |
| Sat. Fat 2 g          | 10% | <b>Sodium</b> 665 mg  | 28% | Fiber 4 g               | 17% | <b>Vitamin C</b> | 7%  | <b>Iron</b>    | 10% |
| <b>Protein</b> 7 g    |     |                       |     | Sugars 2 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- 4 lb dried beans, cooked according to directions on p. 632, may be substituted for canned beans.
- Great Northern or pinto beans may be substituted for half of the kidney beans.

**GARBANZO BEAN SALAD**

Yield: 50 portions or 4½ qt      Portion: ⅓ cup (3 oz)

| Ingredient                   | Amount    | Procedure  |
|------------------------------|-----------|--|
| Garbanzo beans, canned       | 2 lb 8 oz | Rinse beans with cold water. Drain.                                  |
| Red beans, canned            | 1 lb 8 oz |  |
| Pinto beans, canned          | 2 lb      |  |
| Celery, sliced               | 1 lb      | Combine with beans.  |
| Cucumbers, peeled and sliced | 12 oz     |  |
| Green onions, sliced         | 5 oz      |  |
| Radishes, sliced             | 8 oz      |  |
| Black olives, sliced         | 4 oz      |  |
| French Dressing (p. 520–521) | 1 cup     | Pour dressing over bean mixture. Toss lightly. Marinate for 2 hours. |

*Approximate nutritive values per portion*

Calories 80

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 4 g | 6%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 10 g | 3%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 2%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 260 mg | 11% | Fiber 2 g               | 8%  | <b>Vitamin C</b> | 7%  | <b>Iron</b>    | 7%  |
| <b>Protein</b> 3 g   |     |                      |     | Sugars 1 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- Cooked Great Northern beans may be substituted for garbanzo beans.
- Vegetable Marinade (p. 594) may be substituted for French Dressing.

**Variation**

- **Garbanzo Pasta Salad.** Delete pinto beans. Cook 8 oz shell macaroni to the *al dente* stage. Combine with other ingredients.

**COLESLAW**

Yield: 50 portions or 4½ qt      Portion: ⅓ cup (2½ oz)

| Ingredient        | Amount            | Procedure  |
|-------------------|-------------------|--|
| Cabbage           | 7 lb EP (9 lb AP) | Shred or chop cabbage.   |
| Vinegar, cider    | 3 cups            | Combine vinegar, sugar, and seasonings. Add to cabbage. Mix lightly. |
| Sugar, granulated | 1 lb 8 oz         |  |
| Salt              | 1 oz (1½ Tbsp)    |  |
| Celery seed       | 1 Tbsp            |  |

*Approximate nutritive values per portion*

Calories 68

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 18 g | 6%  | Vitamin A | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 204 mg  | 8%  | Fiber 1 g        | 4%  | Vitamin C | 50% |
| Protein 1 g    |     |                |     | Sugars 15 g      |     | Calcium   | 3%  |
|                |     |                |     |                  |     | Iron      | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Red cabbage may be substituted for part or all of green cabbage.

**Variations**

- **Cauliflower Broccoli Salad.** Substitute 3 lb 8 oz EP each of cauliflower and broccoli florets for the cabbage. Add 3 oz chopped onion. Serve soon after preparing.
- **Green Pepper Slaw.** Add 4 oz chopped green pepper, 2 oz chopped onion, and 4 Tbsp celery seed.
- **Oriental Coleslaw.** Substitute ⅓ recipe Sesame Seed Dressing (p. 521) for dressing given in recipe.

**CREAMY COLESLAW**

Yield: 50 portions or 4¼ qt      Portion: ⅓ cup (2½ oz)

| Ingredient                   | Amount            | Procedure  |
|------------------------------|-------------------|--|
| Cabbage                      | 7 lb EP (9 lb AP) | Shred or chop cabbage.   |
| Mayonnaise or salad dressing | 2 cups            | Combine and add to cabbage. Mix lightly. Serve with No. 12 dipper. |
| Light cream, half-and-half   | 2 cups            |  |
| Vinegar, cider               | ½ cup             |  |
| Sugar, granulated            | 4 oz              |  |
| Salt                         | 1 oz (1½ Tbsp)    |  |
| Pepper, white                | ½ tsp             |  |

*Approximate nutritive values per portion*

Calories 100

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 8 g  | 13% | Cholest. 9 mg  | 3%  | Total Carb. 7 g | 2%  | Vitamin A | 2%  |
| Sat. Fat 2 g   | 9%  | Sodium 258 mg  | 11% | Fiber 1 g       | 4%  | Vitamin C | 50% |
| Protein 1 g    |     |                |     | Sugars 4 g      |     | Calcium   | 4%  |
|                |     |                |     |                 |     | Iron      | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.

- Variations**
- **Apple Cabbage Salad.** See p. 493.
  - **Cabbage Carrot Slaw.** Reduce cabbage to 5 lb. Add 1 lb shredded or chopped carrots, 8 oz chopped green pepper, and 4 oz chopped onion.
  - **Cabbage-Pineapple-Marshmallow Salad.** To 4 lb shredded or chopped cabbage, add 2 lb pineapple tidbits, drained, 1 lb miniature marshmallows, and a dressing made of 2 cups mayonnaise or salad dressing and 2 cups cream, whipped.
  - **Creamy Cauliflower-Broccoli Salad.** Substitute 3 lb 8 oz EP each of cauliflower and broccoli for the cabbage. Add 3 oz chopped green onion. Garnish with cherry tomatoes.

## SLICED CUCUMBER AND ONION IN SOUR CREAM

*Yield:* 50 portions or 4¼ qt      *Portion:* ⅓ cup (2½ oz)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Cucumbers         | 5 lb          | Cut cucumbers and onions in thin slices.  |
| Onions            | 8 oz          |   |
| Sour cream        | 3 cups        | Blend rest of ingredients to form a thin cream dressing. Pour over cucumbers and onions. Mix lightly. |
| Mayonnaise        | 3 cups        |   |
| Salt              | 1½ tsp        |   |
| Sugar, granulated | 3 Tbsp        |   |
| Vinegar, cider    | ¾ cup         |   |

### *Approximate nutritive values per portion*

**Calories 135**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 14 g | <b>21%</b> | <b>Cholest.</b> 14 mg | <b>5%</b>  | <b>Total Carb.</b> 4 g | <b>1%</b>  | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 3 g          | <b>17%</b> | <b>Sodium</b> 148 mg  | <b>6%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b> | <b>4%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 1 g             |            | <b>Calcium</b>   | <b>2%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes** • Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.

- This cream dressing may be used as a dressing for lettuce.

**Variation** • **German Cucumbers.** Reduce onions to 4 oz. Delete cream dressing. Pour mixture of 1 cup vinegar, ½ cup water, 1 Tbsp salt, and 8 oz sugar over cucumbers and onions. Marinate at least 1 hour.

**MARINATED MUSHROOMS**

Yield: 50 portions      Portion: 2¾ oz

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------|---------------|---|
| Mushrooms, fresh, small     | 6 lb          | Clean mushrooms and trim ends. Leave whole.   |
| Water                       | 1 qt          | Combine water and lemon juice. Bring to a boil. Add mushrooms and blanch for 1–3 minutes. Drain and immerse in cold water. Drain. |
| Lemon juice                 | ½ cup         |   |
| Vegetable Marinade (p. •••) | 1½ qt         | Pour marinade over mushrooms. Refrigerate for 2–3 hours. Drain off most of the marinade before serving.                           |

*Approximate nutritive values per portion***Calories 37**

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|---------|-----|
| Total Fat 3 g  | 4%  | Cholest. 0 mg  | 0%  | Total Carb. 3 g | 1%  | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 1 g   | 3%  | Sodium 110 mg  | 5%  | Fiber 1 g       | 3%  | Vitamin C | 6%  | Iron    | 4%  |
| Protein 1 g    |     |                |     | Sugars 1 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Before serving, mushrooms may be tossed with fresh minced parsley or other fresh herb.

**Variations**

- **Marinated Asparagus.** Blanch fresh asparagus spears (see above). Marinate. To serve, drain and arrange 3–5 spears on plate with Bibb lettuce liner. Garnish with lemon twist or pimiento strip.
- **Marinated Green Beans.** Cover whole green beans with marinade. If fresh green beans are used, cook until tender-crisp.
- **Vegetable Collage.** Pour 3 cups Italian Dressing (p. 521) or Vegetable Marinade (p. 594) over: 2 lb broccoli florets, 2 lb cauliflower florets, 12 oz sliced celery, 1 lb 8 oz cherry tomatoes cut in half, 2 lb sliced zucchini, 1 lb sliced green onions, 6 oz sliced carrots, and 1 lb 8 oz sliced black olives. Marinate in refrigerator for 4 hours, but if salad is to be held longer than 4 hours, add broccoli shortly before serving. Add 1 lb cooked crumbled bacon and toss.

**TOMATO BASIL SALAD**

Yield: 50 portions      Portion: ½ cup

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------|---------------|---|
| Tomatoes              | 15 lb (AP)    | Peel and seed tomatoes (see Notes). Cut tomatoes into bite-size pieces. Put in bakers bowl. |
| Basil leaves, fresh   | 1 oz          | Cut or tear basil into small pieces. Gently stir into tomatoes.                             |
| Red wine vinegar      | 1½ cups       | Mix vinegar, sugar, and spices. Pour over tomatoes. Let stand 30 minutes.                   |
| Sugar, granulated     | 1½ cups       |   |
| Salt                  | 2 tsp         |   |
| Pepper, cracked black | ½ tsp         |   |

Serve tomatoes in a bowl with some of the vinegar dressing. Garnish with fresh basil leaves.

*Approximate nutritive values per portion*

Calories 50

| Amount/portion  | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|-----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0.4 g | 1%  | Cholest. 0 mg  | 0%  | Total Carb. 12 g | 4%  | Vitamin A | 8%  | Calcium | 1%  |
| Sat. Fat 0 g    | 0%  | Sodium 104 mg  | 4%  | Fiber 1.4 g      | 6%  | Vitamin C | 40% | Iron    | 3%  |
| Protein 1 g     |     |                |     | Sugars 9 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Use very ripe, bright red tomatoes.
- Procedure for seeding tomatoes: Cut the tomato in half horizontally. Gently squeeze each half of the tomato to push out the seeds.

**Variation**

- **Tomato Basil and Romaine Salad.** Cut or tear 10 lb romaine lettuce into bite-size pieces. Portion 3 oz lettuce onto individual salad plates. Using a No. 12 dipper, portion tomatoes on top of greens (being careful to not use too much vinegar dressing). Sprinkle 1 tsp freshly grated Parmesan cheese on top of each salad. Drizzle a small amount of the vinegar on top, if desired. Garnish with whole basil leaves. May substitute slices of fresh mozzarella cheese for the Parmesan cheese.

**MARINATED TOMATOES**

Yield: 50 portions

Portion: 2 slices

| Ingredient                    | Amount     | Procedure  |
|-------------------------------|------------|--|
| Tomatoes, fresh, peeled       | 6 lb       | Cut peeled tomatoes into 1/2-inch slices. Place in bottom of 12 × 20 × 2-inch pan.     |
| Onion, chopped                | 3/4 cup    | Combine. Pour over tomato slices. Cover tightly. Refrigerate if storing for later use. |
| Garlic, minced                | 3 cloves   |  |
| Parsley, chopped              | 1/3 cup    |  |
| Basil, crumbled, dried        | 1 Tbsp     |  |
| Sugar, granulated             | 1 Tbsp     |  |
| Salt                          | 2 tsp      |  |
| Pepper, black                 | 1 1/2 tsp  |  |
| Olive oil                     | 2 cups     |  |
| Vinegar, red wine or balsamic | 1 1/2 cups |  |

*Approximate nutritive values per portion*

Calories 99

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|---------|-----|
| Total Fat 9 g  | 13% | Cholest. 0 mg  | 0%  | Total Carb. 4 g | 1%  | Vitamin A | 5%  | Calcium | 1%  |
| Sat. Fat 1 g   | 6%  | Sodium 203 mg  | 8%  | Fiber 1 g       | 2%  | Vitamin C | 9%  | Iron    | 2%  |
| Protein 1 g    |     |                |     | Sugars 2 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 1/3 cup fresh basil may be substituted for dried.
- Salad oil may be substituted for olive oil.
- Refrigerator storage causes tomatoes to lose some flavor.

**Variation**

- **Fresh Tomato Relish.** Cut peeled tomatoes in half and gently squeeze out most of the seeds. Chop coarsely and stir into the marinade.

## FRESH SLICED TOMATOES AND CUCUMBERS

*Yield:* 50 portions      *Portion:* 2 tomatoes and 2 cucumber slices

| <i>Ingredient</i>          | <i>Amount</i>        | <i>Procedure</i>   |
|----------------------------|----------------------|--|
| Tomatoes                   | 8 lb                 | Slice tomatoes and cucumbers $\frac{1}{4}$ inch thick.<br>Alternate tomatoes and cucumbers, slightly overlapping,<br>on a serving platter. |
| Cucumbers                  | 5 lb                 |  |
| Basil, fresh, chopped      | $\frac{1}{2}$ cup    | Sprinkle basil and parsley over tomatoes and cucumbers.  |
| Parsley, fresh, chopped    | $\frac{1}{2}$ cup    |  |
| Italian salad dressing     | 2 $\frac{1}{2}$ cups | Drizzle evenly over tomatoes and cucumbers.  |
| Basil, fresh, whole leaves | for garnish          | Garnish with fresh basil leaves and serve immediately.   |

### *Approximate nutritive values per portion*

**Calories 79**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>           | <i>%DV</i>        |
|-----------------------|------------|-----------------------|------------|------------------------|------------|----------------------|-------------------|
| <b>Total Fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 5 g | <b>2%</b>  | <b>Vitamin A</b> 8%  | <b>Calcium</b> 2% |
| Sat. Fat 1 g          | <b>4%</b>  | <b>Sodium</b> 249 mg  | <b>10%</b> | Fiber 1 g              | <b>3%</b>  | <b>Vitamin C</b> 13% | <b>Iron</b> 1%    |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 2 g             |            |                      |                   |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Cucumbers may be scored with tines of a fork before slicing. Cucumbers may be peeled or unpeeled.
- Variation**
- **Sliced Tomato and Mozzarella Salad.** Substitute 4 lb low-fat mozzarella cheese slices for cucumbers.

## MARINATED CARROTS

*Yield:* 50 portions      *Portion:*  $\frac{1}{3}$  cup (3 oz)

| <i>Ingredient</i>                                 | <i>Amount</i>        | <i>Procedure</i>  |
|---|----------------------|---|
| Carrots, fresh, cut in $\frac{1}{4}$ -inch slices | 5 lb                 | Cook carrots until tender-crisp. Drain.                       |
| Tomato soup                                       | 2 cups               | Combine and heat to boiling point.<br>Pour over warm carrots. |
| Sugar, granulated                                 | 1 lb                 |   |
| Salad oil   | $\frac{1}{2}$ cup    | Marinate for at least 4 hours.                                |
| Vinegar, cider                                    | 1 $\frac{1}{2}$ cups |   |
| Salt  | 2 tsp                |   |
| Pepper, black                                     | 1 tsp                |   |
| Prepared mustard                                  | 1 Tbsp               |   |
| Worcestershire sauce                              | 1 Tbsp               |   |
| Onions, chopped                                   | 12 oz                |   |
| Green pepper, chopped                             | 3 oz                 |   |

*Approximate nutritive values per portion*

Calories 81

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | %DV              | %DV  |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|------|
| <b>Total Fat</b> 2 g | 4%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 16 g | 5%  | <b>Vitamin A</b> | 127% |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 143 mg | 6%  | Fiber 1 g               | 5%  | <b>Vitamin C</b> | 15%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 12 g             |     | <b>Calcium</b>   | 1%   |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 2%   |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Frozen crinkle-sliced carrots, cooked until tender-crisp, may be substituted for fresh carrots.
- Marinated carrots will keep in the refrigerator for a week.

**MARINATED GARDEN SALAD**

Yield: 50 portions or 8 lb

Portion:  $\frac{1}{3}$  cup (2 $\frac{1}{2}$  oz)

| <i>Ingredient</i>                | <i>Amount</i>      | <i>Procedure</i>  |
|----------------------------------|--------------------|---|
| Carrots, sliced                  | 1 lb (EP)          | Steam carrots just until tender-crisp. Drain.                         |
| Cauliflower, fresh               | 2 lb (EP)          | Cut cauliflower into florets.   |
| Broccoli spears                  | 2 lb (EP)          | Cut broccoli into florets and slice stems.                            |
| Mushrooms, fresh                 | 1 lb               | Clean mushrooms. Cut large mushrooms in half. Combine all vegetables. |
| French Dressing<br>(pp. 520–521) | 1 $\frac{1}{2}$ qt | Combine dressing and seasonings. Pour over vegetables.                |
| Dill weed                        | $\frac{1}{4}$ oz   | Marinate at least 2 hours.  |
| Basil, dried, crumbled           | 1 Tbsp             |   |
| Oregano, dried, crumbled         | 1 tsp              |   |

*Approximate nutritive values per portion*

Calories 145

| Amount/portion        | %DV | Amount/portion       | %DV | Amount/portion         | %DV | %DV              | %DV |
|-----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 12 g | 19% | <b>Cholest.</b> 4 mg | 1%  | <b>Total Carb.</b> 9 g | 3%  | <b>Vitamin A</b> | 36% |
| Sat. Fat 3 g          | 15% | <b>Sodium</b> 463 mg | 19% | Fiber 1 g              | 5%  | <b>Vitamin C</b> | 43% |
| <b>Protein</b> 1 g    |     |                      |     | Sugars 5 g             |     | <b>Calcium</b>   | 3%  |
|                       |     |                      |     |                        |     | <b>Iron</b>      | 4%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Peel broccoli stems before slicing if they appear tough.

**SPINACH CHEESE SALAD**

Yield: 50 portions

Portion: 3 oz

| Ingredient                   | Amount | Procedure  |
|------------------------------|--------|--|
| Spinach, chopped, frozen     | 3 lb   | Thaw spinach. Squeeze out excess moisture and drain.                       |
| Eggs, hard-cooked (p. 271)   | 10     | Peel and chop eggs coarsely.   |
| Onion, chopped               | 6 oz   | Add onions, celery, cheese, and eggs to spinach. Mix lightly.              |
| Celery, chopped              | 8 oz   |  |
| Cheddar cheese, shredded     | 1 lb   |  |
| Mayonnaise or salad dressing | 1¼ qt  | Combine mayonnaise and seasonings. Pour over spinach mixture. Mix lightly. |
| Salt                         | 2 tsp  | Refrigerate for 2 hours.   |
| Hot pepper sauce             | 2 tsp  | Serve with No. 12 dipper.  |
| Vinegar, cider               | 2 Tbsp |  |
| Horseradish                  | ⅔ cup  |  |

*Approximate nutritive values per portion*

Calories 221

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|---------|-----|
| Total Fat 22 g | 33% | Cholest. 65 mg | 22% | Total Carb. 3 g | 1%  | Vitamin A | 27% | Calcium | 11% |
| Sat. Fat 5 g   | 24% | Sodium 343 mg  | 14% | Fiber 1 g       | 3%  | Vitamin C | 7%  | Iron    | 14% |
| Protein 5 g    |     |                |     | Sugars 0 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.

**BASIC PASTA SALAD**

Yield: 50 portions

Portion: 4 oz

| Ingredient                          | Amount         | Procedure  |
|-------------------------------------|----------------|--|
| Pasta                               | 3 lb 8 oz (AP) | Cook pasta according to directions on p. 369. Do not overcook. Pasta should be <i>al dente</i> . There should be approximately 9 lb cooked pasta. Information on cooked weights of pasta is given on p. 369. |
| Water, boiling                      | 3½ gal         |  |
| Salt                                | 3 oz           |  |
| Vegetable oil                       | 2 Tbsp         |  |
| Dressing                            | 1½–1¾ qt       | Add dressing and toss gently to mix.   |
| Vegetables and/or other ingredients | 1 lb 8 oz–2 lb | Fold in other ingredients. Chill.  |

**Suggested Ingredients**

- **Pasta:** Rotini, rigatoni, shell macaroni, elbow macaroni, radiatore, wheels. See Figure 9.2 for other pasta choices.
- **Dressing:** Vinaigrette and variations (p. 524), Lemon Basil (p. 524), Lime Salad Dressing (p. 524), Green Peppercorn Cream (p. 518), Thousand Island (p. 518), Italian (p. 521), Sour Cream Basil (p. 518).
- **Vegetables (cooked until tender-crisp):** Asparagus cuts, broccoli florets, carrot coins, Italian green beans, snow peas, sugar snap peas.

- **Vegetables (raw):** Avocado slices or chunks, broccoli, cauliflower, chives, cucumbers, green peppers, red onion rings, parsley, radishes, summer squash slices, tomatoes, water chestnuts, zucchini slices or strips.
- **Other:** Chicken strips, beef strips, pepperoni slices, ham, crabmeat, scallops, shrimp, turkey, olives, pickles, cheese.

**Note**

- Yield for this recipe may vary, depending on the shape of the pasta used and the amount of vegetables and other ingredients added.

**MACARONI SALAD**

Yield: 50 portions or 6 qt

Portion: 1/2 cup (4 oz)

| Ingredient                           | Amount    | Procedure  |
|--------------------------------------|-----------|--|
| Elbow macaroni                       | 2 lb 8 oz | Cook macaroni according to directions on p. 369.                                   |
| Water, boiling                       | 2 1/2 gal | Rinse in cold water. Drain well after rinsing.                                     |
| Salt                                 | 2 Tbsp    | (Should be 6 lb 10 oz cooked macaroni.)  |
| Vegetable oil                        | 1 Tbsp    |  |
| French Dressing<br>(pp. 520–521)     | 2 cups    | Combine. Pour over macaroni and let marinate overnight.                            |
| Salt                                 | 3/4 tsp   |  |
| Vinegar, cider                       | 1/2 cup   |  |
| Eggs, hard-cooked<br>(p. 271)        | 12        | Peel and coarsely chop eggs.   |
| Green peppers,<br>chopped            | 6 oz      | Add vegetables, cheese, and eggs to marinated macaroni.                            |
| Celery, chopped                      | 1 lb 4 oz |  |
| Onions, chopped                      | 6 oz      |  |
| Pimiento, chopped<br>and drained     | 3 oz      |  |
| Cheddar cheese,<br>diced or shredded | 1 lb      |  |
| Salad dressing                       | 1 lb      | Combine dressing and relish.   |
| Sweet pickle relish,<br>drained      | 10 oz     | Pour over macaroni mixture. Mix carefully to combine.<br>Serve with No. 10 dipper. |

*Approximate nutritive values per portion*

Calories 260

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 16 g | 25% | <b>Cholest.</b> 67 mg | 22% | <b>Total Carb.</b> 22 g | 7%  | <b>Vitamin A</b> | 6%  |
| Sat. Fat 4 g          | 22% | <b>Sodium</b> 610 mg  | 25% | Fiber 0.3 g             | 1%  | <b>Vitamin C</b> | 9%  |
| <b>Protein</b> 7 g    |     |                       |     | Sugars 3 g              |     | <b>Calcium</b>   | 8%  |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 7%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Other types of pasta may be substituted for elbow macaroni. (See Figure 9.2.)

**Variations**

- **Chicken and Pasta Salad.** Delete cheese, pickle relish, and eggs. Cook 2 lb 8 oz fettuccine or other type of pasta according to directions on p. 369. Add 3 lb cooked chicken, diced.
- **Ham and Pasta Salad.** Delete eggs. Add 2 lb cooked ham, diced.

**ITALIAN PASTA SALAD**

Yield: 50 portions

Portion: 1/2 cup (4 oz)

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------------|---------------|---|
| Rotini or other pasta             | 2 lb 8 oz     | Cook pasta according to directions on p. 369.<br>Rinse in cold water. Drain.          |
| Water, boiling                    | 2 1/2 gal     |   |
| Salt                              | 2 Tbsp        |   |
| Vegetable oil                     | 1 Tbsp        |   |
| Thousand Island Dressing (p. 518) | 1 3/4 qt      | Combine dressing and seasonings.<br>Pour over pasta. Mix gently.<br>Chill.            |
| Basil, dried, crumbled            | 1 Tbsp        |   |
| Salt                              | 1 Tbsp        |   |
| Garbanzo beans, canned            | 8 oz          | Drain and rinse beans.<br>Add to pasta mixture.                                       |
| Tomatoes, fresh, cut in wedges    | 1 lb 8 oz     | Add vegetables and olives to pasta mixture.<br>Toss gently. Refrigerate until served. |
| Cucumbers, peeled and sliced      | 1 lb          |   |
| Cauliflower, fresh, sliced        | 8 oz          |   |
| Black olives, large, pitted       | 4 oz          |   |

*Approximate nutritive values per portion***Calories 229**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV       |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 13 g | <b>20%</b> | <b>Cholest.</b> 11 mg | <b>4%</b>  | <b>Total Carb.</b> 24 g | <b>8%</b> | <b>Vitamin A</b> | <b>5%</b> |
| Sat. Fat 2 g          | <b>11%</b> | <b>Sodium</b> 484 mg  | <b>20%</b> | Fiber 2 g               | <b>7%</b> | <b>Vitamin C</b> | <b>9%</b> |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 1 g              |           | <b>Calcium</b>   | <b>2%</b> |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>9%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- An oil-base dressing may be substituted for Thousand Island Dressing.

**CHILLED FETTUCCINE VINAIGRETTE**

Yield: 50 portions

Portion: 5 oz

| <i>Ingredient</i>                | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------------|---------------|--|
| Fettuccine                       | 3 lb 6 oz     | Cook fettuccine according to directions on p. 369. Drain. There should be 10 lb cooked fettuccine.                   |
| Water                            | 3½ gal        |  |
| Salt                             | 2 Tbsp        |  |
| Vegetable oil                    | 2 Tbsp        |  |
| Yogurt, plain, nonfat            | 2 lb          | Blend yogurt and vinaigrette well.   |
| Vinaigrette Dressing<br>(p. 524) | 2 qt          | Pour over hot fettuccine. Toss, using tongs, until all pasta is coated with dressing. Cover and chill until service. |

*Approximate nutritive values per portion*

Calories 331

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|-----------------------|------------|----------------------|------------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 24 g | <b>37%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 25 g | <b>8%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>5%</b> |
| Sat. Fat 6 g          | <b>31%</b> | <b>Sodium</b> 610 mg | <b>25%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>2%</b> | <b>Iron</b>    | <b>7%</b> |
| <b>Protein</b> 5 g    |            |                      |            | Sugars 2 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Serve Fettuccine Vinaigrette as an accompaniment to a chilled poultry breast. Add a colorful fruit garnish.
- Bottled Italian salad dressing may be substituted for Vinaigrette Dressing.

**Variation**

- **Marinated Fettuccine.** Prepare as for Chilled Fettuccine Vinaigrette. After the yogurt and dressing are added, heat in oven. Serve hot.

**POTATO SALAD**

Yield: 50 portions or 7 qt

Portion: ½ cup (4 oz)

| <i>Ingredient</i>                    | <i>Amount</i>            | <i>Procedure</i>  |
|--------------------------------------|--------------------------|---|
| Potatoes, peeled                     | 10 lb (EP)<br>(12 lb AP) | Cook potatoes until tender. Dice while warm.  |
| Salad oil                            | ½ cup                    | Make a marinade of oil, vinegar, lemon juice, and seasonings. Add to warm potatoes and mix gently. Marinate until cold. |
| Vinegar, cider                       | ½ cup                    |   |
| Lemon juice                          | 1 Tbsp                   |   |
| Prepared mustard                     | 2 Tbsp                   |   |
| Sugar, granulated                    | 3 oz                     |   |
| Salt                                 | 1 Tbsp                   |   |
| Hot pepper sauce                     | Few drops                |   |
| Eggs, hard-cooked<br>(p. 271), diced | 12                       | Add eggs, celery, onion, and pepper to marinated potatoes. Mix lightly.   |
| Celery, diced                        | 1 lb                     |   |
| Onion, finely<br>chopped             | 8 oz                     |   |
| Pepper, black                        | ½ tsp                    |   |
| Mayonnaise                           | 2 cups                   | Add mayonnaise. Mix carefully to blend. Chill at least 1 hour before serving. Serve with No. 10 dipper.                 |

*Approximate nutritive values per portion*

Calories 190

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>16%</b> | <b>Cholest.</b> 56 mg | <b>19%</b> | <b>Total Carb.</b> 21 g | <b>7%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 214 mg  | <b>9%</b>  | Fiber 1 g               | <b>6%</b> | <b>Vitamin C</b> | <b>12%</b> |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 3 g              |           | <b>Calcium</b>   | <b>2%</b>  |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep leftover product chilled below 41°F. See p. 44 for cooling procedures.
- 2 cups French Dressing may be substituted for the marinade given in the recipe.
- Sour cream or yogurt may be substituted for half of the mayonnaise.
- Potatoes may be cooked with skins on, then peeled. Use 12 lb AP.
- 4 oz pickle relish, chopped pimiento, or chopped green pepper may be added.

**Variation**

- **Sour Cream Potato Salad.** Reduce eggs to 8 and mayonnaise to 1 cup. Add 2 cups sour cream, 1 tsp celery seed, and 12 oz peeled, sliced cucumbers.

**HOT POTATO SALAD**

Yield: 50 portions

Portion: 2/3 cup (6 oz)

| <i>Ingredient</i>  | <i>Amount</i>            | <i>Procedure</i>  |
|--------------------|--------------------------|---|
| Potatoes           | 12 lb (EP)<br>(15 lb AP) | Wash potatoes and trim as necessary.<br>Steam until just tender, about 30 minutes.<br>Peel and slice.   |
| Bacon              | 1 lb                     | Dice bacon, cook until crisp. Drain. Reserve fat.   |
| Onion, chopped     | 8 oz                     | Sauté onion in bacon fat.   |
| Flour, all-purpose | 4 oz                     | Add flour to onions and stir until well mixed.<br>Cook 5 minutes.   |
| Sugar, granulated  | 1 lb                     | Mix sugar, spices, vinegar, and water. Boil 1 minute.<br>Add to fat-flour mixture gradually while stirring.<br>Cook until slightly thickened. |
| Salt               | 2½ oz                    |   |
| Pepper, black      | 2 tsp                    |   |
| Celery seed        | 1 Tbsp                   |   |
| Vinegar, cider     | 3 cups                   |   |
| Water              | 1 qt                     |   |

Add hot dressing to warm potatoes and bacon. Mix lightly.  
Serve hot.

*Approximate nutritive values per portion***Calories 205**

| Amount/portion       | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV       |
|----------------------|------------|----------------------|------------|-------------------------|------------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 7 g | <b>11%</b> | <b>Cholest.</b> 8 mg | <b>3%</b>  | <b>Total Carb.</b> 34 g | <b>11%</b> | <b>Vitamin A</b> | <b>0%</b>  | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 3 g         | <b>14%</b> | <b>Sodium</b> 597 mg | <b>25%</b> | Fiber 2 g               | <b>6%</b>  | <b>Vitamin C</b> | <b>15%</b> | <b>Iron</b>    | <b>3%</b> |
| <b>Protein</b> 3 g   |            |                      |            | Sugars 11 g             |            |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p.44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 12 hard-cooked eggs, sliced or diced, may be added.
- Mayonnaise or a combination of mayonnaise and salad dressing may be used in place of the hot vinegar dressing. Add to potato mixture and heat to serving temperature.

## GELATIN SALAD RECIPES

### FRUIT GELATIN SALAD

*Yield:* 40 or 48 portions or 1 pan 12 × 20 × 2 inches

*Portion:* 2¼ × 2½ or 2 × 2½ inches

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------|---------------|--|
| Gelatin, flavored          | 1 lb 8 oz     | Pour boiling water over gelatin.   |
| Water, boiling             | 2 qt          | Stir until dissolved.  |
| Fruit juice or water, cold | 2 qt          | Add to hot liquid. Chill.  |
| Fruit, drained             | 4 lb          | Place fruit in counter pan. When gelatin begins to congeal, pour over fruit. Place in refrigerator to congeal. Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions. |

*Approximate nutritive values per portion (cut 48)*

**Calories 91**

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 10 g | 3%  | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 20 mg   | 1%  | Fiber 1 g        | 3%  | Vitamin C | 40% | Iron    | 5%  |
| Protein 13 g   |     |                |     | Sugars 9 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- For quick preparation, dissolve 1 lb 8 oz flavored gelatin in 1½ qt boiling water. Measure 2½ qt chipped or finely crushed ice, then add enough cold water or fruit juice to cover ice. Add to gelatin and stir constantly until ice is melted. Gelatin will begin to congeal at once. Speed of congealing depends on proportion of ice to water and size of ice particles.
- One or more canned, frozen, or fresh fruits, cut into desired shapes and sizes, may be used. Fresh or frozen pineapple must be cooked before adding to gelatin salad.
- Fruit juice may be used for part or all of the liquid. Not more than 50 percent of heavy syrup, however, should be substituted for water.
- If unflavored granulated gelatin is used, sprinkle 2½ oz over 2 cups cold water and let stand for 10 minutes. Add 3½ qt boiling fruit juice and 1 lb sugar.

**Variations**

- **Apple Cinnamon Swirl.** Heat ¼ qt water to boiling. Add 1 lb lemon gelatin and 10 oz cinnamon candies (red-hots). Stir until dissolved. Stir in 3 lb (1½ qt) applesauce, ¼ cup lemon juice, and 1 Tbsp salt. Pour into a 12 × 20 × 2-inch pan and chill until partially set. Fold in 8 oz coarsely chopped walnuts. Beat 10 oz cream cheese, ½ cup milk, ¼ cup mayonnaise until smooth. Spoon mixture (2 cups) on top of gelatin. Swirl through gelatin with rubber spatula to marble.
- **Applesauce Gelatin Salad.** Heat 6 lb 10 oz (1 No. 10 can) applesauce, 8 oz granulated sugar, 1 Tbsp ground cinnamon, and 2 tsp ground nutmeg, stirring frequently. Add 1 lb 8 oz strawberry gelatin and stir until dissolved. Add 2 qt cold water and ⅓ cup lemon juice.
- **Arabian Peach Salad.** Drain 1 No. 10 can sliced peaches, saving juice. Combine peach juice, 1½ cups white vinegar, 1 lb 12 oz granulated sugar, 1 oz stick cinnamon, and 2 tsp whole cloves. Simmer 10 minutes. Strain, and add enough hot water to make 1 gal liquid. Add to 1 lb 8 oz orange gelatin and stir until dissolved. When slightly thickened, add peaches. Apricot halves may be substituted for peaches.
- **Autumn Salad.** Dissolve 1 lb 8 oz orange gelatin in 2 qt boiling water. Add 2 qt cold liquid, 2 lb 8 oz sliced fresh peaches, and 3 lb 8 oz fresh pears.
- **Blueberry Gelatin Salad.** Make in two layers. First layer: Drain 1 No. 10 can blueberries. Add water to juice if necessary to make 1 qt and heat to boiling. Add 12 oz raspberry gelatin and stir

until dissolved. Pour into 12 × 20 × 2-inch pan and chill. Second layer: Drain 1 No. 10 can crushed pineapple. Add water if necessary to make 1 qt liquid. Heat to boiling and add 12 oz lemon gelatin. Stir until dissolved. Stir in the crushed pineapple and 1 qt sour cream. Cool. Pour over first layer and Chill.

- **Boysenberry Mold.** Thaw 2 lb 12 oz frozen boysenberries in a colander. Reserve juice. Heat juice plus water if needed to make 2 qt. Add 1 lb 8 oz raspberry gelatin and stir until dissolved. Stir in 1½ cups cold water. Chill until gelatin is the consistency of egg whites. Whip 1¼ qt whipped topping until soft peaks form. Fold in the thickened gelatin mixture and boysenberries. Pour into molds and refrigerate until firm.
- **Cranberry Apple Salad.** Dissolve 1 lb 8 oz cherry or raspberry gelatin in 2 qt boiling water. Add 3 lb fresh or frozen cranberry relish. 1 lb chopped apples, and 1 lb crushed pineapple. One No. 10 can whole cranberry sauce and 4 oranges, ground, may be used in place of the relish. Delete pineapple.
- **Cranberry Mold.** Drain 3½ cups crushed pineapple (2½ cups drained). Heat juice, plus enough water to make ¾ cups, to boiling. Add 1 lb raspberry gelatin and stir until dissolved. Stir in 1½ qt cranberry relish. Chill until consistency of unbeaten egg whites. Fold in 3 cups mandarin oranges, drained and chopped, and ¾ cups whipped topping whipped until stiff (6½ cups whipped). Spread in oiled gelatin molds.
- **Cucumber Soufflé Salad.** Dissolve 1 lb 8 oz lime or lemon gelatin in 1½ qt boiling water. Add 2 qt ice and cold water. Chill until partially set. Whip until fluffy. Add 3 cups mayonnaise and ⅓ cup lemon juice. Fold in 5 lb cucumbers, chopped.
- **Frosted Cherry Salad.** Dissolve 1 lb 8 oz cherry gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 2 lb drained, pitted red cherries, and 2 lb crushed pineapple. When congealed, frost with whipped cream cheese and chopped toasted almonds.
- **Frosted Lime Salad.** Dissolve 1 lb 8 oz lime gelatin in 2 qt boiling water. Add 2 qt cold fruit juice and, when mixture begins to congeal, add 4 lb crushed pineapple, drained, 2 lb 8 oz cottage cheese, 8 oz diced celery, 4 oz chopped pimiento, and 4 oz chopped nuts. When congealed, frost with mixture of 4 lb cream cheese blended with ½ cup mayonnaise.
- **Jellied Waldorf Salad.** Dissolve 1 lb 8 oz raspberry or cherry gelatin in 2 qt boiling water. Add 1 cup red cinnamon candies (red-hots) and stir until dissolved. Add 2 qt cold water or fruit juice. When mixture begins to congeal, add 2 lb diced apple, 12 oz finely diced celery, and 8 oz chopped pecans or walnuts.
- **Lemon Cream Mold.** Dissolve 1 lb 8 oz lemon gelatin in 1 qt boiling water. Stir in 1 qt cold water, ¾ cup vinegar, and ¼ tsp salt. Cool to room temperature. Add to 3 lb 12 oz sour cream and mix until smooth. Garnish with very thin slices of lemon and cucumber.
- **Molded Pineapple Cheese Salad.** Dissolve 1 lb 8 oz lemon gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 1 lb grated cheddar cheese, 3 lb drained crushed pineapple, 3 oz chopped green pepper or pimiento, and 4 oz finely chopped celery.
- **Ribbon Gelatin Salad.** Dissolve 1 lb 8 oz raspberry gelatin in 1 gal boiling water. Divide into three equal parts. Pour one-third into one 12 × 20 × 2-inch pan and chill. Add 1 lb cream cheese to another third and whip to blend; pour on the first part when it is congealed. Return it to the refrigerator until it, too, is congealed, then top with remaining portion.
- **Sunshine Salad.** Dissolve 1 lb 8 oz lemon gelatin in 2 qt boiling water. Add 2 qt cold fruit juice, 3 lb drained crushed pineapple, and 8 oz grated raw carrot.
- **Swedish Green-Top Salad.** Dissolve 12 oz lime gelatin in 2 qt boiling water. Pour into a 12 × 10 × 2-inch pan. Dissolve 12 oz orange gelatin in 2 qt boiling water. While still hot, add 1 lb 8 oz marshmallows and stir until melted. When cool, add 12 oz cream cheese, 1½ cups mayonnaise, and ½ tsp salt, blended together. Fold in 1 pt cream, whipped. Pour over congealed lime gelatin and return to the refrigerator to chill. To serve, invert so that green portion is on top.
- **Under-the-Sea Salad.** Dissolve 1 lb 8 oz lime gelatin in 1 gal boiling water. Divide into two parts. Pour one part into a 12 × 20 × 2-inch pan and chill. When it begins to congeal, add 12 oz drained crushed pineapple or sliced pears. To the remaining gelatin mixture, add 1 lb cream cheese and whip until smooth. Pour over first portion.

**PERFECTION SALAD**

*Yield:* 40 or 48 portions or 1 pan 12 × 20 × 2 inches      *Portion:* 2¼ × 2½ or 2 × 2½ inches

| <i>Ingredient</i>     | <i>Amount</i>  | <i>Procedure</i>  |
|-----------------------|----------------|---|
| Gelatin, unflavored   | 3 oz           | Sprinkle gelatin over cold water.   |
| Water, cold           | 2 cups         | Let stand 10 minutes.   |
| Water, boiling        | 3 qt           | Add boiling water to gelatin. Stir until gelatin is dissolved.                  |
| Vinegar, cider        | 1 cup          | Add to gelatin mixture. Stir until sugar is dissolved.                          |
| Lemon juice           | 1 cup          | Chill.  |
| Salt                  | 1 oz (1½ Tbsp) |   |
| Sugar, granulated     | 1 lb           |   |
| Cabbage, chopped      | 1 lb 8 oz      | When liquid begins to congeal, add vegetables.                                  |
| Celery, chopped       | 10 oz          | Pour into a 12 × 20 × 2-inch counter pan. Place in the refrigerator to congeal. |
| Pimiento, chopped     | 4 oz           |   |
| Green pepper, chopped | 4 oz           | Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions.                           |
| Paprika               | 1 Tbsp         |   |

*Approximate nutritive values per portion (cut 48)***Calories 50**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 11 g | <b>4%</b>  | <b>Vitamin A</b>      | <b>1%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 213 mg  | <b>9%</b>  | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b>      | <b>22%</b> |
| <b>Protein</b> 2 g    |            |                       |            | Sugars 10 g             |            | <b>Calcium</b>        | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**TOMATO ASPIC**

*Yield:* 40 or 48 portions or 1 pan 12 × 20 × 2 inches      *Portion:* 2¼ × 2½ or 2 × 2½ inches

| <i>Ingredient</i>      | <i>Amount</i> | <i>Procedure</i>                                      |
|------------------------|---------------|---|
| Gelatin, unflavored    | 4 oz          | Sprinkle gelatin over cold water.                     |
| Water, cold            | 1 qt          | Let stand 10 minutes.                                 |
| Tomato juice           | 1 gal         | Combine tomato juice and seasonings.                  |
| Onions, small, sliced  | 2             | Boil 5 minutes. Strain.                               |
| Bay leaf               | 1             | Add gelatin. Stir until dissolved.                    |
| Celery stalks          | 4             |   |
| Cloves, whole          | 8             |   |
| Dry mustard            | 2 tsp         |   |
| Sugar, granulated      | 14 oz         |   |
| Salt                   | 1 Tbsp        |   |
| Vinegar or lemon juice | 2 cups        | Add vinegar or lemon juice.                           |
|                        |               | Pour into a 12 × 20 × 2-inch counter pan.             |
|                        |               | Place in refrigerator to congeal.                     |
|                        |               | Cut 5 × 8 for 40 portions. Cut 6 × 8 for 48 portions. |

*Approximate nutritive values per portion (cut 48)***Calories 58**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 13 g | <b>4%</b>  | <b>Vitamin A</b>      | <b>4%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 435 mg  | <b>18%</b> | Fiber 1 g               | <b>4%</b>  | <b>Vitamin C</b>      | <b>31%</b> |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 11 g             |            | <b>Calcium</b>        | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## FRUIT SALAD RECIPES

### WALDORF SALAD

*Yield:* 50 portions or 6 qt

*Portion:* 1/3 cup (3 oz)

| <i>Ingredient</i>                 | <i>Amount</i>     | <i>Procedure</i>  |
|-----------------------------------|-------------------|---|
| Cream, whipping (optional)        | 1/2 cup           | Whip cream. Combine with mayonnaise.  |
| Mayonnaise or salad dressing      | 2 cups            |   |
| Apples, tart (peeled or unpeeled) | 8 lb EP           | Dice apples into fruit juice to prevent apples from turning dark.<br>Drain and stir into salad dressing.                                |
| Celery, chopped                   | 2 lb EP           | Add celery, seasonings, and nuts to apples.<br>Mix lightly until all ingredients are coated with dressing.<br>Serve with No. 12 dipper. |
| Salt                              | 1 oz (1 1/2 Tbsp) |   |
| Sugar, granulated (optional)      | 6 oz              |   |
| Walnuts, coarsely chopped         | 8 oz              |   |

#### *Approximate nutritive values per portion*

**Calories** 158

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV       | %DV              | %DV       |
|-----------------------|------------|----------------------|------------|-------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 8 mg | <b>3%</b>  | <b>Total Carb.</b> 16 g | <b>5%</b> | <b>Vitamin A</b> | <b>2%</b> |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 260 mg | <b>11%</b> | Fiber 2 g               | <b>8%</b> | <b>Vitamin C</b> | <b>9%</b> |
| <b>Protein</b> 1 g    |            |                      |            | Sugars 13 g             |           | <b>Calcium</b>   | <b>2%</b> |
|                       |            |                      |            |                         |           | <b>Iron</b>      | <b>2%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Add walnuts only to salad that will be used immediately, as nuts will cause the salad to become gray.
- Fruit Salad Dressing (p. 527) may be substituted for mayonnaise.

#### Variations

- **Apple Cabbage Salad.** Use 6 lb diced apples and 4 lb crisp shredded cabbage. Omit celery. Sour cream or plain yogurt may be substituted for half the mayonnaise.
- **Apple Carrot Salad.** Use 6 lb diced apples, 3 lb shredded carrots, and only 1 lb chopped celery.
- **Apple Celery Salad.** Delete walnuts. Add 8 oz marshmallows.
- **Apple Date Salad.** Substitute 2 lb cut dates for celery.
- **Apple Fruit Salad.** Substitute 4 lb fresh fruit in season for half the apples.

**APPLE PEAR SALAD***Yield:* 50 plated salads

| <i>Ingredient</i>             | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------------|---------------|--|
| Apples, red delicious         | 8–10 lb       | Core and section fruit according to directions on p. 468. Section each pear and apple into 6–8 slices. Dip in diluted lemon juice to reduce discoloration. |
| Pears, Anjou                  | 8–10          |  |
| Leaf lettuce                  | 50 leaves     | Line salad plate with lettuce leaf.  |
| Blue cheese, crumbled         | 3 lb          | Alternate 3–4 sections of each fruit in a pinwheel-like arrangement on top of lettuce leaf.  |
| Apple Cider Dressing (p. 526) | 1 qt          | Sprinkle with 1 oz blue cheese. Drizzle with 1–2 Tbsp Apple Cider Dressing.  |

*Approximate nutritive values per portion***Calories** 250

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | 17%        | <b>Cholest.</b> 20 mg | 7%         | <b>Total Carb.</b> 35 g | 12%        | <b>Vitamin A</b> | 10%        |
| Sat. Fat 5.5 g        | 27%        | <b>Sodium</b> 407 mg  | 17%        | Fiber 4 g               | 16%        | <b>Vitamin C</b> | 16%        |
| <b>Protein</b> 6.6 g  |            |                       |            | Sugars 20 g             |            | <b>Calcium</b>   | 17%        |
|                       |            |                       |            |                         |            | <b>Iron</b>      | 6%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**ACINI DE PEPE FRUIT SALAD***Yield:* 50 portions*Portion:* 4 oz

| <i>Ingredient</i>                      | <i>Amount</i>  | <i>Procedure</i>   |
|--|----------------|--|
| Acini de pepe (see Note)               | 2 lb 6 oz (AP) | Cook pasta according to directions on p. 369.  |
| Water, boiling                         | 2 gal          | Drain and cool slightly. There should be 7 lb 8 oz cooked product. Save for later step.                                      |
| Salt                                   | 1 oz (1½ Tbsp) |  |
| Sugar, granulated                      | 7 oz           | Combine sugar, flour, and salt in steam-jacketed kettle.   |
| Flour, all-purpose                     | 2 Tbsp         |  |
| Salt                                   | 1 tsp          |  |
| Pineapple juice drained from pineapple | 1½ cups        | Pour juice slowly into mixture while stirring with wire whip. Cook over moderate heat, stirring until slightly thickened.    |
| Eggs, beaten                           | 2 (3 oz)       | Stir a small amount of the hot mixture into eggs, then stir eggs into the hot mixture. Cook and stir until thickened, 190°F. |
| Lemon juice                            | 1 Tbsp         | Add lemon juice. Cool to room temperature. Combine with cooked pasta. Mix lightly. Chill.                                    |
| Mandarin oranges, drained              | 1 lb           | Add fruit to pasta mixture. Mix lightly but thoroughly.  |
| Crushed pineapple, drained             | 1 lb 12 oz     |  |
| Pineapple tidbits, drained             | 1 lb 12 oz     |  |
| Whipped topping                        | 1¼ cups        | Whip topping to stiff peaks. There should be 2½ cups whipped. Fold into salad. Chill until served. Serve with No. 8 dipper.  |

*Approximate nutritive values per portion*

Calories 144

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 2 g | 4%  | <b>Cholest.</b> 14 mg | 5%  | <b>Total Carb.</b> 28 g | 9%  | <b>Vitamin A</b> | 2%  | <b>Calcium</b> | 2%  |
| Sat. Fat 1 g         | 6%  | <b>Sodium</b> 246 mg  | 10% | Fiber 0.4 g             | 2%  | <b>Vitamin C</b> | 14% | <b>Iron</b>    | 5%  |
| <b>Protein</b> 3 g   |     |                       |     | Sugars 11 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Acini de pepe is a small round pasta resembling bb shot.

**AMBROSIA FRUIT SALAD**

Yield: 50 portions

Portion: 2½ oz

*Ingredient**Amount**Procedure*

|                                    |           |   |
|------------------------------------|-----------|---|
| Mandarin oranges, canned, drained  | 3 lb      | Combine fruits, marshmallows, and coconut.                                  |
| Pineapple tidbits, canned, drained | 3 lb 8 oz |   |
| Miniature marshmallows             | 12 oz     |   |
| Shredded coconut                   | 6 oz      |   |
| Sour cream                         | 12 oz     | Add sour cream to fruit. Toss lightly to combine. Serve with No. 12 dipper. |

*Approximate nutritive values per portion*

Calories 82

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 3 mg | 1%  | <b>Total Carb.</b> 15 g | 5%  | <b>Vitamin A</b> | 2%  | <b>Calcium</b> | 2%  |
| Sat. Fat 2 g         | 9%  | <b>Sodium</b> 17 mg  | 1%  | Fiber 1 g               | 4%  | <b>Vitamin C</b> | 28% | <b>Iron</b>    | 1%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 12 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes** • Salad does not hold well and is best when served soon after mixing.  
• Plain unflavored yogurt may be substituted for sour cream.

**GRAPEFRUIT ORANGE SALAD**

Yield: 50 portions

Portion: 2 orange, 3 grapefruit sections

| Ingredient         | Amount | Procedure  |
|--------------------|--------|--|
| Grapefruit, medium | 16     | Peel and section fruit according to directions on p. 468   |
| Oranges, large     | 17     | For each salad, arrange 3 grapefruit sections and 2 orange sections, alternately on lettuce or other salad greens. Serve with Celery Seed Fruit Dressing (p. 527) or Honey French Dressing (p. 522). |

*Approximate nutritive values per portion*

Calories 45

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 11 g | 4%  | Vitamin A | 2%  | Calcium | 2%  |
| Sat. Fat 0 g   | 0%  | Sodium 0 mg    | 0%  | Fiber 2 g        | 9%  | Vitamin C | 88% | Iron    | 0%  |
| Protein 1 g    |     |                |     | Sugars 9 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Citrus Pomegranate Salad.** Arrange grapefruit and orange sections on curly endive. Sprinkle pomegranate seeds over fruit. Serve with Celery Seed Dressing (p. 520, 527).
  - **Fresh Fruit Salad Bowl.** Place chopped lettuce or other salad greens in individual salad bowls, 2 oz per bowl. Arrange wedges of cantaloupe, honeydew melon, and avocado, and sections of orange or grapefruit on the lettuce. Garnish with green grapes, Bing cherries, or fresh strawberries. Fresh pineapple, peaches, or apricots are good also in this salad. Serve with Celery Seed Fruit Dressing (p. 527) or Honey French Dressing (p. 522).
  - **Grapefruit Apple Salad.** Substitute wedges of unpeeled red apples for oranges.
  - **Grapefruit-Orange-Avocado Salad.** Place avocado wedges between grapefruit and orange sections. Garnish with fresh strawberries.
  - **Grapefruit-Orange-Pear Salad.** Alternate slices of fresh pear with grapefruit and orange sections.

**SPICED APPLE SALAD**

Yield: 50 portions

Portion: 1 apple

| Ingredient        | Amount | Procedure   |
|-------------------|--------|---|
| Sugar, granulated | 6 lb   | Combine sugar, water, and flavorings.   |
| Water             | 2 qt   | Boil for about 5 minutes to form a thin syrup.  |
| Vinegar, cider    | 1 cup  | Set aside for next step.  |
| Red coloring      | ½ tsp  |   |
| Cloves, whole     | 1 oz   |   |
| Cinnamon sticks   | 1 oz   |   |
| Apples, fresh     | 50     | Core and peel apples. Leave apples whole unless they are large; then cut in half crosswise. Place apples in a flat pan. Pour syrup over apples. Cook on top of range or in oven until tender. Turn while cooking. Cool. |
| Celery, chopped   | 8 oz   | Combine celery and nuts.  |
| Nuts, chopped     | 4 oz   | Add mayonnaise and salt.  |
| Mayonnaise        | ¾ cup  | Fill centers of cooked apples with this mixture.  |
| Salt              | ½ tsp  |   |

*Approximate nutritive values per portion*

Calories 165

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 4 g | 7%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 34 g | 11% | <b>Vitamin A</b> | 0%  | <b>Calcium</b> | 1%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 61 mg  | 3%  | Fiber 2 g               | 9%  | <b>Vitamin C</b> | 9%  | <b>Iron</b>    | 2%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 29 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Select apples that will hold their shape when cooked, such as Jonathan, Rome Beauty, or Winesap. Approximately 12 lb will be needed.
- 8 oz softened cream cheese may be substituted for mayonnaise.

**FROZEN FRUIT SALAD**

Yield: 48 portions or 1 pan 12 × 20 × 2 inches

Portion: 4 oz

*Ingredient**Amount**Procedure*

|                                |            |   |
|--------------------------------|------------|---|
| Gelatin, unflavored            | 1 oz       | Sprinkle gelatin over cold water.                       |
| Water, cold                    | ½ cup      | Let stand 10 minutes.                                   |
| Orange juice                   | 1¾ cups    | Combine juices and heat to boiling point.               |
| Pineapple juice                | 1¾ cups    | Add gelatin and stir to dissolve.                       |
|                                |            | Cool until slightly congealed.                          |
| Cream, whipping                | 2 cups     | Whip cream. Combine with mayonnaise.                    |
| Mayonnaise                     | 1 cup      | Fold into the slightly congealed gelatin mixture.       |
| Pineapple chunks, drained      | 1 lb 12 oz | Fold fruit into gelatin mixture.                        |
| Orange sections, cut in halves | 1 lb 8 oz  | Pour into a 12 × 20 × 2-inch counter pan or into molds. |
| Peaches, sliced, drained       | 1 lb 8 oz  | Freeze.   |
| Bananas, diced                 | 2 lb       | Cut 6 × 8.  |
| Pecans, chopped                | 12 oz      |   |
| Maraschino cherries            | 8 oz       |   |
| Miniature marshmallows         | 8 oz       |   |

*Approximate nutritive values per portion*

Calories 178

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 12 g | 18% | <b>Cholest.</b> 14 mg | 5%  | <b>Total Carb.</b> 19 g | 6%  | <b>Vitamin A</b> | 5%  | <b>Calcium</b> | 2%  |
| Sat. Fat 3 g          | 14% | <b>Sodium</b> 33 mg   | 1%  | Fiber 2 g               | 6%  | <b>Vitamin C</b> | 27% | <b>Iron</b>    | 2%  |
| <b>Protein</b> 2 g    |     |                       |     | Sugars 14 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Whipped topping may be used in place of whipped cream.
- Other combinations of fruit (a total of 8 lb) may be used.

## ENTREE SALAD RECIPES

### CHEF'S SALAD BOWL

Yield: 50 portions

Portion: 7 oz

| Ingredient                            | Amount       | Procedure   |
|---------------------------------------|--------------|---|
| Head lettuce or mixed greens          | 12 lb        | Cut or tear lettuce into bite-size pieces. Portion into individual salad bowls, 4 oz per bowl.                |
| Cooked turkey                         | 6 lb         | Cut meat and cheese into thin strips. Arrange on top of lettuce, 2 oz turkey, 1 oz ham, 1 oz cheese per bowl. |
| Cooked ham                            | 3 lb         |   |
| Cheddar cheese or Swiss cheese        | 3 lb         |   |
| Green pepper rings                    | 50 (8 lb AP) | Garnish with 1 green pepper ring, 2 tomato wedges, and 2 egg quarters.  |
| Tomatoes, cut into wedges             | 6 lb (AP)    |   |
| Eggs, hard-cooked, quartered (p. 271) | 25           |   |
| Salad dressing (see Notes)            | 1½–2 qt      | Serve salad with choice of dressings.   |

#### Approximate nutritive values per portion

Calories 457

| Amount/portion | %DV | Amount/portion  | %DV | Amount/portion   | %DV | Amount/portion | %DV  |
|----------------|-----|-----------------|-----|------------------|-----|----------------|------|
| Total Fat 29 g | 44% | Cholest. 200 mg | 67% | Total Carb. 15 g | 5%  | Vitamin A      | 28%  |
| Sat. Fat 10 g  | 50% | Sodium 987 mg   | 41% | Fiber 4 g        | 16% | Vitamin C      | 139% |
| Protein 35 g   |     |                 |     | Sugars 6 g       |     | Calcium        | 26%  |
|                |     |                 |     |                  |     | Iron           | 17%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Suggested salad dressings: Mayonnaise, Thousand Island, Roquefort, Creamy French, or Ranch.

#### Variations

- **Chicken and Bacon Salad.** Delete ham and turkey. Cut 6 lb cooked chicken or turkey into strips or cubes and mix with salad greens. Sprinkle 4 lb chopped, crisply cooked bacon over top of salads, 1 oz per salad.
- **Seafood Chef Salad.** Delete turkey and ham. Substitute 1 oz salmon, drained and broken into small chunks, 1 oz shrimp pieces or 2 whole shrimp for each salad.
- **Taco Salad.** Fry 50 10-inch flour tortillas by forming in basket shape around a large dipper or can. Submerge tortillas in hot fat, while still formed around dipper or can, for 20–30 seconds. Remove from fat and drain on paper towel. Prepare ground beef mixture (p. 343). Chill. Prepare lettuce mixture (p. 343). In bottom of shell basket, place 2½ oz lettuce mixture, then 4 oz cold ground beef mixture on top of lettuce. Sprinkle with sliced black olives and Cheddar cheese. Serve with Salsa (p. 568).

## CHICKEN SALAD

*Yield:* 50 portions or 6¼ qt

*Portion:* ½ cup (4 oz)

| <i>Ingredient</i>             | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------------|---------------|--|
| Cooked chicken                | 8 lb          | Cut chicken into ½-inch cubes.                                     |
| Eggs, hard-cooked<br>(p. 271) | 12            | Peel and dice eggs.  |
| Celery, diced                 | 3 lb          | Combine all ingredients. Mix lightly. Chill quickly to below 41°F. |
| Onion, minced                 | 2 Tbsp        |  |
| Salt                          | 2 Tbsp        | Serve with No. 8 dipper.   |
| Pepper, white                 | 1 tsp         |  |
| Mayonnaise                    | 1 qt          |  |
| Lemon juice                   | 4 tsp         |  |

### *Approximate nutritive values per portion*

**Calories 227**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 21 g | <b>32%</b> | <b>Cholest.</b> 122 mg | <b>41%</b> | <b>Total Carb.</b> 2 g | <b>1%</b>  | <b>Vitamin A</b> | <b>6%</b>  |
| Sat. Fat 4 g          | <b>20%</b> | <b>Sodium</b> 446 mg   | <b>19%</b> | Fiber 0.4 g            | <b>2%</b>  | <b>Vitamin C</b> | <b>3%</b>  |
| <b>Protein</b> 23 g   |            |                        |            | Sugars 0 g             |            | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                        |            |                        |            | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling the ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 24–25 lb chicken AP will yield approximately 8 lb cooked meat.
- Cubed chicken may be marinated for 2 hours in ⅔ cups French Dressing (pp. 520–521).

### Variations

- **Chicken-Avocado-Orange Salad.** Delete eggs. Gently stir into chicken mixture 1 qt diced orange segments, drained, 12 oz broken or slivered toasted almonds, and 6 oz chopped pimiento. Just before serving, add 6 avocados, diced.
- **Crunchy Chicken Salad.** Add 8 oz sliced water chestnuts or toasted slivered almonds or walnuts.
- **Curried Chicken Salad.** Add 1 Tbsp curry powder to mayonnaise.
- **Fruited Chicken Salad.** Just before serving add 2 lb 8 oz seedless grapes or pineapple chunks, drained, and 8 oz sunflower seeds.
- **Mandarin Chicken Salad.** Delete eggs and pepper. Reduce mayonnaise to 2 cups. Add 2 cups sour cream. Substitute 2 Tbsp lime juice for lemon juice. Gently fold in 1 No. 10 can mandarin oranges and 1 No. 10 can pineapple tidbits, well drained.
- **Turkey Salad.** Substitute turkey for chicken.

**MARINATED CHICKEN AND FRESH FRUIT SALAD**

Yield: 50 portions      Portion: 3 oz chicken + 3 oz greens + 3 oz fruit + 2 oz dressing

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------------------|---------------|--|
| Chicken breasts, 3 oz             | 50            | Prepare and grill chicken according to Tarragon Chicken recipe, p. 441. Chill quickly to below 41°F. |
| Head lettuce (iceberg)            | 7 lb          | Cut or tear lettuce into bite-size pieces.   |
| Leaf lettuce, Bibb or romaine     | 3 lb          |  |
| Fresh fruit in season (see Notes) | 10–12 lb      | Prepare fruit. Peel if necessary and cut into wedges, medium-size chunks, or clusters.               |
| Leaf lettuce                      | 2 lb          | For plate liners.  |
| Golden Fruit Dressing (p. 527)    | 3 qt          | Serve to the side.   |

**TO ASSEMBLE:**

1. Line 50 9-inch luncheon plates with leaf lettuce.
2. Arrange 3 oz greens on each plate.
3. Place 3 oz grilled chicken strips in center of plate.
4. Arrange 3 oz fruit around the chicken.
5. In a side dish, serve Golden Fruit Dressing, p. 527.

*Approximate nutritive values per portion***Calories 462**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 31 g | <b>47%</b> | <b>Cholest.</b> 39 mg | <b>13%</b> | <b>Total Carb.</b> 34 g | <b>11%</b> | <b>Vitamin A</b> | <b>29%</b> |
| Sat. Fat 8 g          | <b>39%</b> | <b>Sodium</b> 431 mg  | <b>18%</b> | Fiber 2 g               | <b>10%</b> | <b>Vitamin C</b> | <b>86%</b> |
| <b>Protein</b> 16 g   |            |                       |            | Sugars 30 g             |            | <b>Calcium</b>   | <b>6%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Choose at least three kinds of fruit that complement each other. Suggested fruits: cantaloupe wedges, watermelon chunks, fresh pineapple spears or chunks, whole fresh strawberries, papaya pieces, mango slices, green or red grapes.

**Variation**

- **Blackened Chicken Salad.** Season 25 chicken breasts with Cajun Seasoning (p. 592). Cook following Grilled Chicken Breast directions. Increase lettuce to 13 lb. Arrange 4 oz lettuce on plate and top with one-half sliced chicken breast. Garnish with chopped tomato and yellow bell pepper. Dress as desired.

## CHICKEN AND PASTA SALAD PLATE

Yield: 50 portions

Portion: 7 oz

| Ingredient                                 | Amount                                  | Procedure  |
|--|---|--|
| Rotini                                     | 1 lb 2 oz (AP)<br>(2 lb 8 oz<br>cooked) | Cook according to direction on p. 369. Drain.  |
| Water, boiling                             | 1 gal                                   |  |
| Salt                                       | 1 Tbsp                                  |  |
| Vinegar, cider                             | 2 <sup>3</sup> / <sub>4</sub> cups      | Combine in mixer bowl.   |
| Lemon juice                                | 1 <sup>1</sup> / <sub>3</sub> cup       |  |
| Prepared mustard                           | 3 Tbsp                                  |  |
| Garlic, minced                             | 3 cloves                                |  |
| Salt                                       | 2 Tbsp                                  |  |
| Oregano, dried,<br>crumbled                | 1 tsp                                   |  |
| Pepper, black                              | 2 tsp                                   |  |
| Sugar, granulated                          | 2 tsp                                   |  |
| Salad oil                                  | 3 <sup>1</sup> / <sub>2</sub> cups      | Add oil very gradually while mixing on medium speed with wire whip attachment.                           |
| Cooked chicken, cut<br>in 1-inch pieces    | 8 lb 8 oz                               | Add chicken to dressing. Toss to coat well.<br>Add cooked rotini and mix well.<br>Chill quickly to 41°F. |
| Broccoli florets                           | 1 lb 4 oz                               | Steam broccoli until tender-crisp. Add to marinated mixture shortly before serving.                      |
| Cherry tomatoes, cut<br>in half            | 3 lb                                    | Add to marinated mixture shortly before serving.   |
| Zucchini, fresh, cut<br>in julienne strips | 2 lb 4 oz                               |  |
| Carrots, shredded                          | 10 oz                                   |  |
| Green onions,<br>chopped                   | 8 oz                                    |  |
| Leaf lettuce                               | 2 lb                                    | Cover plate with leaf lettuce.   |
| Hard rolls                                 | 50                                      | Portion 7 oz salad onto lettuce.<br>Place one hard roll on each salad plate shortly before service.      |

### Approximate nutritive values per portion

Calories 498

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | Amount/portion   | %DV        | Amount/portion | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 23 g | <b>36%</b> | <b>Cholest.</b> 64 mg | <b>21%</b> | <b>Total Carb.</b> 43 g | <b>14%</b> | <b>Vitamin A</b> | <b>26%</b> | <b>Calcium</b> | <b>10%</b> |
| Sat. Fat 6 g          | <b>29%</b> | <b>Sodium</b> 837 mg  | <b>35%</b> | Fiber 1 g               | <b>6%</b>  | <b>Vitamin C</b> | <b>37%</b> | <b>Iron</b>    | <b>22%</b> |
| <b>Protein</b> 29 g   |            |                       |            | Sugars 3 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 40°F).
- Salad may be served in a bowl or on a plate with a bed of shredded lettuce.

**SHRIMP TORTELLINI SALAD PLATE**

Yield: 50 portions

Portion: 6 oz salad mixture

| <i>Ingredient</i>                                  | <i>Amount</i>              | <i>Procedure</i>   |
|--|----------------------------|--|
| Spinach tortellini, cheese-stuffed, frozen         | 4 lb (AP)<br>(6 lb cooked) | Cook tortellini in boiling water for 3–5 minutes. Drain. Place in bowl.          |
| Italian Dressing (p. 521)                          | 2¼ qt                      | Pour dressing over pasta and toss gently to coat. Chill quickly to 41°F or less. |
| Salad shrimp, cooked, frozen                       | 5 lb                       | Thaw shrimp under cold running water. Drain well and add to cold pasta.          |
| Celery, thinly sliced                              | 1 lb 10 oz                 | Add to pasta mixture. Toss well.   |
| Carrots, cut into ¾-inch-long thin julienne strips | 12 oz                      | Cover. Refrigerate until chilled to 41°F or less.                                |
| Green onions, thinly sliced                        | 10 oz                      |  |
| Water chestnuts, sliced, drained                   | 1 lb 6 oz                  |  |
| Leaf lettuce                                       | 2 lb 12 oz                 | Cover plate with leaf lettuce. Portion 6 oz salad onto lettuce.                  |
| Black olives                                       | 1 lb                       | Garnish plate with 3 black olives and 1 cherry tomato.                           |
| Cherry tomatoes                                    | 1 lb                       | Serve with 2 breadsticks.  |
| Bread sticks                                       | 100                        |  |

*Approximate nutritive values per portion*

Calories 704

| Amount/portion        | %DV | Amount/portion        | %DV  | Amount/portion          | %DV | Amount/portion   | %DV |
|-----------------------|-----|-----------------------|------|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 28 g | 43% | <b>Cholest.</b> 89 mg | 30%  | <b>Total Carb.</b> 88 g | 29% | <b>Vitamin A</b> | 31% |
| Sat. Fat 3 g          | 16% | <b>Sodium</b> 2465 mg | 103% | Fiber 3 g               | 13% | <b>Vitamin C</b> | 16% |
| <b>Protein</b> 24 g   |     |                       |      | Sugars 3 g              |     | <b>Calcium</b>   | 12% |
|                       |     |                       |      |                         |     | <b>Iron</b>      | 27% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).

## POACHED SALMON ON FIELD GREENS

*Yield:* 50 portions      *Portion:* 4 oz salmon fillet, 4 oz greens, 1–2 oz dressing

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------------|---------------|---|
| Salmon, poached<br>(4 oz fillets) | 50 fillets    | Poach salmon according to directions on p. 300.   |
| Lettuce assortment<br>(see Notes) | 12 lb 8 oz    | Place 4 oz lettuce on plate. Drizzle with ½–1 oz of Vinaigrette Dressing.   |
| Vinaigrette Dressing (p. 524)     | 2 qt          | Carefully place salmon fillet on top of greens. Drizzle with ½–1 oz of Vinaigrette Dressing. Garnish with fresh herbs or edible flowers. (See Appendix A and Appendix B for suggestions.) |

- Notes**
- Potentially hazardous food. *Food Safety Standards:* Hold for service at a temperature below 41°F.
  - One of several commercial lettuce assortments may be used or an assortment made using several different salad greens (p. 465).
  - Horseradish Caper Sauce (p. 575) may be ladled over salmon fillet in place of Vinaigrette Dressing.

## CRAB SALAD

*Yield:* 50 portions or 6 qt      *Portion:* ½ cup (4 oz)

| <i>Ingredient</i>                       | <i>Amount</i> | <i>Procedure</i>                            |
|---|---------------|---|
| Eggs, hard-cooked<br>(p. 271)           | 30            | Peel and chop eggs coarsely.                |
| Crabmeat, flaked                        | 5 lb          | Add eggs and other ingredients to crabmeat. |
| Almonds, blanched,<br>sliced (optional) | 1 lb          | Mix lightly. Chill quickly to below 41°F.   |
| Black olives, sliced                    | 1 lb          | Serve with No. 10 dipper.                   |
| Lemon juice                             | ⅓ cup         |   |
| Mayonnaise                              | 1 qt          |   |

### *Approximate nutritive values per portion*

**Calories 281**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|------------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 24 g | <b>37%</b> | <b>Cholest.</b> 183 mg | <b>61%</b> | <b>Total Carb.</b> 4 g | <b>1%</b>  | <b>Vitamin A</b> | <b>7%</b>  |
| Sat. Fat 4 g          | 19%        | <b>Sodium</b> 445 mg   | 19%        | Fiber 1 g              | 4%         | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 14 g   |            |                        |            | Sugars 1 g             |            | <b>Calcium</b>   | <b>7%</b>  |
|                       |            |                        |            |                        |            | <b>Iron</b>      | <b>8%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
  - Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
  - Olives may be deleted and 1 lb diced cucumbers added.
  - If desired, omit mayonnaise and marinate with French Dressing (p. 520–521).

**Variation** • **Lobster Salad.** Substitute lobster for crab.

**PASTA AND CRAB SALAD**

Yield: 50 portions

Portion: 2½ oz

| <i>Ingredient</i>             | <i>Amount</i>  | <i>Procedure</i>  |
|-------------------------------|----------------|---|
| Radiatore                     | 1 lb 8 oz      | Cook pasta according to directions on p. 369. Drain. Yield should be 3 lb cooked radiatore. |
| Water                         | 1½ gal         |   |
| Salt                          | 1 oz (1½ Tbsp) |   |
| Lemon Basil Dressing (p. 524) | ¾ cups         | Add dressing. Toss to coat pasta. Chill to below 41°F.                                      |
| Onions, green, finely chopped | 2 oz           | Add onions and snow peas. Toss.   |
| Snow peas, thawed, uncooked   | 1 lb 4 oz      |   |
| Crabmeat, diced               | 2 lb           | Add crabmeat. Toss. Keep chilled below 41° F.   |

*Approximate nutritive values per portion***Calories 139**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 7 g  | <b>11%</b> | <b>Cholest.</b> 18 mg | <b>6%</b>  | <b>Total Carb.</b> 14 g | <b>5%</b>  | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 416 mg  | <b>17%</b> | Fiber 0.3 g             | <b>1%</b>  | <b>Vitamin C</b> | <b>12%</b> |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>2%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- Cooked shrimp, cooked scallops, or lobster may be substituted for crabmeat.

**SHRIMP SALAD**

Yield: 50 portions or 6¼ qt

Portion: ½ cup (4 oz)

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------|---------------|---|
| Cooked shrimp (see Notes)   | 6 lb          | Cut shrimp into ½-inch pieces. Place in bowl.   |
| Celery, diced               | 2 lb          | Add vegetables to shrimp.   |
| Cucumber, diced             | 1 lb          |   |
| Lettuce, chopped (optional) | 1 head        |   |
| Mayonnaise                  | 1 qt          | Combine mayonnaise and seasonings. Add to shrimp mixture. Mix lightly. Chill quickly to below 41°F. Serve with No. 10 dipper. |
| Lemon juice                 | 2 Tbsp        |   |
| Salt                        | 2 tsp         |   |
| Paprika                     | 1 tsp         |   |
| Prepared mustard            | 2 tsp         |   |

*Approximate nutritive values per portion***Calories 187**

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion         | %DV       | %DV              | %DV        |
|-----------------------|------------|------------------------|------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 15 g | <b>23%</b> | <b>Cholest.</b> 117 mg | <b>39%</b> | <b>Total Carb.</b> 2 g | <b>1%</b> | <b>Vitamin A</b> | <b>6%</b>  |
| Sat. Fat 2 g          | <b>11%</b> | <b>Sodium</b> 327 mg   | <b>14%</b> | Fiber 0.4 g            | <b>2%</b> | <b>Vitamin C</b> | <b>5%</b>  |
| <b>Protein</b> 12 g   |            |                        |            | Sugars 0 g             |           | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                        |            |                        |           | <b>Iron</b>      | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 12 lb raw shrimp in shell or 10 lb raw, peeled, and deveined shrimp will yield the 6 lb cooked shrimp needed. Cook according to directions on p. 292.
- 1 dozen hard-cooked eggs (p. 271), coarsely chopped, may be added. Reduce shrimp to 5 lb.
- Salad may be garnished with tomato wedges or served in a tomato cup.

**SHRIMP RICE SALAD**

Yield: 50 portions

Portion: 1/2 cup (4 oz)

| <i>Ingredient</i>                           | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Rice, converted                             | 1 lb          | Cook rice according to direction on p. 399.<br>Chill.                                    |
| Water                                       | 1 1/4 qt      |  |
| Salt  | 1 Tbsp        |  |
| Margarine or vegetable oil                  | 1 Tbsp        |  |
| Celery                                      | 1 lb 8 oz     | Cut celery in thin slices crosswise.   |
| Green peppers                               | 1 lb          | Slice green peppers in thin strips.  |
| Cooked shrimp, chilled                      | 5 lb          | Combine shrimp, rice, and vegetables.  |
| Vinegar, cider                              | 1 cup         | Combine and pour over shrimp-rice mixture.<br>Marinate in refrigerator at least 3 hours. |
| Salad oil                                   | 1/2 cup       |  |
| Worcestershire sauce                        | 2 Tbsp        |  |
| Sugar, granulated                           | 2 Tbsp        |  |
| Salt  | 1 Tbsp        |  |
| Curry powder                                | 2 tsp         |  |
| Ginger, ground                              | 3/4 tsp       |  |
| Pepper, black                               | 1/2 tsp       |  |
| Pineapple chunks, canned or frozen, drained | 3 lb          |  |

*Approximate nutritive values per portion*

Calories 122

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 89 mg | 30% | <b>Total Carb.</b> 13 g | 4%  | <b>Vitamin A</b> | 3%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 377 mg  | 16% | Fiber 1 g               | 3%  | <b>Vitamin C</b> | 22% |
| <b>Protein</b> 10 g  |     |                       |     | Sugars 5 g              |     | <b>Calcium</b>   | 3%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 11% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time the product is in the temperature danger zone (above 41°F).

**TUNA PASTA SALAD PLATE**

Yield: 50 portions

Portion: 3½ oz salad mixture

| <i>Ingredient</i>                | <i>Amount</i>              | <i>Procedure</i>  |
|----------------------------------|----------------------------|---|
| Shell macaroni                   | 2 lb (AP)<br>(6 lb cooked) | Cook macaroni according to directions on p. 369.<br>Drain. Place in bowl.   |
| Water, boiling                   | 2 gal                      |   |
| Salt                             | 2 oz                       |   |
| Vegetable oil                    | 2 Tbsp                     |   |
| Italian Dressing<br>(p. 521)     | 1 qt                       | Pour dressing over cooked macaroni. Stir to coat evenly.<br>Cover and refrigerate 6–8 hours.                                  |
| Canned tuna                      | 2 lb                       | Drain tuna. Carefully fold into macaroni.   |
| Green peppers                    | 1 lb 6 oz                  | Cut peppers into strips approximately 1 inch long.<br>Add to macaroni mixture.  |
| Stuffed green olives,<br>chopped | 4 oz                       | Add chopped olives to macaroni mixture.   |
| Lettuce leaves                   | 1 lb 8 oz                  | Place 1 lettuce leaf off center on dinner plate.<br>Place 3½ oz (¾ cup) salad on lettuce.                                     |
| Eggs, hard-cooked<br>(p. 271)    | 25                         | Place half an egg on one side of macaroni salad.  |
| Fresh tomatoes                   | 6 lb                       | Cut each tomato into 8 wedges. Place 2 wedges on other side<br>of salad. Place one hard roll on plate shortly before serving. |
| Hard rolls                       | 50                         |   |

*Approximate nutritive values per portion***Calories 402**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 15 g | <b>23%</b> | <b>Cholest.</b> 112 mg | <b>37%</b> | <b>Total Carb.</b> 50 g | <b>17%</b> | <b>Vitamin A</b>      | <b>11%</b> |
| Sat. Fat 3 g          | <b>13%</b> | <b>Sodium</b> 651 mg   | <b>27%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b>      | <b>39%</b> |
| <b>Protein</b> 17 g   |            |                        |            | Sugars 3 g              |            | <b>Calcium</b>        | <b>9%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>           | <b>20%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41°F).

**TUNA SALAD**

Yield: 50 portions or 6¼ qt      Portion: ½ cup (4 oz)

| <i>Ingredient</i>             | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------------|---------------|--|
| Eggs, hard-cooked<br>(p. 271) | 12            | Peel and dice eggs.  |
| Tuna, flaked                  | 7 lb          | Add vegetables, relish, and eggs to tuna. Mix lightly.   |
| Celery, chopped               | 1 lb          |  |
| Cucumber, diced               | 1 lb          |  |
| Onion, minced                 | 2 oz          |  |
| Pickle relish, drained        | 8 oz          |  |
| Mayonnaise                    | 1 qt          | Add mayonnaise to tuna mixture. Mix lightly to blend. Chill quickly to below 41° F. Serve with No. 8 dipper. |

*Approximate nutritive values per portion*

Calories 228

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 16 g | 24% | Cholest. 80 mg | 27% | Total Carb. 3 g | 1%  | Vitamin A | 4%  |
| Sat. Fat 3 g   | 13% | Sodium 374 mg  | 16% | Fiber 0.2 g     | 1%  | Vitamin C | 2%  |
| Protein 18 g   |     |                |     | Sugars 0 g      |     | Calcium   | 2%  |
|                |     |                |     |                 |     | Iron      | 7%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41°F).

**Variations**

- **Salmon Salad.** Substitute salmon for tuna.
- **Tuna Apple Salad.** Substitute tart, diced apples for cucumbers. Omit pickle relish.
- **Tuna Pea Salad.** Delete eggs and minced onion. Substitute 5 cups sour cream mixed with ½ cup lemon juice for the mayonnaise. Add 2 lb frozen green peas, thawed, 8 oz green pepper, and 8 oz sliced green onions.

**STUFFED TOMATO SALAD**

Yield: 50 portions      Portion: 1 tomato

| <i>Ingredient</i>                                   | <i>Amount</i> | <i>Procedure</i>  |
|---|---------------|---|
| Tomatoes, medium size                               | 50            | Place tomatoes in a wire basket and dip in boiling water. Let stand for 1 minute.<br>Dip in cold water. Remove skins. |
| Chicken, crab, shrimp, tuna, or egg salad (chilled) | 10 lb         | Turn tomato stem end down.<br>Cut, not quite through, into fourths.<br>Fill with No. 12 dipper of salad.              |

*Approximate nutritive values per portion*

Calories 248

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 16 g | 25% | Cholest. 30 mg | 10% | Total Carb. 13 g | 4%  | Vitamin A | 8%  |
| Sat. Fat 2 g   | 10% | Sodium 628 mg  | 26% | Fiber 3 g        | 10% | Vitamin C | 40% |
| Protein 13 g   |     |                |     | Sugars 3 g       |     | Calcium   | 6%  |
|                |     |                |     |                  |     | Iron      | 12% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
  - 50 medium-size tomatoes will weigh approximately 12 lb.
- Variations**
- **Tomato Cabbage Salad.** Combine 1 lb cabbage and 1 lb. celery, finely chopped, 1 Tbsp salt, and 1 cup mayonnaise for salad mixture. Fill tomato cup, using No. 40 dipper.
  - **Tomato Cottage Cheese Salad.** Substitute 6 lb cottage cheese for salad mixture. Fill tomato cups, using No. 20 dipper.

## COTTAGE CHEESE SALAD

*Yield:* 50 portions or 6 qt      *Portion:* ½ cup (4 oz)

| <i>Ingredient</i>                       | <i>Amount</i>  | <i>Procedure</i>  |
|---|----------------|---|
| Tomatoes, fresh,<br>peeled and diced    | 3 lb           | Prepare vegetables.   |
| Green peppers,<br>chopped               | 4 oz           |   |
| Celery, diced                           | 1 lb           |   |
| Cucumber, diced                         | 1 lb           |   |
| Radishes, sliced                        | 8 oz           |   |
| Cottage cheese, dry<br>curd (see Notes) | 6 lb           | Just before serving, add vegetables and mix all ingredients gently. |
| Salt                                    | 1 oz (1½ Tbsp) |   |
| Mayonnaise                              | 3 cups         |   |

### *Approximate nutritive values per portion*

**Calories 150**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 11 mg | <b>4%</b>  | <b>Total Carb.</b> 3 g | <b>1%</b>  | <b>Vitamin A</b> | <b>3%</b>  |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 328 mg  | <b>14%</b> | Fiber 0.4 g            | <b>2%</b>  | <b>Vitamin C</b> | <b>13%</b> |
| <b>Protein</b> 10 g   |            |                       |            | Sugars 1 g             |            | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>2%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
  - Chilling ingredients before combining shortens time product is in the temperature danger zone (above 41° F).
  - If creamed cottage cheese is used, reduce mayonnaise to 1 cup and omit salt.

**DELI PLATE**

Yield: 50 portions      Portion: 2½ oz salad + 2 oz meat and cheese

| <i>Ingredient</i>   | <i>Amount</i>  | <i>Procedure</i>   |
|---|----------------|--|
| Pasta Salad (p. 484)<br>or Potato Salad<br>(p. 488) or Macaroni<br>Salad (p. 485) | 9 lb           | Prepare salad.   |
| Pastrami, corned beef,<br>or other cold cuts                                      | 3 lb           | Wafer slice meat.  |
| Lettuce leaves  | 1 lb 8 oz      | Place lettuce leaf on dinner plate.  |
| Swiss cheese, sliced  | 3 lb           | Place one 1-oz cheese slice on lettuce.<br>Portion 1 oz pastrami on cheese.<br>Place No. 16 dipper pasta, potato, or macaroni salad on<br>plate. |
| Tomatoes, sliced  | 6 lb 8 oz (EP) | Arrange on plate:  |
| Dill pickle spears,<br>drained  | 1 lb 8 oz      | 2 tomato slices<br>1 dill pickle spear   |
| Black olives  | 6 oz           | 1 black olive  |
| Rye bread   | 100 slices     | Place alongside meat on plates.  |

**Note** • Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.

**Variation** • Ham rolls or slices, sliced turkey, deviled or hard-cooked egg, green pepper ring, green onion, cucumber slices, onion slices, cherry tomato, or marinated mushrooms may be used.

**TURKEY CROISSANT SALAD PLATE**

Yield: 50 portions      Portion: 2½ oz turkey

| <i>Ingredient</i>                             | <i>Amount</i>   | <i>Procedure</i>                                     |
|---|-----------------|--|
| Spinach, fresh, raw                           | 2 lb (EP)       | Prepare vegetables and fruits.                       |
| Tomatoes, fresh<br>sliced                     | 7 lb            |  |
| Oranges, navel,<br>fresh, unpeeled,<br>sliced | 3 lb 3 oz       |  |
| Grapes, red seedless                          | 6 lb            |  |
| Alfalfa sprouts                               | 2 oz            |  |
| Smoked turkey,<br>wafer-sliced                | 8 lb            |  |
| Croissants                                    | 50 (2½-oz size) | Assemble plates according to directions given below. |

**TO ASSEMBLE TURKEY CROISSANT PLATES:**

1. Line three-fourths of plate with  $\frac{3}{4}$  oz spinach.
2. Place 2 tomato slices on spinach leaves.
3. Cut orange slices in half. Place beside tomato slices.
4. Place 2½ oz turkey beside orange slices.
5. Place 1 Tbsp alfalfa sprouts beside turkey.
6. Place a 2-oz cluster of grapes beside sprouts.
7. Place 1 croissant on plate.

*Approximate nutritive values per portion*

Calories 304

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 14 g | 22% | <b>Cholest.</b> 88 mg | 29% | <b>Total Carb.</b> 31 g | 11% | <b>Vitamin A</b> | 18% | <b>Calcium</b> | 16% |
| Sat. Fat 6 g          | 28% | <b>Sodium</b> 885 mg  | 37% | Fiber 3 g               | 14% | <b>Vitamin C</b> | 72% | <b>Iron</b>    | 17% |
| <b>Protein</b> 17 g   |     |                       |     | Sugars 19 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- Chicken salad, crab salad, shrimp salad, or other wafer-sliced deli meats may be substituted for smoked turkey. If substituting salad meat for solid meat, omit tomato slices and add another fruit (e.g., apples or plums).

**FRUIT SALAD PLATE**

*Yield:* 50 portions

*Portion:* 6 oz fruit + 4 oz salad or sherbet

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Fruit in season (3–4 selections from fruits listed in Note) | 20 lb (EP)    | Prepare fruit.   |
| Cottage cheese, Chicken Salad (p. 499), or sherbet          | 12 lb         | Prepare salad according to recipe.   |
| Nut bread sandwiches or muffins                             | 50–100        |  |
| Lettuce   | 1 lb 8 oz     | Prepare lettuce. Place lettuce leaf on dinner plate. Arrange fruit, salad, and bread on lettuce. |

**Note**

- Choose a combination that offers contrast in shape, color, and flavor from the following lists:

**Fruit suggestions**

- Apple wedges
- Avocado wedges, slices, or halves
- Bananas, cut in strips or chunks, rolled in chopped nuts
- Cherries, sweet
- Grape clusters, red or green
- Grapefruit sections
- Kiwi fruit
- Mangoes
- Melon: cantaloupe, honeydew, watermelon; cut in wedges, rings, or balls
- Orange slices, half slices, sections
- Papayas
- Peach halves or slices: cream cheese filling, cranberry sauce, or cottage cheese in halves
- Pear halves, filled, or slices
- Pineapple chunks, spears, rings
- Plums
- Strawberries

**Salad suggestions**

- Cheese strips or slices
- Cottage cheese
- Chicken salad
- Sliced chicken or turkey
- Ham roll

**Bread suggestions**

- Hard roll
- Muffin
- Finger sandwich: chicken, tuna
- Nut bread sandwich
- Raisin bread–cream cheese sandwich

**Garnishes (See p. 723 for additional garnish suggestions.)**

- Coconut
- Lemon or lime wedge
- Pomegranate seeds
- Stuffed prune

## RELISH RECIPES

### BUTTERED APPLES

*Yield:* 50 portions or 7 qt      *Portion:* ½ cup (4 oz)

| <i>Ingredient</i> | <i>Amount</i>            | <i>Procedure</i>   |
|-------------------|--------------------------|--|
| Apples, fresh     | 13 lb (EP)<br>(16 lb AP) | Wash apples and cut into sections.<br>Remove cores.<br>Arrange in pan. |
| Margarine, melted | 8 oz                     | Mix remaining ingredients and pour over apples.                        |
| Water, hot        | 2 cups                   | Cover and simmer until apples are tender, approximately                |
| Sugar, granulated | 1 lb 8 oz                | 1 hour.  |
| Salt              | 1 Tbsp                   |  |

#### *Approximate nutritive values per portion*

**Calories 155**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 4 g  | <b>6%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 1 g          | <b>4%</b>  | <b>Sodium</b> 171 mg  | <b>7%</b>  | Fiber 3 g               | <b>10%</b> | <b>Vitamin C</b> | <b>11%</b> |
| <b>Protein</b> 0 g    |            |                       |            | Sugars 29 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>1%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Select apples that will hold their shape when cooked, such as Jonathan, Rome Beauty, or Winesap.
- Apple sections may be arranged in a counter pan and steamed until tender. Sprinkle margarine and sugar over the top and bake for 15–20 minutes.
- Hot buttered apples often are served in place of a vegetable.
- Frozen or canned apples may be used.

#### Variations

- **Apple Rings.** Cut rings of unpared apples, steam until tender. Add sugar and margarine and bake 15 minutes.
- **Cinnamon Apples.** Cut pared apples into rings. Add cinnamon drops (red-hots) for flavor and color. Proceed as for Buttered Apples but reduce sugar to 12 oz.
- **Fried Apples** Melt 1 lb margarine or butter in frying pan. Add sliced apples. Add 8 oz brown sugar, 1 tsp salt, and 1 tsp cinnamon. Cook apples, turning occasionally, until apples are lightly browned and just tender. Frozen apple slices, thawed and drained, may be used.

**CRANBERRY RELISH (RAW)**

Yield: 50 portions or 5 qt      Portion: 1/3 cup (3 oz)

| Ingredient        | Amount      | Procedure   |
|-------------------|-------------|---|
| Oranges, unpeeled | 3 (size 72) | Wash and quarter oranges and apples.<br>Sort and wash cranberries.<br>Put fruit through chopper or grinder. |
| Apples, cored     | 5 lb        |   |
| Cranberries, raw  | 3 lb        |   |
| Sugar, granulated | 2 lb 4 oz   | Add sugar to fruit and blend.<br>Chill for 24 hours.<br>Serve with No. 16 dipper as a relish or salad.      |

*Approximate nutritive values per portion*

Calories 123

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 32 g | 11% | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 0 mg    | 0%  | Fiber 2 g        | 9%  | Vitamin C | 17% | Iron    | 0%  |
| Protein 0 g    |     |                |     | Sugars 27 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variation** • **Cranberry Orange Relish.** Delete apples. Increase oranges to 6 and sugar to 3 lb. Add 1/4 cup lemon juice.

**CRANBERRY SAUCE**

Yield: 50 portions or 5 qt      Portion: 1/3 cup

| Ingredient        | Amount    | Procedure  |
|-------------------|-----------|--|
| Cranberries       | 4 lb (AP) | Wash cranberries. Discard soft berries.  |
| Sugar, granulated | 4 lb      | Combine sugar and water. Bring to a boil.<br>Add cranberries and boil gently until skins burst. Do not overcook. Chill.<br>Serve with No. 12 dipper. |
| Water             | 1 qt      |  |

*Approximate nutritive values per portion*

Calories 158

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 41 g | 14% | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 0 mg    | 0%  | Fiber 2 g        | 6%  | Vitamin C | 8%  | Iron    | 0%  |
| Protein 0 g    |     |                |     | Sugars 35 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note** • Make sauce at least 24 hours before using.
- Variations** • **Baked Cranberry Relish.** Wash and drain 4 lb cranberries. Stir in 2 lb 12 oz granulated sugar, 1/3 cup water, and 1 tsp cinnamon. Place berries in glass chafing dishes or other baking pan suitable for serving. Mix together 2 1/2 cups chopped pecans, 1/2 cup grated fresh lemon rind, and 4 cups orange marmalade. Spread on top of berries. Bake at 350°F for 45 minutes. Serve warm.
- **Pureed Cranberry Sauce.** Add water to cranberries and cook until skins burst. Puree cranberries and add sugar. Cook until sugar is dissolved.
- **Royal Cranberry Sauce.** Make half of cranberry sauce recipe. When cool add 3 oranges, chopped; 1 lb apples, chopped; 1 lb white grapes, seeded; 1 lb pineapple, diced; and 4 oz coarsely chopped pecans. Serve with No. 24 dipper as a relish. Yield: 1 gal.

**CORN RELISH**

Yield: 50 portions

Portion: 3 oz

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Sugar, granulated                  | 1 lb          | Mix sugar, flour, and salt in steam-jacketed kettle or stockpot until well blended.                    |
| Flour, all-purpose                 | 2 oz (½ cup)  |  |
| Salt                               | 1 oz          |  |
| Water                              | 1½ cups       | Add to dry ingredients in kettle. Stir until smooth. Cook until thickened, stirring constantly.        |
| Vinegar, cider                     | 1⅔ cups       |  |
| Prepared mustard                   | 6 Tbsp        |  |
| Corn, whole kernel, frozen, thawed | 6 lb          | Place corn and seasonings in baker's bowl. Pour hot dressing over corn and mix lightly. Serve chilled. |
| Celery seed                        | 1½ tsp        |  |
| Pimiento, chopped, drained         | 3 oz          |  |
| Onions, fresh, finely chopped      | 2 oz          |  |
| Green peppers, chopped             | 3 oz          |  |

*Approximate nutritive values per portion*

Calories 84

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV       | %DV              | %DV       |
|----------------------|-----------|----------------------|------------|-------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 21 g | <b>7%</b> | <b>Vitamin A</b> | <b>1%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 247 mg | <b>10%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>7%</b> |
| <b>Protein</b> 2 g   |           |                      |            | Sugars 9 g              |           | <b>Calcium</b>   | <b>0%</b> |
|                      |           |                      |            |                         |           | <b>Iron</b>      | <b>2%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variation** • **Black Bean and Corn Relish.** Substitute 2 lb cooked black beans for 2 lb corn.**SAUERKRAUT RELISH**

Yield: 50 portions

Portion: ⅓ cup (3 oz)

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------|---------------|---|
| Sauerkraut            | 1 No. 10 can  | Combine all ingredients. Refrigerate for at least 12 hours. |
| Carrots, shredded     | 1 lb          |   |
| Celery, chopped       | 12 oz         |   |
| Onion, chopped        | 8 oz          |   |
| Green pepper, chopped | 1 lb          |   |
| Sugar, granulated     | 1 lb 8 oz     |   |

*Approximate nutritive values per portion*

Calories 73

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|----------------------|-----------|----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 18 g | <b>6%</b> | <b>Vitamin A</b> | <b>26%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 399 mg | <b>17%</b> | Fiber 2 g               | <b>8%</b> | <b>Vitamin C</b> | <b>30%</b> |
| <b>Protein</b> 1 g   |           |                      |            | Sugars 14 g             |           | <b>Calcium</b>   | <b>2%</b>  |
|                      |           |                      |            |                         |           | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Sauerkraut may be chopped before combining with other ingredients.

## PICKLED BEETS

*Yield:* 50 portions or 2 gal

*Portion:* 3 oz

### Ingredient

### Amount

### Procedure

|                                |               |   |
|--------------------------------|---------------|---|
| Beets, canned, sliced or whole | 2 No. 10 cans | Drain beets. Reserve 1 cup juice for next step.     |
| Vinegar, cider                 | 2 qt          | Mix vinegar, sugars, spices, and liquid from beets. |
| Sugar, brown                   | 1 lb          | Heat to boiling point. Boil 5 minutes.              |
| Sugar, granulated              | 8 oz          | Pour hot mixture over beets.                        |
| Salt                           | 1 tsp         | Chill 24 hours before serving.                      |
| Pepper, black                  | ½ tsp         |   |
| Cinnamon sticks                | 2             |   |
| Cloves, whole                  | 1 tsp         |   |
| Allspice, whole                | 1 tsp         |   |

### Approximate nutritive values per portion

**Calories 74**

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|------------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 21 g | <b>7%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 246 mg | <b>10%</b> | Fiber 1 g               | <b>5%</b> | <b>Vitamin C</b> | <b>5%</b> | <b>Iron</b>    | <b>9%</b> |
| <b>Protein</b> 1 g   |           |                      |            | Sugars 8 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- If using fresh beets, cook 14 lb AP according to directions on p. 641. Peel and slice, then proceed as in the recipe. Substitute 1 cup water for beet juice.
- Sliced onions, separated into rings, may be added.
- Granulated sugar may be substituted for brown sugar.

**MINTED TABOULI**

Yield: 50 portions

Portion: 2 oz

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------------------|---------------|--|
| Bulgur                            | 8 oz          | Combine bulgur and water in large mixing bowl. Let stand at least 2 hours. Drain well. |
| Water                             | 1¼ qt         |  |
| Tomatoes, fresh, seeded and diced | 1 lb          | Add to bulgur.   |
| Cucumbers, peeled and chopped     | 6 oz          |  |
| Red onions, finely chopped        | 6 oz          |  |
| Parsley, fresh, chopped           | 2 oz          |  |
| Mint leaves, coarsely chopped     | ½ oz          |  |
| Lemon juice, fresh                | 1¼ cups       | Blend lemon juice, oil, and spices.  |
| Olive oil                         | ½ cup         | Pour over bulgur mixture. Toss to blend. Cover.  |
| Salt                              | 2¼ tsp        | Refrigerate for at least 12 hours before serving. Keeps well.                          |
| Pepper, black                     | 1 tsp         |  |
| Sugar, granulated                 | 1½ tsp        |  |

*Approximate nutritive values per portion***Calories 41**

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV | %DV              | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2 g | 4%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 5 g | 2%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 2%  | <b>Sodium</b> 100 mg | 4%  | Fiber 1 g              | 5%  | <b>Vitamin C</b> | 8%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 1 g             |     | <b>Calcium</b>   | 0%  |
|                      |     |                      |     |                        |     | <b>Iron</b>      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Salad oil may be substituted for olive oil. Mint leaves may be omitted for plain Tabouli.

## SALAD DRESSING RECIPES

### MAYONNAISE

*Yield:* 1 gal

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------|---------------|--|
| Egg yolks (see Notes) | 8 (5 oz)      | Place egg yolks and seasonings in mixer bowl. Mix thoroughly, using wire whip attachment.  |
| Salt                  | 2 oz (3 Tbsp) |  |
| Paprika               | 2 tsp         |  |
| Dry mustard           | 2 Tbsp        |  |
| Vinegar, cider        | ¼ cup         | Add vinegar and blend.   |
| Salad oil             | 2 qt          | Add oil very slowly, beating steadily on high speed until an emulsion is formed. Oil may then be added, ½ cup at a time and later 1 cup at a time, beating well after each addition. |
| Vinegar, cider        | ¼ cup         | Add vinegar. Beat well.  |
| Salad oil             | 2 qt          | Continue beating and adding oil until all oil has been added and emulsified.   |

#### *Approximate nutritive values per portion*

**Calories** 246

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 28 g | <b>43%</b> | <b>Cholest.</b> 14 mg | <b>5%</b>  | <b>Total Carb.</b> 0 g | <b>0%</b>  | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 7 g          | <b>36%</b> | <b>Sodium</b> 150 mg  | <b>6%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 0 g    |            |                       |            | Sugars 0 g             |            | <b>Calcium</b>   | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>0%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Potentially hazardous food. Store for service at an internal temperature below 41°F. Keep left-over product chilled below 41°F. See p. 44 for cooling procedures.
- For safety reasons, the use of pasteurized frozen egg yolks is recommended.
- The addition of oil too rapidly or insufficient beating may cause the oil to separate from the other ingredients, resulting in a curdled appearance. Curdled or broken mayonnaise may be reformed by adding it (a small amount at a time) to 2 well-beaten egg yolks or eggs and beating well after each addition. It also may be reformed by adding it to a small portion of uncurdled mayonnaise.

#### Variations To make approximately 2 qt dressing:

- **Buttermilk Dressing.** To 1 qt mayonnaise, add 1 qt buttermilk, 2 tsp basil, ½ tsp oregano, 1 Tbsp finely chopped fresh parsley, 1 clove garlic, minced, 2 tsp black pepper, 2 oz chopped onion, and 1 tsp tarragon.
- **Campus Dressing.** To 2 qt mayonnaise, add ⅓ cup fresh parsley, ¼ cup chopped green pepper, and ½ cup finely chopped celery.
- **Chantilly Dressing.** To 1½ qt mayonnaise, fold in 1½ cups cream, whipped.
- **Creamy Blue Cheese Dressing.** To 1 qt mayonnaise, add 2 cups (1 lb) sour cream, ¼ cup lemon juice, 1 Tbsp grated onion, 1 tsp salt, and 8 oz finely crumbled blue cheese.
- **Dilly Dressing.** To 1½ qt mayonnaise, add 2 cups evaporated milk or buttermilk, 1 Tbsp seasoned salt, 1 tsp garlic powder, and ¼ cup chopped dill weed.
- **Egg and Green Pepper Dressing.** To 1¾ qt mayonnaise, add 12 chopped hard-cooked eggs, ¼ cup finely chopped green pepper, 2 Tbsp onion juice, and a few grains cayenne pepper.

(continues)

- **Garden Dressing.** Combine 3 cups mayonnaise and 1½ qt (3 lb) sour cream. Add 3 oz granulated sugar, 2 tsp salt, and 1 tsp black pepper. Fold in 12 oz thinly sliced green onions, 8 oz thinly sliced radishes, 8 oz chopped cucumbers, and 8 oz minced green pepper. This may be used for a vegetable dip also.
- **Green Peppercorn Cream Dressing.** To 1 cup mayonnaise, add 1¼ qt (2 lb 8 oz) sour cream, 1 cup Dijon-style mustard, ⅓ cup finely crushed and drained green peppercorns, ¼ cup white wine vinegar, and ⅔ cup chopped parsley (optional).
- **Honey Cream Dressing.** Blend together 4 oz cream cheese, 1⅓ cups honey, 1 cup lemon or pineapple juice, and ¼ tsp salt; then fold into 1½ qt mayonnaise.
- **Honey Yogurt Dressing.** To 1 cup mayonnaise, add 1½ qt unflavored yogurt, ⅓ cup honey, ¼ cup raspberry vinegar, 2 Tbsp lemon juice, and 1 Tbsp grated fresh orange peel.
- **Horseradish Cream Dressing.** To 1 cup mayonnaise, add 1½ qt (3 lb) sour cream, 2 Tbsp lemon juice, 2 tsp curry powder, 5 oz horseradish, 1 tsp salt, and 1 tsp paprika.
- **Roquefort Dressing.** To 1½ qt mayonnaise, add 2 cups French dressing, 8 oz crumbled Roquefort cheese, and 2 tsp Worcestershire sauce.
- **Russian Dressing.** To 2 qt mayonnaise, add 2 cups chili sauce, 2 Tbsp Worcestershire sauce, 2 tsp onion juice, and a few grains of cayenne.
- **Sour Cream Basil Dressing.** To 1 cup mayonnaise, add ¾ cup vinegar, 1½ qt (3 lb) sour cream, 1 oz granulated sugar, 1½ oz salt, 1½ Tbsp celery seed, and 2 Tbsp basil leaves.
- **Thousand Island Dressing.** To 1½ qt mayonnaise, add 1½ oz minced onion, 3 oz chopped pimiento, 1 cup chili sauce, 8 chopped hard-cooked eggs, 1 tsp salt, ¼ cup pickle relish, and a few grains of cayenne.

## COOKED SALAD DRESSING

Yield: 3 gal

| Ingredient                       | Amount    | Procedure   |
|----------------------------------|-----------|---|
| Sugar, granulated                | 3 lb      | Combine dry ingredients in a steam-jacketed kettle or stockpot.   |
| Flour, all-purpose               | 1 lb 8 oz |   |
| Salt                             | 6 oz      |   |
| Dry mustard                      | 3 oz      |   |
| Water, cold                      | 1 qt      | Add water to dry ingredients and stir with wire whip until a smooth paste is formed.  |
| Milk, hot                        | 1 gal     | Add hot milk and water, stirring continuously while adding. Cook 20 minutes, or until thickened.                                  |
| Water, hot                       | 2 qt      |   |
| Margarine                        | 1 lb      | Stir in margarine and vinegar.  |
| Vinegar, cider, hot              | 3 qt      |   |
| Egg yolks, beaten<br>(see Notes) | 50 (2 lb) | Add cooked mixture slowly to egg yolks, stirring briskly. Cook 7–10 minutes.<br>Remove from heat and cool quickly to below 41° F. |

### Approximate nutritive values per ounce

Calories 44

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|-----------------|-----|----------------|-----|
| Total Fat 2 g  | 3%  | Cholest. 32 mg | 11% | Total Carb. 6 g | 2%  | Vitamin A      | 5%  |
| Sat. Fat 1 g   | 3%  | Sodium 189 mg  | 8%  | Fiber 0 g       | 0%  | Vitamin C      | 0%  |
| Protein 1 g    |     |                |     | Sugars 4 g      |     | Calcium        | 1%  |
|                |     |                |     |                 |     | Iron           | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
  - 25 whole eggs may be substituted for egg yolks, and hot water for hot milk.

- Variation**
- **Combination Dressing.** Combine 1 qt Cooked Salad Dressing and 1 qt mayonnaise.

## CHILEAN DRESSING

*Yield:* 1½ qt

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------|---------------|--|
| Salad oil             | 2 cups        | Combine all ingredients.<br>Beat on low speed until well blended.<br>Store in covered container.<br>Shake or beat well before serving. |
| Vinegar, cider        | 1 cup         |  |
| Sugar, granulated     | 4 oz          |  |
| Salt                  | 2 tsp         |  |
| Onion, finely chopped | 2 oz          |  |
| Chili sauce           | 2 cups        |  |
| Catsup                | 1 cup         |  |

### *Approximate nutritive values per ounce*

**Calories 106**

| Amount/portion       | %DV        | Amount/portion       | %DV        | Amount/portion         | %DV       | %DV              | %DV       |
|----------------------|------------|----------------------|------------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 9 g | <b>14%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 7 g | <b>2%</b> | <b>Vitamin A</b> | <b>2%</b> |
| Sat. Fat 2 g         | <b>12%</b> | <b>Sodium</b> 275 mg | <b>11%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>3%</b> |
| <b>Protein</b> 0 g   |            |                      |            | Sugars 4 g             |           | <b>Calcium</b>   | <b>0%</b> |
|                      |            |                      |            |                        |           | <b>Iron</b>      | <b>0%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## BACON DRESSING

*Yield:* 2 qt

| <i>Ingredient</i>                     | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------------------|---------------|---|
| Bacon, sliced, cut into 1-inch pieces | 12 oz         | Fry bacon until crisp. Remove from fat.   |
| Onions, finely chopped                | 4 oz          | Sauté onions in bacon fat.  |
| Sugar, granulated                     | 8 oz          | Add sugar, vinegar, and water to sautéed onions.<br>Bring to boiling point.<br>Cool.  |
| Vinegar, cider                        | ¼ cup         |   |
| Water                                 | 1½ cups       |   |
| Mayonnaise (p. 517)                   | 3 cups        | Place Mayonnaise in mixer bowl.<br>Add cooled onion-vinegar mixture slowly, beating on low speed until smooth.<br>Stir in bacon pieces.<br>Serve with tossed green salad. |

### *Approximate nutritive values per ounce*

**Calories 97**

| Amount/portion       | %DV        | Amount/portion       | %DV       | Amount/portion         | %DV       | %DV              | %DV       |
|----------------------|------------|----------------------|-----------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 9 g | <b>14%</b> | <b>Cholest.</b> 7 mg | <b>2%</b> | <b>Total Carb.</b> 4 g | <b>1%</b> | <b>Vitamin A</b> | <b>0%</b> |
| Sat. Fat 1 g         | <b>7%</b>  | <b>Sodium</b> 83 mg  | <b>3%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>1%</b> |
| <b>Protein</b> 1 g   |            |                      |           | Sugars 3 g             |           | <b>Calcium</b>   | <b>0%</b> |
|                      |            |                      |           |                        |           | <b>Iron</b>      | <b>0%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. Store for service at an internal temperature below 41° F.

**SOUR CREAM DRESSING**

Yield: 3 qt

| <i>Ingredient</i>  | <i>Amount</i>   | <i>Procedure</i>  |
|--------------------|-----------------|---|
| Eggs, beaten       | 16 (1 lb 12 oz) | Mix eggs and sour cream.  |
| Sour cream         | 1 qt            |   |
| Sugar, granulated  | 2 lb            | Combine sugar and flour.<br>Add water and mix only until smooth.<br>Add to the cream and egg mixture. |
| Flour, all-purpose | 1½ oz           |   |
| Water, cold        | 1 cup           |   |
| Vinegar, cider     | 2 cups          | Add vinegar and cook until thick.<br>Stir as necessary. Chill quickly to below 41°F.                  |

*Approximate nutritive values per ounce*

Calories 107

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 4 g | 7%  | <b>Cholest.</b> 59 mg | 20% | <b>Total Carb.</b> 16 g | 5%  | <b>Vitamin A</b> | 5%  |
| Sat. Fat 2 g         | 11% | <b>Sodium</b> 24 mg   | 1%  | Fiber 0 g               | 0%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 2 g   |     |                       |     | Sugars 14 g             |     | <b>Calcium</b>   | 2%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
  - 2 cups cream, whipped, may be added before serving.

**FRENCH DRESSING (THICK)**

Yield: 2 qts

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Sugar, granulated | 2 lb          | Combine sugar and seasonings in mixer bowl, using wire whip attachment. |
| Paprika           | 2 Tbsp        |   |
| Dry mustard       | 4 tsp         |   |
| Salt              | 2 Tbsp        |   |
| Onion juice       | 1½ tsp        |   |
| Vinegar, cider    | 1½ cups       | Add vinegar. Mix well.  |
| Salad oil         | 1 qt          | Add oil gradually in small amounts.<br>Beat well after each addition.   |

*Approximate nutritive values per ounce*

Calories 235

| Amount/portion        | %DV | Amount/portion       | %DV | Amount/portion          | %DV | %DV              | %DV |
|-----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 18 g | 28% | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 20 g | 7%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 5 g          | 24% | <b>Sodium</b> 267 mg | 11% | Fiber 0 g               | 0%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 0 g    |     |                      |     | Sugars 18 g             |     | <b>Calcium</b>   | 0%  |
|                       |     |                      |     |                         |     | <b>Iron</b>      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- If a French Dressing of usual consistency is desired, use only 8 oz of sugar.
- Variations**
- **Celery Seed Dressing.** Add 2 oz celery seed.
  - **Poppy Seed Dressing.** Add 1 oz poppy seed.

## FRENCH DRESSING

Yield: 3 qt

| Ingredient     | Amount        | Procedure   |
|----------------|---------------|---|
| Salt           | 2 oz (3 Tbsp) | Combine dry ingredients in mixer bowl.  |
| Dry mustard    | 2 Tbsp        |   |
| Paprika        | 2 Tbsp        |   |
| Pepper, black  | 1 Tbsp        |   |
| Vinegar, cider | 1 qt          | Add vinegar and onion juice to dry ingredients.   |
| Onion juice    | 4 tsp         | Add salad oil slowly. Beat on high speed until thick and blended.   |
| Salad oil      | 2 qt          | This is a temporary emulsion that separates rapidly. Beat well or pour into a jar and shake vigorously just before serving. |

### Approximate nutritive values per ounce

Calories 161

| Amount/portion        | %DV        | Amount/portion       | %DV       | Amount/portion         | %DV       |                  | %DV       |                | %DV       |
|-----------------------|------------|----------------------|-----------|------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 18 g | <b>28%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 0 g | <b>0%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 5 g          | <b>24%</b> | <b>Sodium</b> 204 mg | <b>9%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>0%</b> |
| <b>Protein</b> 0 g    |            |                      |           | Sugars 0 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Variations** Prepare by adding the following to 3 qt (1 recipe) French Dressing:

- **Chiffonade Dressing.** Add  $\frac{1}{3}$  cup chopped fresh parsley, 4 oz chopped onion, 6 oz chopped green pepper, 4 oz chopped red pepper or pimiento, and 16 chopped hard-cooked eggs.
- **Italian Dressing.** Delete paprika. Add 2 tsp oregano,  $\frac{1}{4}$  tsp garlic powder, and 1 Tbsp basil.
- **Mexican Dressing.** Add 3 cups chili sauce, 10 oz chopped green pepper, 2 oz chopped onion, and 1 Tbsp cilantro.
- **Oil and Vinegar.** Delete mustard, paprika, and onion juice.
- **Roquefort Cheese Dressing.** Add French Dressing slowly, while whipping, to 1 lb finely crumbled Roquefort cheese. 1 qt cream may be mixed with cheese before it is added to the dressing.
- **Sesame Seed Dressing.** Delete salt, paprika, pepper, and onion juice. Increase mustard to  $\frac{1}{4}$  cup and vinegar to  $5\frac{1}{2}$  cups. Add  $3\frac{1}{2}$  cups granulated sugar,  $1\frac{1}{4}$  cups soy sauce, and  $\frac{1}{2}$  cup toasted sesame seeds.
- **Tarragon Dressing.** Use tarragon vinegar in place of cider vinegar.
- **Tomato Dressing.** Add 1 lb granulated sugar,  $1\frac{1}{2}$  qt tomato soup, and  $\frac{1}{4}$  cup celery or poppy seeds. Increase onion juice to 2 Tbsp.

**HONEY FRENCH DRESSING**

Yield: 2 qt

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------|---------------|--|
| Dry mustard               | 4 tsp         | Mix mustard, salt, and celery seed in large mixing bowl. |
| Salt                      | 1 tsp         |  |
| Celery seed or poppy seed | 4 tsp         |  |
| Honey                     | 2 cups        | While mixing, add remaining ingredients in order listed. |
| Vinegar, cider            | 1¼ cups       |  |
| Lemon juice               | ¼ cup         |  |
| Onion, grated             | 1 Tbsp        |  |
| Salad oil                 | 1 qt          |  |

*Approximate nutritive values per ounce*

Calories 155

| Amount/portion        | %DV        | Amount/portion       | %DV       | Amount/portion         | %DV       |                  | %DV       |                | %DV       |
|-----------------------|------------|----------------------|-----------|------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 14 g | <b>21%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 9 g | <b>3%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>0%</b> |
| Sat. Fat 4 g          | <b>18%</b> | <b>Sodium</b> 34 mg  | <b>1%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>0%</b> |
| <b>Protein</b> 0 g    |            |                      |           | Sugars 9 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**HONEY LIME DRESSING**

Yield: 3 qt

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>  |
|---------------------|---------------|---|
| Mayonnaise, low fat | 1 qt          | Measure all ingredients into mixer bowl. Blend together, using wire whip. |
| Yogurt, plain       | 1 qt          |   |
| Honey               | 2 cups        | Cover and refrigerate. Store (below 41°F).                                |
| Lime juice, fresh   | 2 cups        |   |
| Celery seed         | 1 Tbsp        |   |

*Approximate nutritive values per ounce*

Calories 45

| Amount/portion         | %DV       | Amount/portion        | %DV       | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|------------------------|-----------|-----------------------|-----------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 0.8 g | <b>1%</b> | <b>Cholest.</b> .6 mg | <b>0%</b> | <b>Total Carb.</b> 10 g | <b>3%</b> | <b>Vitamin A</b> | <b>7%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 0.1 g         | <b>1%</b> | <b>Sodium</b> 100 mg  | <b>4%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>2%</b> | <b>Iron</b>    | <b>0%</b> |
| <b>Protein</b> 0.6 g   |           |                       |           | Sugars 8 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

## BASIL VINAIGRETTE DRESSING

*Yield:* 1½ qt

| <i>Ingredient</i>      | <i>Amount</i> | <i>Procedure</i>   |
|------------------------|---------------|--|
| Vinegar, cider         | 2 cups        | Combine in mixer bowl, using wire whip.                    |
| Water                  | ¾ cup         |  |
| Sugar, granulated      | 2 oz          |  |
| Garlic, fresh, minced  | 1½ Tbsp       |  |
| Salt                   | 2 oz          |  |
| Basil, dried, crumbled | ⅔ cup         |  |
| Salad oil              | 2 cups        | Add oil very gradually while mixing.                       |
| Olive oil              | ½ cup         | Store covered in the refrigerator.<br>Stir before serving. |

### *Approximate nutritive values per ounce*

**Calories 108**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>18%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 2 g | <b>1%</b>  | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 3 g          | <b>14%</b> | <b>Sodium</b> 468 mg  | <b>20%</b> | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 0 g    |            |                       |            | Sugars 1 g             |            | <b>Calcium</b>   | <b>0%</b>  |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>0%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## VINAIGRETTE DRESSING

Yield: 2 qt

| Ingredient                | Amount   | Procedure  |
|---------------------------|----------|--|
| Vinegar, cider            | 2 cups   | Combine in mixer bowl.   |
| Salt                      | 1½ oz    |  |
| Pepper, white             | 2 tsp    |  |
| Pepper, cayenne           | ¼ tsp    |  |
| Salad oil                 | 2½ cups  | Combine oils. Add very slowly to vinegar mixture, mixing on low speed until oil is blended in. |
| Olive oil                 | 2¾ cups  |  |
| Parsley, fresh<br>chopped | ½ cup    | Add to dressing. Mix.  |
| Garlic, minced            | 5 cloves | Store in refrigerator.   |
| Chives, frozen            | ½ cup    | Stir or shake before serving.  |
| Capers                    | 4 oz     |  |

### Approximate nutritive values per ounce

Calories 158

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 18 g | 27% | Cholest. 0 mg  | 0%  | Total Carb. 0 g | 0%  | Vitamin A | 0%  |
| Sat. Fat 3 g   | 17% | Sodium 258 mg  | 11% | Fiber 0 g       | 0%  | Vitamin C | 1%  |
| Protein 0 g    |     |                |     | Sugars 0 g      |     | Calcium   | 0%  |
|                |     |                |     |                 |     | Iron      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Dijon Mustard Vinaigrette.** Combine 2½ cups red wine vinegar, ¾ oz chopped chives, ¾ cup Dijon mustard, and 1 oz (1½ Tbsp) salt in mixer bowl. Slowly add 4¾ cups salad oil while mixing on medium speed, using wire whip. Mix until oil is blended in. Makes approximately 2 qt.
  - **Lemon Basil Dressing.** Combine 2 cups cider vinegar, 1½ cups lemon juice, 6 oz granulated sugar, 2½ oz salt, and 4½ Tbsp dried basil leaves. Gradually add 3 cups salad oil.
  - **Lime Salad Dressing.** Combine in mixer bowl 2½ cups frozen reconstituted lime juice, 1¼ cups sugar, 2 oz salt, 1 tsp white pepper, ¾ tsp red pepper, and 1½ tsp celery salt. Add 4½ cups salad oil very slowly, mixing on medium speed until oil is blended in. Makes approximately 2 qt dressing.
  - **Pimiento Vinaigrette Dressing.** Substitute 4 oz diced pimiento for capers.

## SWEET SESAME VINAIGRETTE DRESSING

Yield: 2 qt

| Ingredient           | Amount     | Procedure   |
|----------------------|------------|---|
| Sugar, granulated    | 1 lb 10 oz | Combine in mixer bowl.  |
| Sesame seeds         | 4 oz       |   |
| Poppy seeds          | 2 oz       |   |
| Paprika              | 1½ tsp     |   |
| Onion, minced        | 3 Tbsp     |   |
| Worcestershire sauce | 1½ tsp     |   |
| Salad oil            | 3 cups     | Using a whip attachment to mix, add vinegar and oil in a slow stream.<br>Whip for at least 1 minute and make sure sugar is dissolved. |
| Vinegar, cider       | 1⅔ cups    |   |

### Approximate nutritive values per ounce

Calories 113

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 9 g | 13% | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 10 g | 3%  | <b>Vitamin A</b> | 0%  |
| Sat. Fat 2 g         | 11% | <b>Sodium</b> 0 mg   | 0%  | Fiber 0.3 g             | 1%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 0 g   |     |                      |     | Sugars 8 g              |     | <b>Calcium</b>   | 2%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Serve over fresh greens and fruit.

## CREAMY VINAIGRETTE

Yield: 3 qt

| Ingredient                          | Amount    | Procedure  |
|-------------------------------------|-----------|--|
| Rice wine vinegar                   | 1 qt      | Blend in mixer bowl, using flat beater.                                  |
| Red wine                            | 3 cups    |  |
| Plain yogurt                        | 3 cups    |  |
| Whole grain mustard                 | 1 cup     |  |
| Dijon mustard                       | 1 cup     |  |
| Garlic cloves, minced               | 1 oz (EP) |  |
| Red onion, finely diced             | 6 oz (EP) |  |
| Green onion, sliced into thin rings | 8 oz (EP) | Store covered in refrigerator for up to 1 week.<br>Shake before serving. |
| Basil, finely chopped               | ¼ cup     |  |
| Mustard seed, whole                 | 2 tsp     |  |
| Tarragon, dried                     | 1 tsp     |  |
| Oregano, whole, dried               | 2 tsp     |  |
| Pepper, black                       | 2 tsp     |  |

### Approximate nutritive values per ounce

Calories 25

| Amount/portion         | %DV | Amount/portion         | %DV | Amount/portion         | %DV | Amount/portion   | %DV |
|------------------------|-----|------------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 0.5 g | 1%  | <b>Cholest.</b> 0.5 mg | 0%  | <b>Total Carb.</b> 4 g | 1%  | <b>Vitamin A</b> | 3%  |
| Sat. Fat 0 g           | 0%  | <b>Sodium</b> 148 mg   | 6%  | Fiber 0.2 g            | 1%  | <b>Vitamin C</b> | 1%  |
| <b>Protein</b> 0.8 g   |     |                        |     | Sugars 3 g             |     | <b>Calcium</b>   | 2%  |
|                        |     |                        |     |                        |     | <b>Iron</b>      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. *Food Safety Standard*: Hold food for service at an internal temperature below 41°F. Do not mix old product with new.

**Variation** • **Creamy Raspberry Vinaigrette**. Delete oregano. Add 8 oz pureed fresh raspberries.

**HOT VINAIGRETTE (FOR SALAD GREENS)**Yield: 50 portions (1<sup>3</sup>/<sub>4</sub> qt)

Portion: 2 Tbsp (1 oz)

| <i>Ingredient</i>                    | <i>Amount</i>                    | <i>Procedure</i>  |
|--------------------------------------|----------------------------------|---|
| Balsamic vinegar                     | 1 <sup>1</sup> / <sub>2</sub> qt | Combine vinegar, honey, and mustard in a steam-jacketed kettle or saucepan. Using a wire whip, mix until blended. |
| Honey                                | <sup>1</sup> / <sub>2</sub> cup  |   |
| Dijon mustard                        | <sup>1</sup> / <sub>4</sub> cup  |   |
| Green onions, sliced into thin rings | 2 oz (EP)                        | Add onions, garlic, and spices to vinegar mixture. Heat over medium heat to 200°F.                                |
| Garlic cloves, minced                | 1 oz (EP)                        |   |
| Tarragon, dried whole                | 2 Tbsp                           |   |
| Pepper, coarse ground black          | 1 tsp                            |   |
| Salt                                 | <sup>1</sup> / <sub>2</sub> tsp  |   |

Spoon 2 Tbsp over single servings of bitter greens or fresh spinach leaves.

*Approximate nutritive values per ounce*

Calories 55

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 12 g | 4%  | Vitamin A | 0%  | Calcium | 1%  |
| Sat. Fat 0 g   | 0%  | Sodium 36 mg   | 2%  | Fiber 0 g        | 0%  | Vitamin C | 1%  | Iron    | 1%  |
| Protein 0 g    |     |                |     | Sugars 11 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**APPLE CIDER DRESSING**

Yield: 1 qt

| <i>Ingredient</i>           | <i>Amount</i>                   | <i>Procedure</i>   |
|-----------------------------|---------------------------------|--|
| Apple cider                 | 1 gal                           | In steam-jacketed kettle, slowly boil apple cider with cinnamon sticks and cloves until reduced by <sup>3</sup> / <sub>4</sub> and slightly thickened. Discard cinnamon sticks and cloves. |
| Cinnamon stick              | 4 sticks                        |  |
| Cloves, whole               | 1 tsp                           |  |
| Mustard, stone ground       | <sup>1</sup> / <sub>3</sub> cup | Using a wire whip, mix mustard, oil, pepper, and poppy seed. Serve at room temperature. Shake or mix before serving.   |
| Olive oil                   | <sup>1</sup> / <sub>2</sub> cup |  |
| Pepper, coarse ground black | <sup>1</sup> / <sub>4</sub> tsp |  |
| Poppy seed                  | 1 tsp                           |  |

*Approximate nutritive values per ounce*

Calories 95

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 4 g  | 6%  | Cholest. 0 mg  | 0%  | Total Carb. 17 g | 6%  | Vitamin A | 0%  | Calcium | 1%  |
| Sat. Fat 0.5 g | 2%  | Sodium 38 mg   | 2%  | Fiber 0.2 g      | 1%  | Vitamin C | 2%  | Iron    | 4%  |
| Protein 0.3 g  |     |                |     | Sugars 0 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## CELERY SEED FRUIT DRESSING

Yield: 2 qt

| Ingredient        | Amount    | Procedure  |
|-------------------|-----------|--|
| Sugar, granulated | 1 lb 8 oz | Mix dry ingredients in kettle.   |
| Cornstarch        | 1/3 cup   |  |
| Dry mustard       | 2 Tbsp    |  |
| Salt              | 2 Tbsp    |  |
| Paprika           | 2 Tbsp    |  |
| Vinegar, cider    | 2 cups    | Add vinegar to dry ingredients. Stir and cook until thickened and clear. |
| Onion juice       | 1 tsp     | Add onion juice. Cool to room temperature.                               |
| Salad oil         | 1 qt      | Add oil slowly to cooked mixture while beating on high speed.            |
| Celery seed       | 2 Tbsp    | Add celery seed. Serve with any fruit salad combination.                 |

### Approximate nutritive values per ounce

Calories 167

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 14 g | 21% | Cholest. 0 mg  | 0%  | Total Carb. 12 g | 4%  | Vitamin A | 1%  | Calcium | 0%  |
| Sat. Fat 4 g   | 18% | Sodium 201 mg  | 8%  | Fiber 0 g        | 0%  | Vitamin C | 0%  | Iron    | 1%  |
| Protein 0 g    |     |                |     | Sugars 10 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Golden Fruit Dressing.** Add 1½–2 Tbsp prepared mustard after mixture has cooked.
  - **Poppy Seed Fruit Dressing.** Add poppy seed in place of celery seed.

## FRUIT SALAD DRESSING

Yield: 4 qt

| Ingredient        | Amount          | Procedure   |
|-------------------|-----------------|---|
| Pineapple juice   | 1 qt            | Combine juices. Heat to boiling point.  |
| Orange juice      | 3 cups          |   |
| Lemon juice       | 2 cups          |   |
| Sugar, granulated | 2 lb            | Mix sugar and cornstarch.   |
| Cornstarch        | 5 oz            | Add to hot mixture while stirring with a wire whip.   |
| Eggs, beaten      | 16 (1 lb 12 oz) | Add eggs to hot mixture while stirring. Cook until thickened. Chill quickly (within 4 hours) to below 41°F. |
| Cream, whipping   | 2 cups          | Whip cream and fold into dressing just before serving. Serve with fruit salads.                             |

### Approximate nutritive values per ounce

Calories 53

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|---------|-----|
| Total Fat 2 g  | 2%  | Cholest. 27 mg | 9%  | Total Carb. 9 g | 3%  | Vitamin A | 2%  | Calcium | 0%  |
| Sat. Fat 1 g   | 4%  | Sodium 9 mg    | 1%  | Fiber 0 g       | 0%  | Vitamin C | 5%  | Iron    | 0%  |
| Protein 1 g    |     |                |     | Sugars 8 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. Store for service at an internal temperature below 41°F.

**YOGURT HERB DRESSING**

Yield: 3½ qt

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------|---------------|---|
| Yogurt, plain             | 6 lb          | Blend in mixer bowl, using flat beater.                                     |
| Salad dressing            | 1 lb          |   |
| Prepared horse-radish     | 4 oz          |   |
| Basil, dried, crumbled    | 1 Tbsp        | Add seasonings. Blend well.<br>Store in refrigerator in covered containers. |
| Tarragon, dried, crumbled | 1 Tbsp        |   |
| Thyme, ground             | ½ tsp         |   |
| Celery seed               | 1 Tbsp        |   |
| Pepper, black, cracked    | 1 Tbsp        |   |

*Approximate nutritive values per ounce*

Calories 30

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion   | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 4 mg | 1%  | <b>Total Carb.</b> 2 g | 1%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 49 mg  | 2%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 1 g             |     | <b>Calcium</b>   | 3%  |
|                      |     |                      |     |                        |     | <b>Iron</b>      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
  - May be used as a dip for fresh vegetables.

**YOGURT ORANGE DRESSING**

Yield: 3½ qt

| <i>Ingredient</i>                | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------------|---------------|--|
| Yogurt, plain                    | 6 lb          | Measure all ingredients into mixer bowl. Blend together, using wire whip.<br>Refrigerate covered until chilled.<br>Serve over fruit. |
| Honey                            | 1¼ cups       |  |
| Orange juice concentrate, thawed | 6 oz          |  |
| Cinnamon, ground                 | 1½ tsp        |  |
| Nutmeg, ground                   | 1 tsp         |  |

*Approximate nutritive values per ounce*

Calories 29

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion   | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 1 g | 1%  | <b>Cholest.</b> 3 mg | 1%  | <b>Total Carb.</b> 5 g | 2%  | <b>Vitamin A</b> | 0%  |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 11 mg  | 1%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 3%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 5 g             |     | <b>Calcium</b>   | 3%  |
|                      |     |                      |     |                        |     | <b>Iron</b>      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
  - May be used as a dip for fresh fruit.

## CUCUMBER YOGURT DRESSING

*Yield:* 2½ qt

| <i>Ingredient</i>     | <i>Amount</i>  | <i>Procedure</i>       |
|-----------------------|----------------|------------------------|
| Salad dressing        | 2 cups         | Combine in mixer bowl. |
| Sour cream            | 12 oz          |                        |
| Garlic, fresh, minced | 1 Tbsp         |                        |
| Chives, frozen        | ½ cup          |                        |
| Salt                  | 1½ tsp         |                        |
| Pepper, black         | ⅛ tsp          |                        |
| Cucumbers, fresh      | 1 lb 8 oz (AP) |                        |
| Yogurt, plain         | 3½ cups        | Fold in. Chill.        |

### *Approximate nutritive values per ounce*

**Calories 39**

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 5 mg | 2%  | <b>Total Carb.</b> 2 g | 1%  | <b>Vitamin A</b> | 2%  | <b>Calcium</b> | 1%  |
| Sat. Fat 1 g         | 5%  | <b>Sodium</b> 88 mg  | 4%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 1%  | <b>Iron</b>    | 0%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 1 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. Store for service at an internal temperature below 41°F.

## GARLIC HERB DRESSING

*Yield:* 1½ qt

| <i>Ingredient</i>             | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------------|---------------|--|
| Nonfat cream cheese, softened | 1 lb 12 oz    | Beat cream cheese until smooth and creamy. Add milk and vinegar, beating until smooth. |
| Skim milk                     | 1¼ cups       |  |
| Tarragon vinegar              | ¼ cup         |  |
| Garlic, minced                | 6 cloves      | Stir in garlic, onion and spices. Chill quickly (within 4 hours) to below 41°F.        |
| Onion, minced                 | 6 oz          |  |
| Tarragon, dried               | 1 tsp         |  |
| Parsley flakes, dried         | 1 Tbsp        |  |
| Celery seed                   | ½ tsp         |  |
| Pepper, black                 | ¾ tsp         |  |
| Salt                          | ¾ tsp         |  |

### *Approximate nutritive values per ounce*

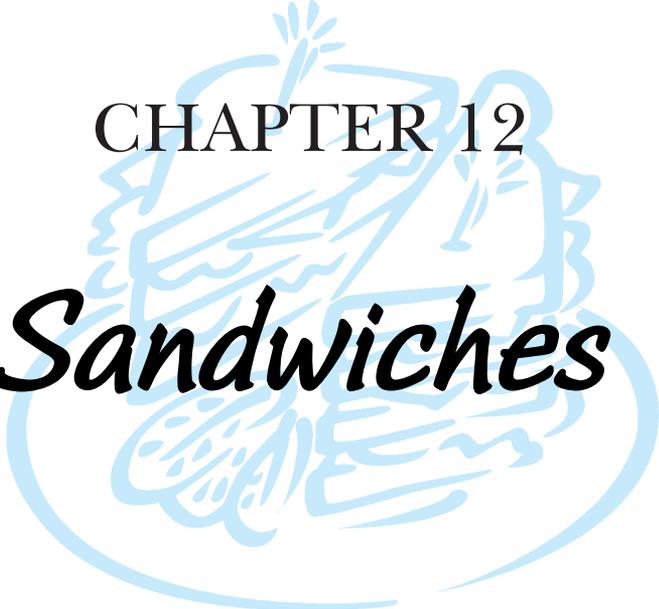
**Calories 19**

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 0 g | 0%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 1 g | 1%  | <b>Vitamin A</b> | 5%  | <b>Calcium</b> | 6%  |
| Sat. Fat 0 g         | 0%  | <b>Sodium</b> 136 mg | 6%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 0%  |
| <b>Protein</b> 3 g   |     |                      |     | Sugars 0 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes** • Potentially hazardous food. Hold for service at a temperature below 41°F.  
• Serve as a dip for vegetables or dressing for salad greens.





## CHAPTER 12

# Sandwiches

**S**andwiches continue to be favorite choices for the noon and evening meals. They have become popular, too, at breakfast or any meal throughout the day where a fast, flavorful meal is desired. Sandwiches are also popular as hors d'oeuvres or buffet foods. Sandwiches may be closed or open faced and may be served hot or cold. Nutritional requirements are easily satisfied by choosing breads and fillings that are high in fiber, low in fat, and low in cholesterol.

### PREPARATION OF INGREDIENTS

Sandwich ingredients include bread, spread, filling, and vegetable accompaniments. Many ingredient variations are possible, but the basic procedures for preparing ingredients are the same.

#### Breads

Different breads and rolls add variety in flavor, texture, size, and shape. In addition to the traditional loaves, foccacia, pita, tortillas, quick breads, and flavored specialty breads may be used for sandwiches.

Bread should be kept fresh during and after preparation. Keep bread tightly wrapped until used. French bread or other crusty breads, however, should not be wrapped because the crust will soften. They should be used the day they are baked. Bread should not be refrigerated, because it will become stale faster than if kept at room temperature. If bread must be

kept longer than 1–2 days, it may be frozen. Defrost frozen bread without unwrapping.

#### Spreads

Bread for sandwiches is first spread with plain or seasoned margarine or butter, mayonnaise, mustard, olive paste, pesto, chutney, or a Sandwich Spread (p. 534). Covering bread evenly with a spread helps keep the sandwich from becoming soggy. Margarine or butter may be softened by letting it stand at room temperature, or it may be whipped for easy spreading (see p. 534). Allow 1 tsp of spread per slice of bread.

#### Fillings

Slice meat and cheese into even slices. Tender meats may be sliced thicker than less tender ones. A serving of thinly sliced or wafer-sliced meats usually appears larger than an equal weight of thicker slices. Since sliced meats and cheese dry out quickly, they should be sliced only as needed and kept covered. Mixed fillings should be prepared the day they are served and kept chilled. Nonmeat fillings in addition to cheese may include salads and grilled or fresh vegetables.

#### Vegetable Accompaniments

Prepare greens, tomato and onion slices, and pickles or other vegetable accompaniments. Ingredients should be fresh, crisp, and attractive. See pp. 465–467 for preparing vegetable accompaniments.

## PREPARATION OF SANDWICHES

### Closed Sandwiches

1. Prepare filling and spread.
2. Arrange fresh bread in rows on a baking sheet or a worktable. Four rows of 10 slices each is a manageable number.
3. Spread all bread slices to the edges with softened margarine or butter or other spread.
4. Portion filling with dipper or spoon on alternate rows of bread and spread to the edges, or arrange sliced filling to fit the sandwich.
5. If lettuce or other vegetable accompaniment is used, arrange on filling. If sandwiches are to be held for some time, vegetable accompaniments should be omitted.
6. Place plain buttered (or spread) slices of bread on the filled slices.
7. If the sandwiches are to be cut in half or in fourths, stack two or three together and cut with a sharp knife, being careful not to mash bread.
8. To keep sandwiches fresh, place in sandwich bags or plastic wrap. Avoid stacking sandwiches more than three high, because stacking insulates the filling and prevents it from reaching the desired temperature as quickly as it should.
9. Refrigerate until served. If freezing sandwiches for later use, see precautions on p. 533.
10. Handle bread and fillings as little as possible during preparation. Use plastic gloves or tongs when picking up food.

### Grilled and Toasted Sandwiches

1. For a grilled sandwich, place filling between two slices of bread. Fillings may be sliced cheese, meat, or poultry; chopped fillings as in salads; or a combination of fillings as in a Reuben Sandwich (p. 555).
2. Brush the outside with melted margarine or butter. For large quantities, a brush or roller dipped in the melted spread may be used. The steps for this method are: (a) Place parchment paper in bottom of baking sheet. (b) Place bread slices directly on coated paper. Add filling to all slices in pan. (c) Top with slices of bread.
3. Brown sandwich on a griddle, in a hot oven, or under a broiler.
4. For a toasted sandwich, toast the bread before filling.

### Open-Faced Hot Sandwiches

1. Place buttered or unbuttered bread on a serving plate.
2. Cover with hot meat or other filling.
3. Top with gravy, sauce, or other topping.
4. For a hot sandwich that is to be broiled, arrange slices of bread on a baking sheet. Cover with slices of cheese or other topping. Broil just before serving.

### Canapés

1. Remove crusts from bread.
2. Cut into desired shapes.
3. Spread with softened margarine or butter.
4. Cover with filling.
5. Decorate with parsley, sliced olives, sliced radishes, pimiento pieces, chopped hard-cooked eggs, or other garnish.

### Ribbon Sandwiches

1. Remove crusts from two kinds of bread, being careful to have all slices the same size.
2. Spread one or more fillings on slices of breads.
3. Make stacks of five slices of bread, alternating kinds of bread.
4. Press together firmly.
5. Arrange stacks in shallow pan; cover with plastic wrap, plastic bag, or waxed paper.
6. Chill for several hours.
7. To serve, cut each slice into thirds, halves, or triangles.

### Checkerboard Sandwiches

1. Spread slices of white and whole wheat bread with desired filling.
2. Make stacks of ribbon sandwiches by alternating two slices of white and two slices of whole wheat bread. Trim and cut each stack into 1/2-inch slices.
3. Using butter or smooth spread as a filling, stack three slices together so that white and whole wheat squares alternate to give a checkerboard effect.
4. Chill for several hours.
5. Remove from refrigerator and, with sharp knife, slice into checkerboard slices, 1/2 inch thick.

## Rolled Sandwiches

1. Remove crusts from three sides of a loaf of unsliced bread.
2. With crust at left, cut loaf into lengthwise slices  $\frac{1}{8}$ – $\frac{1}{4}$  inch thick.
3. Run rolling pin the length of each slice to make it easier to handle.
4. Spread with softened margarine or butter.
5. Spread with desired smooth filling.
6. Place olives, watercress, or other foods across the end.
7. Starting at end with garnish, roll tightly, being careful to keep sides straight. Tight rolling makes for easier slicing.
8. Wrap rolls individually in waxed paper or aluminum foil, twisting ends securely.
9. Chill several hours or overnight. Rolls may be made ahead of time, then wrapped and frozen. Let thaw about 45 minutes before slicing.
10. Cut chilled rolls into  $\frac{1}{4}$ – $\frac{1}{3}$  inch slices.

## FREEZING SANDWICHES

When making sandwiches to be frozen for later use, certain precautions should be taken.

1. Spread bread with margarine or butter instead of mayonnaise or salad dressing.
2. Do not use fillings containing mayonnaise, egg white, or some vegetables such as tomatoes and parsley. Chicken, meat, fish, cheese, and peanut butter freeze well.
3. Place large closed sandwiches individually in a sandwich bag or wrap individually in plastic wrap.
4. Pack tea-sized closed sandwiches in layers, separated by waxed paper or plastic wrap, in freezer boxes; or place in any suitable box and overwrap with moisture-proof material.
5. Place open-faced sandwiches on trays, wrap as for closed sandwiches.
6. Wrap ribbon, closed, or other loaf sandwiches uncut.
7. Allow 1–2 hours for sandwiches to defrost. Do not remove outer wrapping until sandwiches are partly thawed.
8. If sandwiches are not served immediately after thawing, refrigerate until serving time.

## SANDWICH RECIPES

### WHIPPED MARGARINE OR BUTTER

*Yield:* spread for 50 sandwiches      *Portion:* 1 tsp per slice

| <i>Ingredient</i>                | <i>Amount</i> | <i>Procedure</i>   |
|----------------------------------|---------------|--|
| Margarine or butter              | 1 lb          | Place in mixer bowl. Let stand at room temperature until soft enough to mix.                               |
| Milk or boiling water (optional) | ½ cup         | Add milk or water while whipping. Mix on low speed, gradually increasing to high speed. Whip until fluffy. |

- Variations**
- **Honey Butter.** Cream 1 lb butter or margarine until light and fluffy. Add 8 oz honey gradually, beating on medium speed until mixture is light. Serve with hot biscuits or other hot bread.
  - **Savory Spread.** Add minced cucumber, onion, or pimiento; chopped chives or parsley; horseradish; or prepared mustard to whipped butter or margarine.

### SANDWICH SPREAD

*Yield:* spread for 100 sandwiches      *Portion:* 1 tsp per slice

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>                                     |
|-----------------------------|---------------|--|
| Margarine or butter         | 8 oz          | Whip margarine on high speed until light and fluffy. |
| Light cream (half-and-half) | ¼ cup         | Add cream and mix.                                   |
| Prepared mustard            | 1½ tsp        | Fold in remaining ingredients.                       |
| Mayonnaise                  | 3 cups        | Use as a spread for meat or cheese sandwiches.       |
| Pickle relish               | ½ cup         |  |

### CHEESE SALAD SANDWICH

*Yield:* 50 sandwiches

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------|---------------|--|
| Cheddar cheese          | 3 lb 8 oz     | Grind or shred cheese.   |
| Salad dressing or cream | 2 cups        | Combine with cheese.   |
| Salt                    | 2 tsp         | Refrigerate and remove small amounts of filling as necessary for production. |
| Pepper, cayenne         | Few grains    |  |
| Margarine, softened     | 4 oz          |  |
| Bread                   | 100 slices    | Assemble filling and bread (p. 532).<br>Portion filling with No. 20 dipper.  |

*Approximate nutritive values per portion*

Calories 318

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 18 g | <b>28%</b> | <b>Cholest.</b> 36 mg | <b>12%</b> | <b>Total Carb.</b> 28 g | <b>9%</b> | <b>Vitamin A</b> | <b>11%</b> | <b>Calcium</b> | <b>27%</b> |
| Sat. Fat 7 g          | 37%        | <b>Sodium</b> 726 mg  | 30%        | Fiber 6 g               | 25%       | <b>Vitamin C</b> | 0%         | <b>Iron</b>    | 11%        |
| <b>Protein</b> 13 g   |            |                       |            | Sugars 3 g              |           |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. Store filling at an internal temperature below 41°F.

**Variation** • **Pimiento Cheese Sandwich.** Add 6 oz chopped pimiento.

**EGG SALAD SANDWICH**

Yield: 50 sandwiches

Portion: 2 oz filling

| Ingredient                      | Amount     | Procedure   |
|---------------------------------|------------|---|
| Eggs, hard-cooked<br>(p. 271)   | 36         | Peel eggs and chop coarsely.  |
| Mayonnaise or salad<br>dressing | 2½ cups    | Combine and add to eggs. Mix lightly.   |
| Pickle relish                   | 1 cup      | Refrigerate and remove small amounts of filling as necessary<br>for production. |
| Salt                            | 2 tsp      |   |
| Pepper, white                   | ¼ tsp      |   |
| Onion juice                     | 1 tsp      |   |
| Pimiento, chopped               | 4 oz       |   |
| Bread                           | 100 slices | Assemble filling, bread, and lettuce (p. 532).                                  |
| Lettuce, iceberg or<br>leaf     | 2–3 heads  | Portion filling with No. 20 dipper.   |

*Approximate nutritive values per portion*

Calories 248

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 10 g | <b>16%</b> | <b>Cholest.</b> 157 mg | <b>52%</b> | <b>Total Carb.</b> 31 g | <b>10%</b> | <b>Vitamin A</b> | <b>8%</b> | <b>Calcium</b> | <b>6%</b> |
| Sat. Fat 2 g          | 8%         | <b>Sodium</b> 611 mg   | 25%        | Fiber 7 g               | 26%        | <b>Vitamin C</b> | 4%        | <b>Iron</b>    | 14%       |
| <b>Protein</b> 10 g   |            |                        |            | Sugars 3 g              |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store filling at an internal temperature below 41°F.
  - Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
  - 1 lb chopped celery may be substituted for pickle relish.
  - 2 Tbsp prepared mustard may be added.

## HAM SALAD SANDWICH

*Yield:* 50 sandwiches      *Portion:* 2 oz filling

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------------|---------------|--|
| Cooked ham                      | 4 lb          | Grind ham coarsely.  |
| Eggs, hard-cooked<br>(p. 271)   | 6             | Peel eggs and chop coarsely.   |
| Onion, finely<br>chopped        | 4 oz          | Combine all ingredients. Mix lightly.<br>Refrigerate and remove small amounts of filling as<br>necessary for production. |
| Pickle relish                   | 8 oz          |  |
| Mayonnaise or salad<br>dressing | 2–2½ cups     |  |
| Bread                           | 100 slices    | Assemble filling, bread, and lettuce (p. 532).<br>Portion filling with No. 20 dipper.                                    |
| Lettuce, iceberg or<br>leaf     | 2–3 heads     |  |

### *Approximate nutritive values per portion*

**Calories 257**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 10 g | <b>15%</b> | <b>Cholest.</b> 50 mg | <b>17%</b> | <b>Total Carb.</b> 30 g | <b>10%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 1013 mg | <b>42%</b> | Fiber 7 g               | <b>26%</b> | <b>Vitamin C</b> | <b>15%</b> |
| <b>Protein</b> 15 g   |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).

### Variations

- **Ham and Cheese Sandwich.** Delete eggs. Reduce ham to 3 lb. Add 1 lb 8 oz cheddar or Swiss cheese, ground.
- **Meat Salad Sandwich.** Substitute ground cooked beef or pork for ham. Add 4 oz finely chopped celery. Check for seasoning and add salt and pepper if needed.

## CHICKEN SALAD SANDWICH

*Yield:* 50 sandwiches      *Portion:* 2 oz filling

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>  |
|---------------------------------|---------------|---|
| Cooked chicken                  | 5 lb          | Chop chicken coarsely.  |
| Salt                            | 2 tsp         | Add remaining ingredients. Mix to blend.<br>Refrigerate and remove small amounts of filling as necessary<br>for production. |
| Pepper, white                   | ½ tsp         |   |
| Celery, finely<br>chopped       | 8 oz          |   |
| Lemon juice or cider<br>vinegar | ¼ cup         |   |
| Mayonnaise or salad<br>dressing | 2–2½ cups     |   |
| Bread                           | 100 slices    | Assemble filling, bread, and lettuce (p. 532).<br>Portion filling with No. 20 dipper.                                       |
| Lettuce, iceberg or<br>leaf     | 2–3 heads     |   |

*Approximate nutritive values per portion*

Calories 258

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 9 g | 13% | <b>Cholest.</b> 40 mg | 13% | <b>Total Carb.</b> 28 g | 9%  | <b>Vitamin A</b> | 2%  | <b>Calcium</b> | 5%  |
| Sat. Fat 1 g         | 6%  | <b>Sodium</b> 546 mg  | 23% | Fiber 7 g               | 27% | <b>Vitamin C</b> | 2%  | <b>Iron</b>    | 14% |
| <b>Protein</b> 18 g  |     |                       |     | Sugars 3 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 4 oz chopped, toasted almonds may be added.
- Alfalfa sprouts may be placed on top of filling for variety.

**TUNA SALAD SANDWICH**

Yield: 50 sandwiches

Portion: 2 oz filling

| Ingredient                    | Amount     | Procedure   |
|-------------------------------|------------|---|
| Eggs, hard-cooked<br>(p. 271) | 7          | Peel eggs and chop coarsely.  |
| Tuna, flaked                  | 4 lb       | Combine all filling ingredients. Refrigerate and remove small amounts of filling as necessary for production. |
| Celery, chopped               | 4 oz       |   |
| Lemon juice                   | ¼ cup      |   |
| Onion juice                   | 1 tsp      |   |
| Mayonnaise or salad dressing  | 1½ cups    |   |
| Bread                         | 100 slices | Assemble filling, bread, and lettuce (p. 532).  |
| Lettuce, iceberg or leaf      | 2–3 heads  | Portion filling with No. 20 dipper.   |

*Approximate nutritive values per portion*

Calories 251

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 9 g | 13% | <b>Cholest.</b> 38 mg | 13% | <b>Total Carb.</b> 28 g | 9%  | <b>Vitamin A</b> | 3%  | <b>Calcium</b> | 5%  |
| Sat. Fat 1 g         | 6%  | <b>Sodium</b> 547 mg  | 23% | Fiber 7 g               | 26% | <b>Vitamin C</b> | 2%  | <b>Iron</b>    | 14% |
| <b>Protein</b> 17 g  |     |                       |     | Sugars 3 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 1 cup pickle relish may be substituted for celery.

**Variations**

- **Grilled Tuna Salad Sandwich.** Brush both sides of sandwiches with melted margarine or butter. Grill until golden brown.
- **Salmon Salad Sandwich.** Substitute salmon for tuna.

**BACON, LETTUCE, AND TOMATO SANDWICH**

Yield: 50 sandwiches

| <i>Ingredient</i>                    | <i>Amount</i>             | <i>Procedure</i>   |
|--------------------------------------|---------------------------|--|
| Tomatoes, fresh                      | 7 lb                      | Wash tomatoes. Peel, if desired, and cut into thin slices.   |
| Lettuce, iceberg or leaf             | 2–3 heads or<br>2 lb leaf | Wash lettuce and separate leaves. Drain.   |
| Bacon                                | 150 slices (7 lbs)        | Cook bacon according to directions on p. 356. Drain.   |
| Bread (white or whole wheat)         | 100 slices                | Spread 50 slices of bread with mayonnaise. Place 3 cooked bacon slices, 2 tomato slices, and a lettuce leaf on each. |
| Mayonnaise                           | 1 cup                     |  |
| Whipped Margarine or Butter (p. 534) | 8 oz                      | Top with remaining 50 slices of bread, which have been spread with Whipped Margarine or Butter.                      |

*Approximate nutritive values per portion*

Calories 287

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 15 g | 23% | Cholest. 18 mg | 6%  | Total Carb. 29 g | 10% | Vitamin A | 4%  |
| Sat. Fat 4 g   | 18% | Sodium 770 mg  | 32% | Fiber 7 g        | 28% | Vitamin C | 27% |
| Protein 12 g   |     |                |     | Sugars 4 g       |     | Calcium   | 6%  |
|                |     |                |     |                  |     | Iron      | 15% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Club Sandwich.** Use 150 thin-sliced white bread, toasted. Spread with mayonnaise. Place on first slice 1 lettuce leaf, 2 tomato slices, and 2 strips of bacon. Place second slice of toast on top, spread side down. Spread top with mayonnaise, then add 2 oz thinly sliced turkey or chicken breast and lettuce leaf. Top with third slice of toast, spread side down. Secure with 4 picks. Cut into quarters to serve.
  - **Sliced Ham and Cheese Sandwiches.** Substitute 6 lb 8 oz wafer-sliced ham and 3 lb 2 oz (1 oz slices) cheese for bacon.
  - **Turkey Club Hoagie.** Reduce bacon to 2 lb. Substitute 7-inch hoagie buns for sliced bread. Use 6 lb 8 oz cooked turkey breast (approximately 10 lb AP), wafer sliced. Each sandwich includes choice of sandwich spread, 2 oz sliced turkey, 1 bacon slice, 1 lettuce leaf, and 2 tomato slices. Garnish plate with dill pickle spear.

## CHICKEN POCKET SANDWICH

*Yield:* 50 sandwiches      *Portion:* 1 sandwich

| <i>Ingredient</i>      | <i>Amount</i> | <i>Procedure</i>  |
|------------------------|---------------|---|
| Pita pockets, 6 inch   | 50            | Open pita pockets carefully. Just prior to service fill each pocket in the order below:<br>1 leaf lettuce<br>2 tomato slices<br>3 oz Chicken Salad<br>½ oz alfalfa sprouts<br>Serve soon after filling. |
| Leaf lettuce leaves    | 2 lb          |   |
| Tomato slices          | 3 lb          |   |
| Alfalfa sprouts        | 1 lb 8 oz     |   |
| Chicken Salad (p. 536) | 1 recipe      |   |

### *Approximate nutritive values per portion*

**Calories 480**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 32 g | <b>49%</b> | <b>Cholest.</b> 95 mg | <b>32%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 6 g          | <b>29%</b> | <b>Sodium</b> 990 mg  | <b>41%</b> | Fiber 2 g               | <b>9%</b>  | <b>Vitamin C</b> | <b>17%</b> |
| <b>Protein</b> 19 g   |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>15%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. Keep chilled to below 41°F.
- Variation**
- **Vegetarian Pocket.** Delete Chicken Salad. In addition to the lettuce, tomato, and alfalfa sprouts, stuff each pita pocket with 1 oz cucumber slices, ½ oz slice of Swiss cheese, and 1 oz avocado slices. Drizzle sandwich with ½ oz Italian salad dressing.

## SPICY PORK LOIN SANDWICH WITH SOUTHWEST PEACH SALSA

*Yield:* 50 sandwiches      *Portion:* 1 sandwich (4 oz meat, 2 oz salsa, 1 bun)

| <i>Ingredient</i>                        | <i>Amount</i> | <i>Procedure</i>  |
|--|---------------|---|
| Garlic and Peppercorn Pork Loin (p. 348) | 20 lb EP      | Prepare pork loin according to recipe. Chill. Slice thinly.   |
| Southwest Peach Salsa (p. 570)           | 1 recipe      |   |
| Kaiser bun                               | 50            | To serve, place open bun on plate. Portion on bottom half of bun, 4 oz thinly sliced pork garnished on top with 2 oz salsa. |

### *Approximate nutritive values per portion*

**Calories 512**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i>  |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|-------------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 125 mg | <b>42%</b> | <b>Total Carb.</b> 41 g | <b>14%</b> | <b>Vitamin A</b> | <b>37%</b>  |
| Sat. Fat 3 g          | <b>17%</b> | <b>Sodium</b> 474 mg   | <b>20%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>278%</b> |
| <b>Protein</b> 59 g   |            |                        |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>8%</b>   |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>155%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F.

**SUBMARINE SANDWICH**

Yield: 50 sandwiches

Portion: 3 oz meat + 1 oz cheese

| <i>Ingredient</i>                                 | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Buns, submarine or hoagie, 4–5 inches             | 50            | Slice buns in half lengthwise.   |
| Sandwich Spread (p. 534)                          | ½ recipe      | Spread both sides of bun with Sandwich Spread.   |
| Salami, 1-oz slices                               | 3 lb 2 oz     | Cut slices of meat and cheese in half.   |
| Luncheon meat, 1-oz slices                        | 3 lb 2 oz     | Arrange 1 oz of each kind of meat and 1 oz cheese on bottom half of each bun.            |
| Ham, pullman, 1-oz slices                         | 3 lb 2 oz     | Alternate meat and cheese and arrange so that full length of each bun is covered.        |
| Cheese, processed, American or Swiss, 1-oz slices | 3 lb 2 oz     |  |
| Tomatoes, fresh, sliced                           | 24            | Place 2 slices tomato, ½ oz shredded lettuce, and 2 dill pickle slices on each sandwich. |
| Dill pickle slices, well drained (optional)       | 1 qt          | Cover with top half of bun.  |
| Shredded head lettuce                             | 1 lb 9 oz     | To serve, cut each sandwich in half.   |

*Approximate nutritive values per portion*

Calories 789

| Amount/portion        | %DV | Amount/portion        | %DV  | Amount/portion          | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|-----------------------|-----|-----------------------|------|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 37 g | 57% | <b>Cholest.</b> 80 mg | 27%  | <b>Total Carb.</b> 81 g | 27% | <b>Vitamin A</b> | 15% | <b>Calcium</b> | 25% |
| Sat. Fat 14 g         | 70% | <b>Sodium</b> 2557 mg | 107% | Fiber 5 g               | 20% | <b>Vitamin C</b> | 46% | <b>Iron</b>    | 26% |
| <b>Protein</b> 32 g   |     |                       |      | Sugars 13 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store meats at an internal temperature below 41°F.
- Other meats such as turkey, corned beef, pastrami, or roast beef may be used.
- Shredded red or green cabbage, alfalfa sprouts, or leaf lettuce may be substituted for shredded head lettuce.
- Mayonnaise or Italian dressing may be substituted for sandwich spread.

**Variations**

- **Buffet Submarine.** Use 12 long, thin buns, approximately 18 inches. Arrange 4 oz each of meats and cheese on each bun. Garnish with 2 tomatoes, sliced, ⅓ cup pickle slices, and 1–2 oz shredded lettuce. Secure with long picks. Portion as served into 4–5-inch sections.
- **Ring Submarine.** Use bread shaped in a ring. See p. 137 for Sandwich Ring recipe.

**DELI WRAP**

Yield: 50 portions

Portion: 1 wrap (2 halves)

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------|---------------|--|
| Wraps, 12 inch            | 50 wraps      | If frozen, thaw under refrigeration.   |
| Honey mustard             | 1 lb          | Mix mustard and mayonnaise.  |
| Mayonnaise                | 1 lb 8 oz     | Place wraps flat on baking sheet. Spread 2 Tbsp of mustard-mayonnaise mixture over each wrap, leaving a 1-inch border.   |
| Deli turkey, wafer sliced | 3 lb          | Portion 1 oz each of turkey and ham over dressing.   |
| Deli ham, wafer sliced    | 3 lb          |  |
| Fresh salsa (see Notes)   | 3 qt          | Portion 2 oz salsa, 1 oz lettuce, and ½ oz cheese over meat.<br>To roll sandwich:<br>(a) Fold 2 sides of wrap 2 inches over filling.<br>(b) Roll tightly as for jelly roll, starting to roll from side not over filling.<br>Cut wrap in half diagonally. One portion is two halves. keep cold, below 41°F. |
| Lettuce, shredded         | 3 lb (EP)     |  |
| Cheddar cheese, shredded  | 1 lb 8 oz     |  |

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. ••• for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat produce only once, discard if not used.
- Use any fresh fruit or fresh vegetable salsa. Try Cucumber and Melon Salsa (p. 569).

**Variation**

- **Southwestern-Style Steak Wrap.** Brown 5 lb seasoned fajita meat in hot oil. Add 3 lb 8 oz fresh mushrooms and sauté until tender. In separate bowl combine 2 lb 8 oz diced tomatoes, 1 lb 4 oz chopped red onions, and 3 oz fresh chopped cilantro. Mix together 3 lb 4 oz shredded cheddar cheese and 2 lb 8 oz shredded Monterey jack cheese. Place 12-inch wrap on plate. Portion 2 oz mixed cheeses onto center of wrap, leaving a 1-inch border. Sprinkle 1 oz of tomato mixture over cheese. Portion 2 oz of beef-mushroom mixture over vegetables. Fold two sides over filling and roll.

**PACK-A-PITA PLATE***Yield:* 50 portions*Portion:* one plate = 3 oz filling, 2 pita halves

| <i>Ingredient</i>              | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------------------|----------------|--|
| Leaf lettuce                   | 1 lb 8 oz (EP) | Place one large leaf on dinner plate, leaving room for the pita bread. |
| Pita filling (see Notes)       | 9 lb 8 oz      | Place 3 oz filling on top of lettuce leaf.                             |
| Tomatoes, thinly sliced        | 12 lb (EP)     | Place 4 slices of tomato beside filling.                               |
| Alfalfa sprouts<br>(see Notes) | 8 oz           | Place a small amount of sprouts on top of tomatoes.                    |
| Sweet pickles, sliced          | 4 lb           | Garnish plate with 6 pickle slices and 2 black olives.                 |
| Olives, black                  | 8 oz           |  |
| Pita bread                     | 50 rounds      | Just before service, place 2 pita halves on plate.                     |

**Notes**

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F.
- Alfalfa sprouts may be potentially hazardous. Purchase sprouts from a reputable source and follow carefully all food safety standards.
- Filling choices may include egg salad, tuna salad, ham salad, sliced meats, sliced cheese, or chilled grilled vegetables. Small, thin portions of cooked and chilled solid meats may be used, for example, chicken breast, baked salmon.

## MARINATED VEGETABLE PITA

*Yield:* 50 portions      *Portion:* one-half pita, 2 oz vegetables, 1 oz cheese

| <i>Ingredient</i>                    | <i>Amount</i>   | <i>Procedure</i>   |
|--------------------------------------|-----------------|--|
| Herb and Garlic Marinade (p. 596)    | 1 qt            | Prepare marinade.  |
| Eggplant, ½-inch dice                | 1 lb 4 oz (EP)  | Pour marinade over vegetables. Toss to coat. Let stand 30 minutes, drain well. Heat fry pan. Stir-fry vegetables 8–10 minutes until vegetables are tender-crisp. |
| Summer squash, ½-inch dice           | 1 lb (EP)       |  |
| Zucchini squash, ½-inch dice         | 1 lb (EP)       |  |
| Red bell pepper, ¼ × 1-inch strips   | 8 oz (EP)       |  |
| Green bell pepper, ¼ × 1-inch strips | 8 oz (EP)       |  |
| Onion, sliced (rings separated)      | 8 oz (EP)       |  |
| Mushrooms, sliced                    | 1 lb 12 oz (EP) |  |
| Pita bread (see Notes)               | 25 rounds       | Cut pita bread into halves.  |
| Mozzarella cheese, shredded          | 3 lb            | Open pita and stuff with 2 oz vegetables. Sprinkle 1 oz cheese over filling.   |

### *Approximate nutritive values per portion*

**Calories 300**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 21 g | <b>32%</b> | <b>Cholest.</b> 21 mg | <b>7%</b>  | <b>Total Carb.</b> 20 g | <b>7%</b>  | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 5.5 g        | <b>28%</b> | <b>Sodium</b> 412 mg  | <b>17%</b> | Fiber 1.6 g             | <b>6%</b>  | <b>Vitamin C</b> | <b>23%</b> |
| <b>Protein</b> 9 g    |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>17%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Gyro bread may be substituted for the pita bread. Serve by placing one warmed gyro-style bread on a plate. Portion 2 oz filling onto center of bread. Sprinkle with 1 oz cheese. Fold over and serve immediately.

### Variation

- **Marinated Vegetable Fajita.** Substitute flour tortillas for pita bread. Serve with Mexican condiments.

## GRILLED SANDWICHES

Yield: 50 portions

Portion: 1 sandwich

| Ingredient                         | Amount     | Procedure   |
|------------------------------------|------------|---|
| Bread (white, whole wheat, or rye) | 100 slices | See following procedures for preparing sandwiches.                          |
| Meat and/or cheese                 | 6 lb 4 oz  |   |
| Margarine                          | 1 lb       | Grill sandwiches at 350°F on griddle until both sides are delicately brown. |

### PROCEDURE NO. 1

1. Melt margarine. Pour into 2-inch counter pan.
2. Pick up two slices of bread, one in each hand. Dip one side of one slice in melted margarine. Press dipped slice against second slice.
3. Place buttered side of one slice on 18 × 26-inch baking sheet lined with parchment or waxed paper. Place 24 slices 4 × 6.
4. Top each slice with 2 oz meat and/or cheese.
5. Top meat and/or cheese with buttered bread (from Step 2), buttered side up.
6. Cover layer with parchment or waxed paper.
7. Repeat for a second layer or use another baking sheet. Cover tightly with plastic wrap if the sandwiches are not to be grilled immediately.

### PROCEDURE NO. 2

1. Place meat and/or cheese between two slices of bread.
2. Brush sandwiches with melted margarine; or in large quantities, use a roller dipped in melted margarine.
3. Place sandwiches on baking sheet and cover with plastic wrap until grilled.

### Note

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

### Variations

- **Grilled Cheese.** Use processed American cheese, 2 1-oz slices per sandwich.
- **Grilled Corned Beef and Swiss on Rye.** Substitute corned beef for ham in variation No. 3. Use Swiss cheese and rye bread.
- **Grilled Ham and Cheese.** Use 1½ oz ham and 1 oz cheese per sandwich, 4 lb 12 oz wafer-sliced ham and 3 lb 2 oz (1-oz slices) will be needed.
- **Grilled Turkey and Swiss on Whole Wheat.** Use 1½ oz turkey and 1 oz Swiss cheese per sandwich. 4 lb 12 oz wafer-sliced turkey and 3 lb 2 oz cheese (1-oz slices) will be needed.
- **Hot Tuna Grill.** Use No. 10 dipper of Tuna Salad Sandwich filling (p. 537) for each sandwich. Other salad sandwich fillings may be used.

## BIEROCKS

Yield: 50 sandwiches

Oven: 400°F

Bake: 25–30 minutes, 5 minutes

| Ingredient          | Amount | Procedure                                       |
|---------------------|--------|---|
| <b>DOUGH</b>        |        |   |
| Yeast, active dry   | 1¼ oz  | Sprinkle yeast over water. Let stand 5 minutes. |
| Water, warm (110°F) | 2 qt   |   |

|                    |                |   |
|--------------------|----------------|---|
| Sugar, granulated  | 14 oz          | Add sugar, salt, and flour to yeast.  |
| Salt               | 1 oz (1½ Tbsp) | Mix on medium speed, until mixture is smooth, using dough arm or flat beater.   |
| Flour, all-purpose | 2 lb 6 oz      |   |
| Eggs               | 8 (14 oz)      | Add eggs and shortening. Continue beating.  |
| Shortening, melted | 5 oz           |   |
| Flour, all-purpose | 5 lb 8 oz      | Add flour on low speed to make a soft dough. Knead 5 minutes.<br>Cover and let rise until double in bulk.   |
|                    |                | When dough has doubled, punch down and divide into 4 or 5 portions.<br>Roll dough to ¼-inch thickness.<br>Cut into 4 × 6-inch rectangles.<br>Place on each piece of dough a No. 8 dipper of filling (recipe follows).<br>Fold lengthwise and pinch edges of dough securely to seal.<br>Place on baking sheets with sealed edges down.<br>Bake at 400°F for 25–30 minutes. |
| Egg, yolk          | 1              | Brush with egg and water mixture.   |
| Water              | 2 Tbsp         | Return to oven for 5 minutes.   |

**FILLING**

|                      |                       |  |
|----------------------|-----------------------|--|
| Ground beef          | 10 lb AP<br>(7 lb EP) | Cook beef to an internal temperature of 155°F. Drain.                                  |
| Cabbage, chopped     | 2 lb 8 oz             | Steam cabbage and onion until slightly underdone.                                      |
| Onion, chopped       | 3 lb                  |  |
| Worcestershire sauce | ⅓ cup                 | Add seasonings and vegetables to beef.   |
| Salt                 | 2½ oz                 | If not used immediately, cool quickly to below 41°F. See p. 44 for cooling procedures. |
| Pepper, black        | 1½ tsp                |  |
| Savory, ground       | 1 tsp                 |  |
| Chili powder         | 1½ tsp                |  |

*Approximate nutritive values per portion***Calories 530**

| Amount/portion        | %DV | Amount/portion         | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|-----------------------|-----|------------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 17 g | 25% | <b>Cholest.</b> 100 mg | 33% | <b>Total Carb.</b> 67 g | 22% | <b>Vitamin A</b> | 2%  |
| Sat. Fat 6 g          | 29% | <b>Sodium</b> 834 mg   | 35% | Fiber 3 g               | 12% | <b>Vitamin C</b> | 25% |
| <b>Protein</b> 27 g   |     |                        |     | Sugars 10 g             |     | <b>Calcium</b>   | 4%  |
|                       |     |                        |     |                         |     | <b>Iron</b>      | 31% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**Variation**

- **Bierock Pockets.** Scale 3 lb dough onto 18 × 26 × 1-inch greased pans. Cut dough in half lengthwise. Spread 2 lb beef mixture evenly onto each strip of dough. Roll jelly roll fashion and seal tightly. Place seam side down on greased 18 × 26 × 1-inch pan. Bake at 350°F for 30–35 minutes or until done. Cut each roll into 8 portions, 16 per pan.

**HOT MEAT AND CHEESE SANDWICH**

Yield: 50 sandwiches      Portion: 2½ oz meat + 1½ oz sauce

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Ham, roast beef, or corned beef                                       | 8 lb          | Wafer-slice meat into 12 × 10 × 2-inch pans. Cover and heat to 165°F.        |
| Hamburger buns  | 50            | To serve, place open bun on plate. Portion 2½ oz meat on bottom half of bun. |
| Cheese Sandwich Sauce, American or Cheddar (p. 561) or Swiss (p. 561) | 3 qt          | Ladle 1½ oz (No. 30 dipper) sauce over meat.                                 |

*Approximate nutritive values per portion***Calories 458**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 24 g | <b>37%</b> | <b>Cholest.</b> 80 mg | <b>27%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 11 g         | <b>53%</b> | <b>Sodium</b> 1740 mg | <b>73%</b> | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>28%</b> |
| <b>Protein</b> 30 g   |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>34%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>16%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## TUNA MELT

Yield: 50      Portion: 1 sandwich

Griddle: 350°F

| Ingredient                | Amount     | Procedure  |
|---------------------------|------------|--|
| Tuna, drained             | 3 lb 4 oz  | Mix drained tuna and drained pickle with celery and salad dressing.<br>Refrigerate filling, removing small amounts as needed for production. |
| Pickle relish, drained    | 12 oz      |  |
| Celery, finely chopped    | 1 lb       |  |
| Salad dressing            | 1 lb 8 oz  |  |
| Wheat bread, pullman      | 100 slices | Assemble and cook sandwiches as described next.  |
| Swiss cheese, ½ oz slices | 3 lb 2 oz  |  |
| Margarine, melted         | 1 lb       |  |

### TO ASSEMBLE:

- Preheat griddle to 350°F.
- Assemble sandwiches on greased griddle as follows:
  - 1 slice wheat bread
  - 1 slice Swiss cheese
  - 1 No. 24 (2 oz) dipper tuna mixture (preceding recipe)
  - 1 slice Swiss cheese
  - 1 slice wheat bread
- When bread has browned (approximately 10 minutes), pour small amount of melted margarine on empty portion of grill.
- Flip the sandwiches onto empty portion of grill. Cook until browned.
- Place cooked sandwiches in 12 × 20 × 2-inch pans. Serve within 15 minutes.
- Serve cut in half diagonally and garnish with tomato wedge on parsley sprig.

### Approximate nutritive values per portion

Calories 411

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 22 g | <b>34%</b> | <b>Cholest.</b> 30 mg | <b>10%</b> | <b>Total Carb.</b> 32 g | <b>11%</b> | <b>Vitamin A</b> | <b>10%</b> | <b>Calcium</b> | <b>32%</b> |
| Sat. Fat 7 g          | <b>36%</b> | <b>Sodium</b> 780 mg  | <b>32%</b> | Fiber 6 g               | <b>25%</b> | <b>Vitamin C</b> | <b>0%</b>  | <b>Iron</b>    | <b>16%</b> |
| <b>Protein</b> 22 g   |            |                       |            | Sugars 2 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Variation**
- Patty Melt.** Substitute grilled ground beef patty for tuna mixture. Place 1 oz grilled onions on top of patty before last slice of cheese is added. Rye bread may be substituted for wheat bread and cheddar or American cheese for Swiss cheese.

**HOT ROAST BEEF SANDWICH**

Yield: 50 sandwiches

Portion: 3 oz meat + ¼ cup gravy

| Ingredient                  | Amount                 | Procedure   |
|-----------------------------|------------------------|---|
| Beef roast                  | 10 lb EP<br>(15 lb AP) | Roast beef according to directions on p. 313.<br>Slice into 3-oz portions.<br>Place in two 12 × 20 × 2-inch counter pans. |
| Beef Stock (p. 599)         | 1½ qt                  | Heat stock to 190°F. Pour over meat.<br>Cover with aluminum foil and place in oven to keep warm.                          |
| Bread                       | 50 slices              | Place 3 oz meat on each slice of bread.   |
| Mashed Potatoes<br>(p. 658) | 12 lb 8 oz             | Serve No. 12 dipper of Mashed Potatoes on the plate beside the bread.   |
| Pan Gravy (p. 564)          | 1 gal                  | Cover meat and potato with Pan Gravy, using 2-oz ladle.   |

*Approximate nutritive values per portion*

Calories 417

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 17 g | 26% | <b>Cholest.</b> 84 mg | 28% | <b>Total Carb.</b> 35 g | 12% | <b>Vitamin A</b> | 2%  |
| Sat. Fat 6 g          | 28% | <b>Sodium</b> 1025 mg | 43% | Fiber 5 g               | 20% | <b>Vitamin C</b> | 11% |
| <b>Protein</b> 32 g   |     |                       |     | Sugars 6 g              |     | <b>Calcium</b>   | 6%  |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 24% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

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- A tender cut of meat should be used.
- Meat may be covered with additional slice of bread if desired. Omit mashed potatoes. Cover entire sandwich with gravy.

**Variations**

- **Barbecued Beef Sandwich.** Place thinly sliced beef roast in two counter pans and keep warm. Heat 1½ qt Barbecue Sauce (p. 567) and pour 3 cups over each pan of meat. Toss together until sauce is evenly distributed. Serve in warm hamburger buns.
- **French Dip Sandwich.** Slice roast beef wafer thin. Place in 12 × 20 × 2-inch counter pan. Pour 1 cup Beef Stock (p. 599) over meat. Cover with aluminum foil and keep warm. To serve, place 3 oz beef on hard roll. Serve with side cup of hot seasoned broth for dipping.
- **Hot Roast Pork Sandwich.** Substitute roast pork for beef.
- **Hot Turkey Dip.** Follow directions for French Dip Sandwich, but substitute wafer-sliced turkey for beef and chicken broth for beef broth. Season chicken stock with poultry seasoning.
- **Hot Turkey Sandwich.** Substitute roast turkey or turkey roll for beef. Use Chicken Stock (p. 598) in place of Beef Stock.
- **Meat Loaf Sandwich.** Prepare Meat Loaf (p. 332). Substitute Meat Loaf for roast beef.

## BROCCOLI AND RICOTTA CALZONE

Yield: 50 portions      Portion: 1 calzone  
Oven: 350°F

| Ingredient                | Amount                | Procedure  |
|---------------------------|-----------------------|--|
| Broccoli cuts, frozen     | 6 lb (AP)             | Thaw broccoli cuts in a colander or perforated pan. Drained EP yield should equal 5 lb 8 oz. Save drained broccoli for later step.   |
| Pizza dough               | 50 dough balls (5 oz) | If using frozen dough balls, cover and let thaw to 65°F, 2–3 hours. Working with a small number of dough balls at a time, flatten into rounds.   |
| Ricotta cheese            | 6 lb 6 oz             | Blend cheeses and spices together. Portion 2 oz (No. 16 dipper) of cheese mixture onto one-half of flattened dough ball. Smooth filling slightly, leaving ½-inch border. Distribute ½ cup (1¾ oz) of thawed broccoli (reserved from earlier step) over cheese. Brush edges of dough with water. Fold dough over filling and crimp edges to seal tightly. |
| Parmesan cheese, shredded | 10 oz                 |  |
| Pepper, black             | 1 Tbsp                |  |
| Garlic powder             | ½ tsp                 |  |
| Eggs, whole               | 1 oz                  | Mix eggs and water. Brush over tops of calzones.   |
| Water                     | 2 oz                  | Sprinkle with herbs.   |
| Italian herbs             | 3 Tbsp                | Bake at 350°F for 18–25 minutes in a conventional oven until the calzone registers 185°F. Follow the manufacturers' directions when using a conveyor-type pizza oven.  |
| Marinara sauce            | 3 qt                  | Serve 2 oz warm marinara sauce ladled on top of calzone.   |
| Parmesan cheese, shredded | 1 lb                  | Serve with Parmesan cheese.  |

### Approximate nutritive values per portion

Calories 520

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 14 g | <b>21%</b> | <b>Cholest.</b> 45 mg | <b>15%</b> | <b>Total Carb.</b> 7 g | <b>24%</b> | <b>Vitamin A</b> | <b>21%</b> |
| Sat. Fat 8 g          | <b>39%</b> | <b>Sodium</b> 471 mg  | <b>20%</b> | Fiber 4.3 g            | <b>18%</b> | <b>Vitamin C</b> | <b>46%</b> |
| <b>Protein</b> 24 g   |            |                       |            | Sugars 3 g             |            | <b>Calcium</b>   | <b>29%</b> |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>26%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

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### Variations

- **Roasted Vegetable and Ricotta Calzone.** Heat 3 lb frozen roasted peppers and onions (available commercially) with 6 oz sliced black olives. In a bowl mix 6 lb 12 oz ricotta cheese, 1 lb 8 oz freshly grated Parmesan cheese, ¾ oz dried parsley, 3 Tbsp dried basil, 5 tsp black pepper, 4 tsp crushed red pepper, and 1 oz salt. Portion 1½ oz vegetables and 2 oz ricotta cheese mixture (approximately No. 16 dipper) on dough. Follow makeup and service procedures as for Broccoli and Ricotta Calzone.
- **Ham and Swiss Florentine Calzone.** Steam 2 lb fresh spinach for 1 minute. Drain well and reserve for later step. Blend together 6 lb 6 oz ricotta cheese, 10 oz freshly grated parmesan cheese, and 1 Tbsp black pepper. Portion 2 oz cheese mixture and ¾ oz (No. 30 dipper) drained spinach on dough. Portion ¾ oz of wafer-sliced ham over spinach. Follow makeup and service procedures as for Broccoli and Ricotta Calzone.

## GRILLED CORN AND ROASTED PEPPER QUESADILLAS

Yield: 50 portions

Portion: 2 quesadillas

| Ingredient   | Amount        | Procedure   |
|--|---------------|---|
| Vegetable oil  | 4 oz          | Mix oil and chipotle base. Heat in a tilting fry pan, or on a griddle.  |
| Chipotle base (see Notes)                            | 2 oz          |   |
| Corn, frozen (see Notes)                             | 5 lb 4 oz     | Sauté corn and onion in flavored oil until onion is translucent and corn is slightly browned.                   |
| Onion, chopped                                       | 2 lb (EP)     | Add roasted peppers and crushed red pepper.   |
| Roasted Red Bell Peppers, diced (p. 655) (see Notes) | 3 lb 4 oz     | Heat through.   |
| Red pepper, crushed                                  | ¾ tsp         | Save for later step.  |
| Flour tortillas (6 inch)                             | 100 tortillas | Place flat on 18 × 26 × 1-inch pans.  |
| Cojack cheese, shredded                              | 6 lb 4 oz     | Distribute 1 oz shredded cheese on one-half of tortilla, leave ½-inch border without cheese.                    |
|  |               | Distribute 1¾ oz corn-pepper blend over cheese (reserved from earlier step).                                    |
|  |               | Place open tortilla on oiled, 300°F griddle.  |
|  |               | Cook until cheese begins to melt and tortilla is soft.  |
|  |               | Fold empty half of tortilla over filled half, press slightly with spatula. Turn and grill until slightly brown. |
|  |               | Serve immediately. May serve with salsa, guacamole, and sour cream.   |

### Approximate nutritive values per portion

Calories 525

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV  |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|------|
| <b>Total Fat</b> 27 g | 42% | <b>Cholest.</b> 51 mg | 17% | <b>Total Carb.</b> 50 g | 17% | <b>Vitamin A</b> | 33%  |
| Sat. Fat 14 g         | 69% | <b>Sodium</b> 847 mg  | 35% | Fiber 4 g               | 17% | <b>Vitamin C</b> | 112% |
| <b>Protein</b> 20 g   |     |                       |     | Sugars 3 g              |     | <b>Calcium</b>   | 49%  |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 14%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

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- Chipotle base is available commercially.
- Roasted corn and roasted peppers may be purchased frozen and substituted for the corn and peppers in the recipe. When using frozen roasted peppers, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).

### Variation

- **Cheese Quesadillas.** Mix together 6 lb shredded monterey jack cheese, 6 lb shredded cheddar cheese, 3 lb 8 oz canned green chilies, drained, and 4 Tbsp dried cilantro. Scale 2½ oz cheese mixture onto each 6-inch or 8-inch tortilla. Proceed as for Grilled Corn and Roasted Pepper Quesadillas.

## CHICKEN FAJITAS

*Yield:* 50 fajitas      *Portion:* 4 oz meat mixture (two 6-inch fajitas or one 10-inch fajita)

| <i>Ingredient</i>                              | <i>Amount</i>            | <i>Procedure</i>  |
|--|--------------------------|---|
| Vegetable oil                                  | ¼ cup                    | Heat oil to 350°F in tilting or large fry pan. Add chicken and garlic. Stir-fry until chicken begins to brown.  |
| Chicken white meat, cut into strips            | 10 lb (EP)               |   |
| Garlic, minced                                 | 3 oz (EP)                |   |
| Lime juice                                     | 1 qt                     | Add liquids, herbs, and spices to chicken. Cook until liquid evaporates and chicken is done, above 165°F.   |
| Water  | 2 cups                   |   |
| Chicken base                                   | 2 oz                     |   |
| Cilantro leaves, finely chopped (see Notes)    | ¾ oz                     |   |
| Pepper, black                                  | 1 Tbsp                   |   |
| Red pepper, crushed                            | 1 tsp                    |   |
| Salt   | 1½ Tbsp                  |   |
| Onions, sliced                                 | 2 lb 6 oz (EP)           | Add onions and pepper. Stir-fry until tender-crisp.   |
| Green bell peppers, cut in 1-inch long strips  | 12 oz (EP)               |   |
| Red bell peppers, cut in 1-inch long strips    | 8 oz (EP)                |   |
| Yellow bell peppers, cut in 1-inch long strips | 8 oz (EP)                |   |
| Flour tortillas                                | 50 10-inch or 100 6-inch | Heat tortillas to soften. Keep covered. Do not allow to dry out.<br>Serve 4 oz meat mixture on one 10-inch or two 6-inch tortillas.<br>Serve with condiments: Guacamole (pp. 78, 80), shredded Monterey Jack cheese, shredded lettuce, sour cream, Salsa (p. 568), sliced black olives, sliced jalapeños. |

### *Approximate nutritive values per portion*

**Calories 350**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 7g   | 11%        | <b>Cholest.</b> 53 mg | 18%        | <b>Total Carb.</b> 41 g | 14%        | <b>Vitamin A</b>      | 4%         |
| Sat. Fat 1.6 g        | 8%         | <b>Sodium</b> 733 mg  | 31%        | Fiber 3 g               | 12%        | <b>Vitamin C</b>      | 53%        |
| <b>Protein</b> 27 g   |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>        | 10%        |
|                       |            |                       |            |                         |            | <b>Iron</b>           | 17%        |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

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- 3 Tbsp of dried cilantro leaves can be substituted for fresh cilantro.
- Rancho Base (commercial product) can be substituted for chicken base. Adjust seasonings as necessary.

**BEEF FAJITAS**

Yield: 50 sandwiches

Portion: 1 fajita, 2 oz meat + 2 oz vegetable

| Ingredient                          | Amount    | Procedure  |
|-------------------------------------|-----------|--|
| Pureed jalapeño peppers, with juice | 4 oz      | Combine in bowl to make a marinade.  |
| Lemon juice                         | 1½ cups   |  |
| Pineapple juice                     | 1½ cups   |  |
| Salt                                | 1 Tbsp    |  |
| Pepper, black                       | 2 Tbsp    |  |
| Meat tenderizer                     | 2 oz      |  |
| Water                               | 3 cups    |  |
| Beef, round or flank steak          | 10 lb AP  | Cut beef into 1 × 5-inch strips, ¼ inch thick (see Notes). Pour marinade over meat. Stir to coat meat. Cover and marinate for 24 hours.  |
|                                     |           | Drain meat in colander. Discard marinade. Stir-fry in frying pan with a small amount of oil until cooked.  |
| Onions, sliced, separated in rings  | 2 lb 8 oz | Add onions and green peppers to meat. Stir-fry until tender-crisp.   |
| Green pepper strips                 | 1 lb 8 oz | Transfer to 12 × 10 × 4-inch pan.  |
| Tomatoes, fresh                     | 2 lb 8 oz | Cut tomatoes into thin wedges. Combine carefully with beef. Gently lift beef and vegetables from juice into 12 × 20 × 2-inch counter pan.  |
| Tortillas, flour 10-inch            | 50        | Heat tortillas to soften. Keep covered. Do not allow to dry out. Serve 1 tortilla on plate and 4 oz beef and vegetables in center of tortilla. Tortilla may be rolled or folded in half. |
|                                     |           | Serve with condiments: Guacamole (pp. 78, 80), shredded Monterey Jack cheese, shredded lettuce, sour cream, Salsa (p. 568), sliced black olives, sliced jalapeños.                       |

*Approximate nutritive values per portion*

Calories 246

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       |                  | %DV        |                | %DV        |
|----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 7 g | <b>10%</b> | <b>Cholest.</b> 51 mg | <b>17%</b> | <b>Total Carb.</b> 25 g | <b>8%</b> | <b>Vitamin A</b> | <b>2%</b>  | <b>Calcium</b> | <b>5%</b>  |
| Sat. Fat 2 g         | <b>9%</b>  | <b>Sodium</b> 360 mg  | <b>15%</b> | Fiber 1 g               | <b>4%</b> | <b>Vitamin C</b> | <b>35%</b> | <b>Iron</b>    | <b>18%</b> |
| <b>Protein</b> 21 g  |            |                       |            | Sugars 3 g              |           |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Meat will slice more easily if it is partially frozen.
- Fajita meat can be made spicier by substituting additional pureed jalapeños for equal parts of water. More water in proportion to less jalapeños may be used for a less spicy Fajita.
- Beef strips may be purchased frozen, seasoned, or unseasoned.
- Commercial Fajita marinade mix may be substituted for marinade in the recipe.
- May serve beef separate from onions, peppers, tomatoes.

**Variation**

- **Chicken Fajitas.** Delete meat tenderizer. Increase salt to 2 Tbsp. Substitute chicken breasts for beef.

## WESTERN SANDWICH

Yield: 50 sandwiches

Portion: 3 oz

| Ingredient           | Amount   | Procedure   |
|----------------------|----------|---|
| Ground beef          | 10 lb AP | Brown beef and onion until internal temperature reaches 155°F. Drain off fat. |
| Onion, chopped       | 1 lb     |   |
| Tomato puree         | 3 cups   | Add remaining filling ingredients to meat. Simmer 15–20 minutes.              |
| Catsup               | 3 cups   |   |
| Water                | 1 cup    |   |
| Salt                 | 1 Tbsp   |   |
| Paprika              | 2 tsp    |   |
| Dry mustard          | 2 tsp    |   |
| Worcestershire sauce | 2 Tbsp   |   |
| Chili powder         | 1 Tbsp   |   |
| Hamburger buns       | 50       | Serve with No. 12 dipper of filling on buns.                                  |

### Approximate nutritive values per portion

Calories 330

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 14 g | 22% | <b>Cholest.</b> 62 mg | 21% | <b>Total Carb.</b> 28 g | 9%  | <b>Vitamin A</b> | 5%  |
| Sat. Fat 5 g          | 26% | <b>Sodium</b> 646 mg  | 27% | Fiber 1 g               | 3%  | <b>Vitamin C</b> | 15% |
| <b>Protein</b> 21 g   |     |                       |     | Sugars 2 g              |     | <b>Calcium</b>   | 7%  |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 19% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If mixture becomes dry, add a small amount of water.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

### Variations

- **Pizzaburger.** Delete paprika and chili powder. Add 1 Tbsp oregano, 1½ tsp basil, and 8 oz sliced mushrooms. Serve meat on bun and sprinkle with 1 lb 8 oz grated mozzarella cheese, ½ oz per serving.
- **Sloppy Joe.** Reduce ground beef to 8 lb. Sauté 2 lb chopped onions, 1 lb chopped celery, and 1 lb chopped green peppers with ground beef. Add 1½ oz flour to beef-vegetable mixture; mix to combine. Cook 10 minutes. Add 2¾ cups tomato puree, 2¾ cups catsup, ⅓ cups water, ⅔ cups Worcestershire sauce, 1 Tbsp red pepper sauce, 1 Tbsp dry mustard, 2 Tbsp paprika, 3 Tbsp chili powder, 3 Tbsp sugar, ¾ oz beef base. Stir to mix. cover and simmer for 15–20 minutes. Stir occasionally.

**TACOS**

Yield: 50 sandwiches

Portion: 2 tacos

| <i>Ingredient</i>  | <i>Amount</i>         | <i>Procedure</i>  |
|--------------------|-----------------------|---|
| Ground beef, round | 13 lb AP<br>(9 lb EP) | Brown beef in steam-jacketed or other kettle until internal temperature reaches 155°F. Drain off fat. Add onions and cook until softened.       |
| Onion, chopped     | 1 lb                  |   |
| Cornstarch         | 3 Tbsp                | Combine cornstarch and seasonings in a bowl. Add to ground beef and onions. Mix well.   |
| Chili powder       | ½ cup                 |   |
| Garlic powder      | 1¾ Tbsp               |   |
| Salt               | 3 Tbsp                |   |
| Oregano, leaf      | 1 Tbsp                |   |
| Cumin, ground      | 2 Tbsp                |   |
| Pepper, cayenne    | 1 Tbsp                |   |
| Water              | 1½ qt                 | Add water to meat mixture. Mix. Simmer 45 minutes, stirring frequently.   |
| Taco shells        | 100                   | Place shells in counter pans. Heat in oven until warm and crisp. To serve, fill each taco shell with No. 24 dipper of meat mixture, 1½ oz each. |

**TOPPING**

|                            |         |   |
|----------------------------|---------|---|
| Heat lettuce, chopped      | 4 lb EP | Cover meat mixture with lettuce, then tomato, and top with shredded cheese. |
| Tomatoes, fresh diced      | 3 lb EP | Serve with Salsa (p. 568) to spoon on top.                                  |
| Processed cheese, shredded | 2 lb    |   |

*Approximate nutritive values per portion***Calories 447**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 26 g | <b>40%</b> | <b>Cholest.</b> 64 mg | <b>21%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 9 g          | <b>47%</b> | <b>Sodium</b> 1171 mg | <b>49%</b> | Fiber 4 g               | <b>15%</b> | <b>Vitamin C</b> | <b>7%</b>  |
| <b>Protein</b> 24 g   |            |                       |            | Sugars 6 g              |            | <b>Calcium</b>   | <b>33%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Commercial salsa may be substituted for Salsa recipe.
- Commercial taco seasoning mix may be substituted for spices. Follow manufacturer's directions for amount to use.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

- Variations**
- **Nacho Tostados.** Place  $\frac{3}{4}$  oz (about 6 large) round unsalted nacho chips on serving plate. Place No. 12 dipper (3 oz) taco meat on top of chips. Ladle 2 oz Nacho Sauce (p. 80) over meat. Place approximately  $1\frac{1}{2}$  oz shredded head lettuce and  $\frac{3}{4}$  oz diced fresh tomatoes on top of meat. Serve with condiments: Guacamole (pp. 78, 80), sour cream, and Salsa (p. 568).
  - **Tostados.** Fry 50 10-inch flour or corn tortillas in hot oil, 20–30 seconds on each side, until crisp and golden brown. Drain on paper towel. Keep warm. To serve, spread each tortilla with No. 20 dipper Refried Beans (p. 640), then one No. 12 dipper of meat (3 oz). Top with  $1\frac{1}{2}$  oz chopped head lettuce,  $\frac{3}{4}$  oz chopped fresh tomatoes, and 1 oz shredded cheese. Serve with condiments: Guacamole (pp. 78, 80), sour cream, Salsa (p. 568), chopped green onions, chopped green chilies, and sliced ripe olives.
  - **Turkey Tacos.** Substitute ground turkey for ground beef.

## REUBEN SANDWICH

Yield: 50 sandwiches

Portion: 3 oz

| Ingredient  | Amount                         | Procedure   |
|---|--------------------------------|---|
| Cooked corned beef  | 4 lb 8 oz                      | Cut corned beef into very thin slices.  |
| Rye bread<br>Mayonnaise or<br>Sandwich Spread<br>(p. 534)   | 100 slices<br>2 cups           | Spread No. 100 dipper (scant 2 tsp) dressing on bread.  |
| Sauerkraut, well<br>drained<br>Swiss cheese, 1-oz<br>slices | $1\frac{1}{2}$ qt<br>3 lb 2 oz | Place filling on bread, in order given:<br>1 $\frac{1}{2}$ oz corned beef<br>2 Tbsp sauerkraut<br>1 oz cheese<br>Cover with top slice of bread. |
| Margarine, melted   | 1 lb                           | Brush sandwiches with melted margarine.<br>Preheat grill to 325°F.<br>Grill sandwiches on both sides until delicately browned.                  |

### Approximate nutritive values per portion

Calories 447

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 26 g | <b>40%</b> | <b>Cholest.</b> 64 mg | <b>21%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 9 g          | <b>47%</b> | <b>Sodium</b> 1171 mg | <b>49%</b> | Fiber 4 g               | <b>15%</b> | <b>Vitamin C</b> | <b>7%</b>  |
| <b>Protein</b> 24 g   |            |                       |            | Sugars 6 g              |            | <b>Calcium</b>   | <b>33%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**CHIMICHANGA**

Yield: 50 portions

Portion: 4 oz

Deep-Fat Fryer: 350°F

| <i>Ingredient</i>            | <i>Amount</i>  | <i>Procedure</i>   |
|------------------------------|----------------|--|
| Ground beef                  | 10 lb 12 oz AP | Brown meat in steam-jacketed kettle until internal temperature reaches 155°F. Drain.   |
| Onions, chopped              | 1 lb 10 oz     | Add onions and chili peppers to meat.<br>Cook until tender.  |
| Green chili peppers, chopped | 8 oz           |  |
| Flour, all-purpose           | 4 oz           | Stir flour and seasonings into meat mixture.   |
| Garlic powder                | ½ tsp          |  |
| Cumin, ground                | 2 tsp          |  |
| Chili powder                 | 1 Tbsp         |  |
| Salsa (see Notes)            | 1 lb 14 oz     | Add Salsa, beef base, and water. Cook 15–20 minutes or until very thick.<br>The filling may be prepared the day before and refrigerated.             |
| Beef base                    | ¾ oz           |  |
| Water                        | 1 qt           |  |
| Flour tortillas, 10 inch     | 5 lb 8 oz      | Separate tortillas and place slightly overlapping in counter pans.<br>Cover tightly and heat a few at a time for about 5 minutes or just until soft. |
| Water, cold                  | 2¼ cups        | Mix water and cornstarch.  |
| Cornstarch                   | 2 oz           |  |

**TO ASSEMBLE:**

1. Brush edges of tortillas with water-cornstarch mixture.
2. Place No. 12 dipper or 4 oz meat mixture slightly below center of each tortilla.
3. Fold bottom edge over filling.
4. Fold sides in, then roll into a cylinder. If necessary, brush on more water-cornstarch mixture to help seal edges.
5. Place seam side down on baking sheets until ready to fry. Cover.
6. Fry at 350°F until golden brown and crisp. Internal temperature should be 165°F.
7. Place in counter pans with liners. Do not cover.
8. Serve with topping (recipe follows).

**TOPPING**

|  |           |   |
|--|-----------|---|
| Lettuce, shredded                        | 3 lb 8 oz | Serve each Chimichanga with 1 oz each of shredded lettuce, chopped onion, Guacamole, sour cream, and olives; 2 oz Salsa. See Notes. |
| Tomato, chopped                          | 3 lb 8 oz |   |
| Guacamole (pp. 78, 80)                   | 3 lb 8 oz |   |
| Sour cream                               | 3 lb 8 oz |   |
| Black olives, chopped                    | 3 lb 8 oz |   |
| Salsa (p. 568) or Spanish Sauce (p. 574) | 3 qt      |   |

*Approximate nutritive values per portion*

Calories 581

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 36 g | <b>55%</b> | <b>Cholest.</b> 76 mg | <b>25%</b> | <b>Total Carb.</b> 46 g | <b>15%</b> | <b>Vitamin A</b> | <b>24%</b> | <b>Calcium</b> | <b>16%</b> |
| Sat. Fat 10 g         | <b>51%</b> | <b>Sodium</b> 1148 mg | <b>48%</b> | Fiber 2 g               | <b>9%</b>  | <b>Vitamin C</b> | <b>77%</b> | <b>Iron</b>    | <b>28%</b> |
| <b>Protein</b> 27 g   |            |                       |            | Sugars 2 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Salsa (p. 568) or commercial salsa may be used.
- 7 lb shredded cooked beef may be substituted for ground beef. Omit browning the beef and sauté onions and peppers in a little shortening.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2½ cups water, may be substituted for fresh onions.

**OVEN-BAKED HAMBURGERS**

*Yield:* 50 sandwiches      *Portion:* 4 oz  
*Oven:* 400°F      *Bake:* 15–20 minutes

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>   |
|--------------------|---------------|--|
| Ground beef        | 12 lb AP      | Place meat in mixer bowl.  |
| Eggs, beaten       | 3 (5 oz)      | Combine eggs and milk and add to meat.   |
| Milk               | 2 cups        |  |
| Bread crumbs, soft | 4 oz          | Add crumbs and seasonings.   |
| Onion, chopped     | 4 oz          | Blend on low speed for approximately 1 minute, using flat beater.  |
| Salt               | 2 Tbsp        |  |
| Pepper, black      | 2 tsp         |  |
|                    |               |  |
|                    |               | Portion meat mixture with No. 10 dipper onto lightly greased baking sheets.<br>Flatten into patties.<br>Bake at 400°F for 15–20 minutes or until internal temperature reaches 155°F. |
| Hamburger buns     | 50            | Serve patties on warm buns.  |

*Approximate nutritive values per portion*

Calories 348

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       |                  | %DV       |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|-----------|----------------|------------|
| <b>Total Fat</b> 17 g | <b>26%</b> | <b>Cholest.</b> 84 mg | <b>28%</b> | <b>Total Carb.</b> 23 g | <b>8%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>8%</b>  |
| Sat. Fat 6 g          | <b>31%</b> | <b>Sodium</b> 584 mg  | <b>24%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>19%</b> |
| <b>Protein</b> 24 g   |            |                       |            | Sugars 1 g              |           |                  |           |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

*(continues)*

- Variations**
- **Barbecued Hamburgers.** Place browned hamburgers in baking pans. Pour Barbecue Sauce (p. 567) over patties. Cover with aluminum foil and bake at 325°F until hot, about 10–20 minutes.
  - **Grilled Hamburgers and Accompaniments.** Cook 4-oz hamburger patties on the grill only until they are no longer pink. Place on bun and serve with accompaniments: mayonnaise, mustard, catsup, sliced dill pickles, sliced or chopped onions, sliced tomato, and leaf lettuce.

## CROISSANT WITH SAUTÉED GARDEN VEGETABLES

*Yield:* 50      *Portion:* 1 sandwich  
*Oven:* 350°F      *Heat:* 5–10 minutes

| <i>Ingredient</i>                  | <i>Amount</i>          | <i>Procedure</i>  |
|------------------------------------|------------------------|---|
| Green peppers, sliced              | 2 lb 6 oz              | Toss together.  |
| Onions, sliced                     | 2 lb 6 oz              |   |
| Mushrooms, fresh, sliced           | 2 lb 6 oz              |   |
| Margarine                          | 14 oz                  | Melt margarine in steam-jacketed kettle. Add vegetables. Sauté until tender-crisp. Drain. |
| Croissants, cut in half lengthwise | 50 (2½-oz size)        | Assemble sandwiches in 12 × 20 × 2-inch pans:   |
| Swiss cheese, ⅔ oz slices          | 4 lb 3 oz (100 slices) | 1. bottom of croissant  |
| Ripe olives, sliced, drained       | 1 lb 6 oz              | 2. ⅔ oz Swiss cheese slice  |
| Tomatoes, sliced                   | 2 lb                   | 3. 2 oz sautéed vegetables  |
|                                    |                        | 4. ½ oz sliced olives   |
|                                    |                        | 5. 2 tomato slices  |
|                                    |                        | 6. ⅔ oz Swiss cheese slice  |
|                                    |                        | 7. top of croissant   |

Heat at 350°F just long enough to melt cheese, 5–10 minutes.  
Do not hold over 15 minutes before serving.

### *Approximate nutritive values per portion*

**Calories 346**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 24 g | <b>38%</b> | <b>Cholest.</b> 64 mg | <b>21%</b> | <b>Total Carb.</b> 18 g | <b>6%</b>  | <b>Vitamin A</b>      | <b>15%</b> |
| Sat. Fat 11 g         | <b>57%</b> | <b>Sodium</b> 544 mg  | <b>23%</b> | Fiber 2 g               | <b>9%</b>  | <b>Vitamin C</b>      | <b>38%</b> |
| <b>Protein</b> 14 g   |            |                       |            | Sugars 5 g              |            | <b>Calcium</b>        | <b>40%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>           | <b>10%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## CHAPTER 13

# Sauces, Marinades, Rubs, and Seasonings

A sauce serves to complement an entree, vegetable, or dessert. It may be used as a binding agent to hold foods together or as a topping. Sauces add richness, moistness, color, and form to foods and may enhance or offer contrast in flavor or color to foods they accompany. Marinades, rubs, and seasoning blends add flavor to entrees and vegetables. They may be used also to tenderize.

### ENTREE AND VEGETABLE SAUCES

Basic to many sauces is a roux, which is a cooked mixture of fat and flour, usually equal parts by weight. A roux may range from white, in which the fat and flour are cooked only for a short time, to brown, cooked until it is light brown in color and has a nutty aroma. The amount of browning will influence both the flavor and color characteristics of the sauce. Calories may be lowered by eliminating the fat and making the sauce with a starch thickener, such as flour or cornstarch, mixed with a cold liquid (stock or milk).

Other starch thickening agents commonly used in sauces are arrowroot, cornstarch, pregelatinized or instant starch, and waxy maize. Waxy maize is preferred for sauces that will be frozen because it will not break and separate as easily as other starches. When reheated, products containing waxy maize are smoother than those with cornstarch. Egg yolks have a slight thickening power and are used for some sauces. When egg yolks are cooked to too high a temperature, or held too long, the egg protein will coagulate and cause a curdled effect.

Most meat and vegetable sauces are modifications of the basic recipes: white sauce, blond sauce, brown sauce, red sauce, and butter sauces.

- *White Sauce* (p. 561), made with a roux of fat and flour and with milk as the liquid, has many uses in quantity food preparation, as a sauce with vegetables, eggs, and fish and as an ingredient in many casseroles. A *White Sauce Mix* (p. 560), combining flour, fat, and nonfat dry milk, may be made and stored in the refrigerator until needed. Water and seasonings are added when the mixture is to be used. *Béchamel Sauce* (p. 562) is a white sauce that uses milk and chicken stock as the liquid and, with its variations, usually is served with poultry, seafood, eggs, or vegetables.
- *Blond sauces* are made from a roux that is cooked a little longer than the white sauce, just until the roux begins to brown. *Velouté Sauce* (p. 562) is a blond sauce that uses chicken, veal, or fish broth as its liquid.
- *Brown Sauce* (p. 565) is made with a well-browned roux, and beef stock as the liquid. *Brown Sauce* is used with meat.
- *Red sauces* (pp. 567, 572–575) include tomato as a primary ingredient. These sauces are generally used with meat and pasta.
- *Butter sauces* (pp. 582, 589–590) are used with vegetables, fish, meats, and egg dishes.

Some sauces use chicken, beef, or vegetable stock as part or all of the liquid. Recipes for stocks are on pp. 598–600. A broth made with a high-quality commercial stock base can be substituted for the chicken or beef stock called for in sauces, but the salt in the recipe may need to be adjusted if the base is highly seasoned.

Sauces made from concentrated canned soups are time-saving and may be used effectively in many items. Undiluted canned cream soups such as chicken, mushroom, celery, and cheese, or tomato soup may be used alone or in combination. If the soup is too thick, a small amount of milk or chicken or meat stock may be added. Two soups may be combined for a special flavor effect, or pimiento, green pepper, almonds, curry powder, or other ingredients may be added for variety.

## DESSERT SAUCES

Dessert sauces serve as both a garnish and a basic ingredient for many desserts. The choice of sauce should complement the dessert in both color and flavor. Most dessert sauces are added shortly before serving.

## MARINADES, RUBS, AND SEASONINGS

Marinades are used to flavor and tenderize meats, poultry, and fish and to flavor raw or cooked vegetables. The less tender cuts of meat should be marinated at least 2 hours. Pork, chicken, and the more tender cuts of beef often are basted before and during cooking; however, they do not need to stand in the marinade. Rubs and other seasonings add flavor and can be used to provide an ethnic or regional flavor profile to foods. See Appendix B for suggestions for using herbs and spices

## ENTREE AND VEGETABLE SAUCE RECIPES

### WHITE SAUCE MIX

*Yield:* 13 lb 8 oz mix

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>  |
|--------------------|---------------|---|
| Flour, all-purpose | 3 lb          | Blend flour and milk in 60-qt mixer bowl.   |
| Nonfat dry milk    | 6 lb          |   |
| Shortening         | 2 lb 4 oz     | Using pastry knife or flat beater, blend fats with dry ingredients until mixture is crumbly, scraping sides of bowl occasionally.<br>Store in covered containers in the refrigerator. |
| Margarine          | 2 lb 4 oz     |   |

### TO PREPARE 1 GALLON OF WHITE SAUCE

|                 |                |  |
|-----------------|----------------|--|
| Water           | 3¼ qt          | Heat water and salt to boiling point.  |
| Salt            | 1 oz (1½ Tbsp) |  |
| White sauce mix |                | Add mix for sauce of desired thickness. Stirring with wire whip, continue cooking until thickened. |
| Thin            | 1 lb 12 oz     |  |
| Medium          | 2 lb 4 oz      |  |
| Thick           | 2 lb 14 oz     |  |

## WHITE SAUCE

Yield: 1 gal

### Ingredients

| Consistency | Milk | Flour,<br>all-purpose | Margarine<br>or butter | Salt | Uses                 |
|-------------|------|-----------------------|------------------------|------|----------------------|
| Thin        | 4 qt | 6 oz                  | 6 oz                   | 1 oz | Cream soups          |
| Medium      | 4 qt | 8 oz                  | 8 oz                   | 1 oz | Creamed foods, gravy |
| Thick       | 4 qt | 12 oz                 | 12 oz                  | 1 oz | Soufflés             |

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 lb nonfat dry milk and 3¾ qt cool water may be substituted for fluid milk. Combine dry milk and water and whip until smooth. Heat to scalding (185°F). Add, while stirring, roux made of margarine and flour. Cook on low heat, stirring as necessary, until thickened.
- 1 oz salt equals 1½ Tbsp.
- **Method 1.** Melt margarine, remove from heat. Add flour and salt. Stir until smooth. Cook 5–10 minutes. Add milk gradually, stirring constantly with wire whip. Cook and stir as necessary until smooth and thick, about 15 minutes.
- **Method 2.** This method is used for making quantities larger than 4 qt. Make a roux by melting margarine, adding flour, and cooking and stirring until smooth. Add one-fourth of the milk and beat with wire whip until smooth. Gradually add remaining milk while stirring. Cook until smooth and thickened, about 15 minutes.
- **Method 3.** Combine flour with one-fourth of the milk. Heat remaining milk. Add milk-flour paste, using wire whip. Cook to desired consistency, then add margarine and salt.
- **Method 4.** This method uses a steamer. Make a paste of flour and margarine. Add cold milk until mixture is the consistency of cream. Heat remaining milk. Add flour and margarine mixture, stirring constantly with wire whip. Place in steamer until flour is cooked; if necessary, stir once during cooking.

**Variations** To be used with 1 gallon medium white sauce:

- **À la King Sauce.** Add 12 oz chopped green pepper, 12 oz sliced mushrooms, sautéed, and 1 lb chopped pimiento. Combine with cubed chicken, meats, seafood, vegetables, or hard-cooked eggs.
- **Bacon Sauce.** Add 1 lb 8 oz cooked chopped bacon. Use bacon fat in making the sauce. Combine with eggs or vegetables in scalloped dishes.
- **Cheese Sauce.** Add 3 lb sharp cheddar cheese, shredded or ground, 2 Tbsp Worcestershire sauce, and a few grains of cayenne pepper. Serve on fish, egg dishes, soufflés, and vegetables. Worcestershire sauce and cayenne pepper may be omitted for a milder sauce.
- **Cheese Broccoli Sauce.** Steam 2 lb 8 oz broccoli florets until tender-crisp. Carefully stir into Cheese Sauce. Serve 4 oz sauce ladled over baked potato.
- **Cheese Sandwich Sauce (American or Cheddar).** Prepare 2 qt (half recipe) Thick White Sauce. Add ¼ cup dry mustard and 1 tsp white pepper with the flour. When sauce has thickened, stir in 2 lb shredded sharp cheese and ½ tsp hot pepper sauce. Ladle 1½ oz sauce over meat in sandwich.
- **Cheese Sandwich Sauce (Swiss).** Prepare 2 qt (half recipe) Medium White Sauce. Reduce margarine to 6 oz. After sauce has thickened, add 2 lb shredded Swiss cheese and stir until melted. Serve 1½ oz sauce ladled over meat in sandwich.
- **Egg Sauce.** Add 20 chopped hard-cooked eggs and 2 Tbsp prepared mustard. Serve over salmon or other fish loaf.

*continued*

- **Golden Sauce.** Add 2 cups slightly beaten egg yolks. Serve on fish, chicken, or vegetables.
- **Mushroom Sauce.** Add 1 lb 8 oz sliced mushrooms and 4 oz minced onion, sautéed in 4 oz margarine or butter. Serve over egg, meat, poultry dishes, or vegetables.
- **Parsley Sauce.** Add 1 oz chopped fresh parsley.
- **Pimiento Sauce.** Add 1 lb 4 oz finely chopped pimiento and 2 cups finely chopped parsley. Serve with poached fish, croquettes, or egg dishes.
- **Shrimp Sauce.** Add 4 lb cooked shrimp, 2 Tbsp prepared mustard, and 2 Tbsp Worcestershire sauce. Serve with fish, eggs, or cheese soufflé.
- **Swiss Cheese and Mushroom Sauce.** Sauté 4 oz chopped onions, 2 oz chopped green peppers, and 8 oz sliced mushrooms in 4 oz margarine. Stir in 4 oz flour. Cook 10–15 minutes. Add slowly, while stirring, 2 qt milk and heat to 170°F. Add 2 lb 8 oz shredded Swiss cheese and stir until melted.

## BÉCHAMEL SAUCE

Yield: 2 qt      Portion: 3 Tbsp (1½ oz)

| Ingredient                         | Amount     | Procedure  |
|------------------------------------|------------|--|
| Chicken Stock<br>(p. 598)          | 1½ qt      | Simmer stock and seasonings together for 20 minutes.<br>Strain.                                |
| Onion slices                       | 4          | Save liquid for preparation of sauce. There should be<br>1 qt liquid.                          |
| Peppercorns, black                 | 2 Tbsp     |  |
| Carrots, chopped                   | 3 oz       |  |
| Bay leaf                           | 1          |  |
| Margarine                          | 8 oz       | Melt margarine. Add flour and stir until smooth. Cook<br>5–10 minutes.                         |
| Flour, all-purpose                 | 4 oz       |  |
| Seasoned stock<br>(prepared above) | 1 qt       | Add liquids gradually, stirring constantly with wire whip.<br>Cook until smooth and thickened. |
| Milk, hot                          | 1 qt       | Add seasonings   |
| Salt                               | ½ tsp      | Serve with 2-oz ladle (scant) on chicken or meat entrees.                                      |
| Pepper, white                      | ½ tsp      |  |
| Pepper, cayenne                    | Few grains |  |

### Approximate nutritive values per ounce

Calories 38

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|-----------------|-----|----------------|-----|
| Total Fat 3 g  | 5%  | Cholest. 2 mg  | 1%  | Total Carb. 2 g | 1%  | Vitamin A      | 4%  |
| Sat. Fat 1 g   | 4%  | Sodium 90 mg   | 4%  | Fiber 0 g       | 0%  | Vitamin C      | 0%  |
| Protein 1 g    |     |                |     | Sugars 1 g      |     | Calcium        | 1%  |
|                |     |                |     |                 |     | Iron           | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Variations**
- **Mornay Sauce.** Add gradually to hot Béchamel Sauce 4 oz each of grated Parmesan and Swiss cheese. Let sauce remain over heat until cheese is melted, then remove and gradually beat in 8 oz margarine or butter. Serve with fish or egg entrees.
  - **Velouté Sauce.** Cook the margarine and flour (roux) until slightly brown in color. Substitute Chicken Stock for milk. Serve on chicken entrees. For Fish Velouté, substitute fish stock for milk. Serve on fish.

## SAVORY CREAM GRAVY

Yield: 1 gal

| Ingredient                             | Amount                             | Procedure  |
|--|------------------------------------|--|
| Chicken Stock (p. 598)                 | 1 <sup>3</sup> / <sub>4</sub> qt   | Combine.   |
| Water                                  | 2 cups                             |  |
| Soy sauce                              | <sup>3</sup> / <sub>4</sub> cup    |  |
| Light cream (half-and-half)            | 2 cups                             |  |
| Margarine, melted                      | 8 oz                               | Sauté vegetables in margarine.   |
| Celery leaves, fresh, coarsely chopped | 4 oz                               |  |
| Green onions, finely chopped           | 4 oz                               |  |
| Garlic, minced                         | 2 cloves                           |  |
| Basil leaves, dried, crumbled          | 2 Tbsp                             | Blend spices and flour into vegetables, while stirring with a wire whip.       |
| Nutmeg, ground                         | 1 <sup>1</sup> / <sub>2</sub> tsp  |  |
| Flour, all-purpose                     | 7 oz                               | Slowly add combined liquids. Cook, stirring constantly until mixture thickens. |
| Sour cream                             | 2 <sup>1</sup> / <sub>2</sub> cups | Blend in sour cream. Do not boil. Keep warm.                                   |

### Approximate nutritive values per ounce

Calories 37

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 3 mg | 1%  | <b>Total Carb.</b> 2 g | 1%  | <b>Vitamin A</b> | 2%  | <b>Calcium</b> | 1%  |
| Sat. Fat 1 g         | 6%  | <b>Sodium</b> 161 mg | 7%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 0%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 0 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Ladle over poultry or meat.
- A stock made from a good-quality base can be substituted for the Chicken Stock.

**PAN GRAVY**

Yield: 1 gal Portion: 1/3 cup (2 1/2 oz)

| Ingredient                           | Amount | Procedure   |
|--------------------------------------|--------|---|
| Fat, hot (meat drippings)            | 8 oz   | Add flour to fat and blend.   |
| Flour, all-purpose                   | 8 oz   |   |
| Salt                                 | 1 Tbsp | Stir in salt and pepper. Cook 5 minutes.  |
| Pepper, black                        | 1 tsp  |   |
| Meat or Chicken Stock (pp. 599, 598) | 1 gal  | Add stock gradually. Cook, stirring constantly with wire whip. Cook until smooth and thickened. |

*Approximate nutritive values per ounce*

Calories 25

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 2 g  | 3%  | Cholest. 2 mg  | 1%  | Total Carb. 0 g | 0%  | Vitamin A | 0%  |
| Sat. Fat 1 g   | 5%  | Sodium 148 mg  | 6%  | Fiber 0 g       | 0%  | Vitamin C | 0%  |
| Protein 1 g    |     |                |     | Sugars 0 g      |     | Calcium   | 0%  |
|                |     |                |     |                 |     | Iron      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If beef or chicken base is used for stock, delete or reduce salt.

**Variations**

- **Brown Gravy.** Use 10 oz flour and brown in the fat.
- **Chicken Gravy.** Use chicken drippings for fat and chicken stock for liquid.
- **Chicken or Turkey Gravy (using base).** In steam-jacketed kettle melt 12 oz margarine. Using a wire whip, stir in 14 oz flour. Cook 30 minutes, stirring often. Add 3 1/2 qt water and 3 oz chicken base. Cook until thickened and no starchy flavor remains, 190°F. Add 1 tsp black pepper, 1/2 tsp poultry seasoning, and 1 tsp caramel coloring (kitchen bouquet)(optional). Makes 1 gal. Salt may need to be adjusted depending on the amount of salt in the chicken base.
- **Cream Gravy.** Substitute milk for water or stock.
- **Giblet Gravy.** Use chicken drippings for fat and chicken stock for liquid. Add 1 qt cooked giblets, chopped.
- **Onion Gravy.** Lightly brown 1 lb thinly sliced onions in fat before adding flour.
- **Vegetable Gravy.** Add 1 lb diced carrots, 4 oz chopped celery, and 12 oz chopped onion, cooked in water, meat, or vegetable stock.

## BROWN SAUCE

Yield: 2 qt Portion: 3 Tbsp (1½ oz)

| Ingredient           | Amount | Procedure   |
|----------------------|--------|---|
| Beef Stock (p. 599)  | 2 qt   | Add onions and seasonings to meat stock. If soup base has been used to make stock, taste before adding salt. Simmer about 10 minutes. Strain.                             |
| Onion, thinly sliced | 4 oz   |   |
| Salt                 | 2 tsp  |   |
| Pepper, black        | ¼ tsp  |   |
| Shortening           | 8 oz   | Heat shortening and blend with flour. Cook about 10 minutes until it becomes uniformly brown in color. Add hot stock while stirring with wire whip. Cook until thickened. |
| Flour, all-purpose   | 5 oz   |   |

### Approximate nutritive values per ounce

Calories 39

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV |                  | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 2 g | 1%  | <b>Vitamin A</b> | 0%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 150 mg | 6%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 0 g             |     | <b>Calcium</b>   | 0%  |
|                      |     |                      |     |                        |     | <b>Iron</b>      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

### Variations

- **Jelly Sauce.** Add 2 cups currant jelly, beaten until soft, 2 Tbsp tarragon vinegar, and 4 oz sautéed minced onions. Serve with lamb or game.
- **Mushroom Sauce.** Add 1 lb sliced mushrooms and 2 oz minced onions, sautéed. Serve with steak.
- **Olive Sauce.** Add 6 oz chopped stuffed olives. Serve with meat or duck.
- **Piquant Sauce.** Add 2 oz minced onions, 2 oz capers, ½ cup vinegar, 4 oz sugar, ¼ tsp salt, ¼ tsp paprika, and ½ cup chili sauce or chopped sweet pickle. Serve with meats.
- **Savory Mustard Sauce.** Add ½ cup prepared mustard and ½ cup horseradish. Serve with meats.

**FRESH MUSHROOM SAUCE**

Yield: 1 gal      Portion: 2½ oz

| <i>Ingredient</i>              | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------------|---------------|---|
| Mushrooms, fresh               | 4 lb          | Clean, trim, and slice mushrooms.                                       |
| Margarine                      | 8 oz          | Melt margarine. Sauté onions and mushrooms.                             |
| Onions, minced                 | 2 oz          |   |
| Flour, all-purpose             | 4 oz          | Add flour and blend. Cook 5 minutes.                                    |
| Chicken Stock, hot<br>(p. 598) | 2 qt          | Add stock and milk while stirring with wire whip. Cook until thickened. |
| Milk or cream                  | 2 cups        | Taste for seasoning. Add salt if needed.                                |
| Salt                           | To taste      |   |

*Approximate nutritive values per ounce*

Calories 21

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total fat 1 g  | 2%  | Cholest. 0 mg  | 0%  | Total Carb. 0 g | 0%  | Vitamin A | 0%  |
| Sat. Fat 1 g   | 2%  | Sodium 58 mg   | 2%  | Fiber 0.2 g     | 1%  | Vitamin C | 0%  |
| Protein 1 g    |     |                |     | Sugars 0 g      |     | Calcium   | 0%  |
|                |     |                |     |                 |     | Iron      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Canned, drained mushrooms may be substituted for fresh mushrooms. Stir into prepared sauce.

**Variations**

- **Mushroom and Almond Sauce.** Add 1 lb slivered almonds. Serve over rice as an entree.
- **Mushroom and Cheese Sauce.** Add 1 lb shredded cheese. Serve over asparagus or broccoli.

## BARBECUE SAUCE (COOKED)

Yield: 1½ gal

| Ingredient           | Amount       | Procedure  |
|----------------------|--------------|--|
| Catsup               | 1 No. 10 can | Combine all ingredients.<br>Simmer 10 minutes.<br>Baste chicken or meat with sauce during cooking. |
| Water                | 3 qt         |  |
| Vinegar, cider       | 2 cups       |  |
| Salt                 | 2 Tbsp       |  |
| Pepper, black        | 1 tsp        |  |
| Sugar, granulated    | 4 oz         |  |
| Chili powder         | 1 tsp        |  |
| Worcestershire sauce | ¼ cup        |  |
| Hot pepper sauce     | 1 Tbsp       |  |
| Onion, grated        | 4 oz         |  |

### Approximate nutritive values per ounce

Calories 17

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 5 g | 2%  | Vitamin A | 2%  |
| Sat. Fat 0 g   | 0%  | Sodium 211 mg  | 9%  | Fiber 0.2 g     | 1%  | Vitamin C | 4%  |
| Protein 0 g    |     |                |     | Sugars 2 g      |     | Calcium   | 0%  |
|                |     |                |     |                 |     | Iron      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • ½ oz (¼ cup) dehydrated onion may be substituted for the fresh onion.

## BARBECUE SAUCE (UNCOOKED)

Yield: 1 gal

| Ingredient        | Amount       | Procedure  |
|-------------------|--------------|--|
| Catsup            | 1 No. 10 can | Mix all ingredients.<br>Pour over meat or chicken.<br>Follow cooking directions for meat or poultry. |
| Vinegar, cider    | 3 cups       |  |
| Sugar, granulated | 12 oz        |  |
| Salt              | 4 oz         |  |
| Onion, grated     | 4 oz         |  |

### Approximate nutritive values per ounce

Calories 34

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 9 g | 3%  | Vitamin A | 4%  |
| Sat. Fat 0 g   | 0%  | Sodium 583 mg  | 24% | Fiber 0.4 g     | 2%  | Vitamin C | 5%  |
| Protein 0 g    |     |                |     | Sugars 5 g      |     | Calcium   | 0%  |
|                |     |                |     |                 |     | Iron      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • ½ oz (¼ cup) dehydrated onion may be substituted for the fresh onion.

## SALSA

Yield: 1 gal

| Ingredient                         | Amount     | Procedure  |
|------------------------------------|------------|--|
| Tomatoes, canned, crushed          | 3 lb 10 oz | Combine all ingredients in stainless steel or glass container. Mix well. |
| Tomato juice                       | 3 lb 6 oz  |  |
| Green pepper, dried, chopped       | 1 oz       | Store covered in refrigerator.   |
| Onion, fresh, chopped              | 8 oz       | May be heated before service.  |
| Garlic powder                      | 1/4 tsp    |  |
| Peppers, green chilies             | 8 oz       |  |
| Peppers, jalapeño, canned, chopped | 10 oz      |  |
| Vinegar, cider                     | 3/4 cup    |  |
| Salt                               | 2 tsp      |  |
| Sugar, granulated                  | 1 Tbsp     |  |
| Hot pepper sauce                   | 1 Tbsp     |  |
| Oregano, dried, crumbled           | 1/2 tsp    |  |
| Pepper, cayenne                    | 3/4 tsp    |  |
| Cumin, ground                      | 3/4 tsp    |  |

### Approximate nutritive values per ounce

Calories 6

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion         | %DV       | %DV              | %DV       |
|----------------------|-----------|----------------------|-----------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 0 g | <b>0%</b> | <b>Vitamin A</b> | <b>1%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 134 mg | <b>6%</b> | Fiber 0.3 g            | <b>1%</b> | <b>Vitamin C</b> | <b>8%</b> |
| <b>Protein</b> 0 g   |           |                      |           | Sugars 1 g             |           | <b>Calcium</b>   | <b>0%</b> |
|                      |           |                      |           |                        |           | <b>Iron</b>      | <b>1%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • May be served as a condiment with tacos, tostadas, chimichangas, or other Mexican entrees.

## SUMMER CUCUMBER AND MELON SALSA

*Yield:* 50 portions

*Portion:* 4 oz

| <i>Ingredient</i>                   | <i>Amount</i>  | <i>Procedure</i>   |
|-------------------------------------|----------------|--|
| Cucumber, diced<br>¼ inch (peeled)  | 4 lb (EP)      | Gently mix all ingredients being careful not to mash fruit and vegetables.<br>Cover and refrigerate up to 6 hours. |
| Red bell pepper,<br>chopped         | 1 lb 8 oz (EP) |  |
| Red onion, finely<br>chopped        | 1 lb 8 oz (EP) |  |
| Cilantro leaves,<br>chopped fresh   | 4 oz           |  |
| Cantaloupe, ½-inch<br>dice (peeled) | 4 lb 8 oz (EP) |  |
| Olive oil                           | ¾ cup          |  |
| Lime juice, fresh                   | ¾ cup          |  |
| Red wine vinegar                    | ¾ cup          |  |
| Sugar, granulated                   | 2 tsp          |  |
| Salt                                | ½ tsp          |  |
| Pepper, black                       | ⅛ tsp          |  |

Serve as a side accompaniment with chicken or fish.  
Keep cold, below 41°F.

### *Approximate nutritive values per portion*

**Calories 55**

| <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|------------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 3.4 g | <b>5%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 7 g | <b>2%</b>  | <b>Vitamin A</b>      | <b>25%</b> |
| Sat. Fat 0.5 g         | <b>2%</b>  | <b>Sodium</b> 34 mg   | <b>1%</b>  | Fiber 1 g              | <b>5%</b>  | <b>Vitamin C</b>      | <b>75%</b> |
| <b>Protein</b> 0.9 g   |            |                       |            | Sugars 5 g             |            | <b>Calcium</b>        | <b>2%</b>  |
|                        |            |                       |            |                        |            | <b>Iron</b>           | <b>2%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**FRUIT SALSA**

Yield: 50 portions

Portion: 2 oz

| <i>Ingredient</i>                   | <i>Amount</i>   | <i>Procedure</i>  |
|-------------------------------------|-----------------|---|
| Fresh fruit (see suggestions below) | 3 lb 12 oz (EP) | Prepare fruit as required (peel, seed, etc.). Slice or cut into 1/4-inch cubes.   |
| Red bell peppers                    | 1 lb 4 oz (EP)  | Remove stem end and seed pod from peppers. Dice bell peppers into 1/4-inch cubes. Slice Anaheim and jalapeño peppers into thin slices. Stir carefully into fruit. |
| Anaheim chili peppers               | 6 oz (EP)       |   |
| Jalapeño peppers                    | 6 oz (EP)       |   |
| Onions, red                         | 6 oz            | Dice onions into 1/4-inch cubes. Stir carefully into fruit.   |
| Red pepper flakes                   | 1 tsp           | Stir carefully into fruit mixture. Cover and chill.   |
| Lime juice, fresh                   | 1 cup           |   |
| Cilantro, fresh, chopped            | 1 oz (3/4 cup)  |   |

*Fruit suggestions*

Tropical fruit: papaya or papaya and mango

Sunburst: papaya and orange

Southwest peach: fresh peaches

Fruit and cucumber: papaya and cucumber

*Approximate nutritive values per portion***Calories 65**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV        | %DV              | %DV         |
|----------------------|-----------|----------------------|-----------|-------------------------|------------|------------------|-------------|
| <b>Total Fat</b> 0 g | <b>0%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 16 g | <b>5%</b>  | <b>Vitamin A</b> | <b>54%</b>  |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 62 mg  | <b>3%</b> | Fiber 2 g               | <b>10%</b> | <b>Vitamin C</b> | <b>410%</b> |
| <b>Protein</b> 2 g   |           |                      |           | Sugars 5 g              |            | <b>Calcium</b>   | <b>2%</b>   |
|                      |           |                      |           |                         |            | <b>Iron</b>      | <b>190%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Canned jalapeño peppers, drained and chopped, can be substituted for fresh jalapeño peppers.
- Reconstituted frozen lime juice may be substituted for fresh lime juice.

## WHITE BEAN AND TOMATO SAUCE

*Yield:* 50 portions      *Portion:* 3 oz  
*Oven:* 425°F      *Bake:* 15–20 minutes plus 15 minutes

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------|---------------|--|
| Tomatoes, diced, canned | 3 lb 12 oz    | Combine tomato, onion, garlic, and oil. Put mixture into one 12 × 20 × 4-inch pan and bake at 425°F until most of the tomato liquid evaporates and onion is tender (approximately 20 minutes). |
| Onion, chopped coarsely | 1 lb 8 oz     |  |
| Garlic, minced          | 3 oz          |  |
| Olive oil               | 1 cup         |  |
| White beans, canned     | 9 lb          | Carefully combine undrained beans (see Notes), vinegar, herbs, and spices with tomato mixture.   |
| Red wine vinegar        | 1/3 cup       |  |
| Parsley, fresh, chopped | 2 cups        | Cover and bake until heated to 165°F (approximately 15 minutes).   |
| Basil, fresh, chopped   | 1/4 cup       | Remove from oven and keep warm, above 140°F. Serve as a base under fish or poultry.  |
| Thyme, fresh, chopped   | 2 Tbsp        |  |
| Pepper, black           | 1 Tbsp        |  |
| Salt                    | 1 1/2 tsp     |  |

*Approximate nutritive values per portion*

**Calories 122**

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV       |                  | %DV        |                | %DV        |
|----------------------|-----------|----------------------|------------|-------------------------|-----------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 5 g | <b>7%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 16 g | <b>5%</b> | <b>Vitamin A</b> | <b>5%</b>  | <b>Calcium</b> | <b>5%</b>  |
| Sat. Fat 1 g         | <b>3%</b> | <b>Sodium</b> 489 mg | <b>20%</b> | Fiber 1 g               | <b>3%</b> | <b>Vitamin C</b> | <b>12%</b> | <b>Iron</b>    | <b>10%</b> |
| <b>Protein</b> 5 g   |           |                      |            | Sugars 2 g              |           |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If canned beans have a large amount of liquid, partially drain and carefully stir in reserved liquid until the desired consistency is achieved.
- Fresh tomatoes may be substituted for canned. Peel and remove seeds before coarsely chopping.
- 1/4 cup fresh cilantro may be substituted for the parsley.

**Variation**

- **Black Bean and Tomato Sauce.** Substitute canned black beans for the white beans.

## MARINARA SAUCE

Yield: 2 gal      Portion: 4 oz

| Ingredient                       | Amount                      | Procedure  |
|----------------------------------|-----------------------------|--|
| Onion, chopped                   | 1 lb                        | Sauté onion and garlic in oil until tender and golden in color.  |
| Garlic, minced                   | 8 cloves                    |  |
| Olive oil                        | $\frac{3}{4}$ cup           |  |
| Plum tomatoes, canned, undrained | 20 lb (2 $\frac{1}{2}$ gal) | Add tomatoes to onion-garlic mixture. Break tomatoes into small pieces.  |
| Parsley, fresh, chopped          | 3 oz                        | Stir in seasonings. Cover and simmer for 2 hours, stirring occasionally. Cook until sauce reaches desired consistency. |
| Basil, dried, crumbled           | 3 Tbsp                      |  |
| Salt                             | 2 Tbsp                      |  |
| Pepper, black                    | 1 $\frac{1}{2}$ tsp         |  |

### Approximate nutritive values per ounce

Calories 14

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 1 g  | 1%  | Cholest. 0 mg  | 0%  | Total Carb. 2 g | 1%  | Vitamin A | 2%  |
| Sat. Fat 0 g   | 0%  | Sodium 108 mg  | 5%  | Fiber 0.3 g     | 1%  | Vitamin C | 9%  |
| Protein 0 g    |     |                |     | Sugars 1g       |     | Calcium   | 1%  |
|                |     |                |     |                 |     | Iron      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve over pasta, meats, or poultry. Sprinkle with Parmesan cheese.
- 3 Tbsp brown sugar may be added for a sweeter sauce.
- Vegetable oil may be substituted for olive oil.
- 2 oz finely chopped sweet red bell pepper may be added along with parsley and spices.
- Diced tomatoes may be substituted for plum tomatoes. Drain some of the juice before adding or cook longer until the liquid evaporates and sauce thickens.
- To make a thicker sauce requiring less cooking time substitute 6 lb tomato puree for 6 lb tomatoes.

### Variations

- **Marinara Sauce with Olives.** Add to sauce 2 lb 8 oz sliced black olives, drained; 2 Tbsp oregano, dried, leaf; and 2 tsp red pepper flakes. Small whole olives may be substituted for sliced olives. 8 oz capers may be added.
- **Tomato Zucchini Sauce.** Follow recipe for Marinara Sauce with Olives. Add 3 lb sliced zucchini just before serving and heat to serving temperature. Serve with grated Romano or Parmesan cheese.

## ITALIAN TOMATO SAUCE

Yield: 1½ gal Portion: 4 oz

| Ingredient                    | Amount         | Procedure  |
|-------------------------------|----------------|--|
| Olive oil                     | 3 oz           | In steam-jacketed kettle or large pan, sauté onions, garlic, and peppers until onions are transparent.   |
| Onions, finely chopped        | 1 lb 6 oz (EP) |  |
| Garlic, minced                | 2 oz (EP)      |  |
| Green peppers, finely chopped | 6 oz (EP)      |  |
| Tomato juice                  | 2½ qt          | Add liquids and spices. Stir well to combine. Heat to boiling. Reduce heat and simmer for 20–30 minutes. For a thicker sauce, increase cooking time. |
| Tomato puree                  | 3 cups         |  |
| Tomato paste                  | 3½ cups        | Remove bay leaves before serving.  |
| Water                         | 2 qt           |  |
| Oregano leaves, dried         | 1 Tbsp         |  |
| Thyme leaves, dried           | 1 tsp          |  |
| Basil leaves, dried           | ¼ cup          |  |
| Red pepper, crushed           | 1 tsp          |  |
| Parsley, dried                | ¼ cup          |  |
| Bay leaves                    | 4 leaves       |  |
| Pepper, black                 | 1 Tbsp         |  |
| Salt                          | 1 oz           |  |
| Sugar, granulated (see Notes) | 2 Tbsp         |  |

### Approximate nutritive values per portion

Calories 60

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 10 g | 3%  | <b>Vitamin A</b> | 7%  | <b>Calcium</b> | 3%  |
| Sat. Fat 0.3 g       | 1%  | <b>Sodium</b> 472 mg |     | Fiber 2 g               | 9%  | <b>Vitamin C</b> | 32% | <b>Iron</b>    | 7%  |
| <b>Protein</b> 1.6 g |     |                      |     | Sugars 6 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- For a less sweet sauce, omit sugar. For a sweeter sauce, increase sugar to 3 Tbsp.
- Serve over pasta or as a base for Italian sauces with meat or shellfish.
- The names Marinara and Italian Tomato Sauce may be used interchangeably.

**SPANISH SAUCE**

Yield: 3 qt      Portion: 3 Tbsp (2 oz)

| Ingredient              | Amount     | Procedure  |
|-------------------------|------------|--|
| Onion, chopped          | 4 oz       | Sauté onion in shortening.                                     |
| Shortening              | 4 oz       |  |
| Tomatoes, canned, diced | 2 qt       | Add remaining ingredients. Simmer until vegetables are tender. |
| Celery, diced           | 1 lb       |  |
| Green pepper, chopped   | 8 oz       |  |
| Pimiento, chopped       | 6 oz       |  |
| Salt                    | 1 Tbsp     |  |
| Pepper, black           | ½ tsp      |  |
| Pepper, cayenne         | Few grains |  |

*Approximate nutritive values per ounce*

Calories 17

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV | %DV              | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 1 g | 2%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 1 g | 1%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 2%  | <b>Sodium</b> 104 mg | 4%  | Fiber 0.3 g            | 1%  | <b>Vitamin C</b> | 11% |
| <b>Protein</b> 0 g   |     |                      |     | Sugars 1 g             |     | <b>Calcium</b>   | 0%  |
|                      |     |                      |     |                        |     | <b>Iron</b>      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve with meat, fish, cheese, or Mexican entrees.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.
- 1 tsp cilantro may be added.

**HORSERADISH SAUCE**

Yield: 5 cups      Portion: 1½ Tbsp (½ oz)

| Ingredient           | Amount | Procedure                                       |
|----------------------|--------|---|
| Horseradish, drained | 8 oz   | Combine.  |
| Prepared mustard     | 2 Tbsp |   |
| Salt                 | ½ tsp  |   |
| Paprika              | ¼ tsp  |   |
| Pepper, cayenne      | ⅛ tsp  |   |
| Vinegar, cider       | ⅓ cup  |   |
| Cream, whipping      | 2 cups | Whip cream. Fold in horseradish mixture. Chill. |

*Approximate nutritive values per ounce*

Calories 54

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion         | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 5 g | 8%  | <b>Cholest.</b> 19 mg | 6%  | <b>Total Carb.</b> 1 g | 1%  | <b>Vitamin A</b> | 5%  |
| Sat. Fat 3 g         | 17% | <b>Sodium</b> 61 mg   | 3%  | Fiber 0.4 g            | 1%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 1 g   |     |                       |     | Sugars 0 g             |     | <b>Calcium</b>   | 1%  |
|                      |     |                       |     |                        |     | <b>Iron</b>      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Store for service at an internal temperature below 41°F.
  - Serve with ham or roast beef.

## COCKTAIL SAUCE

*Yield:* 2 qt      *Portion:* 2½ Tbsp (1½ oz)

| <i>Ingredient</i>      | <i>Amount</i> | <i>Procedure</i>            |
|------------------------|---------------|-----------------------------|
| Chili sauce            | 1 qt          | Mix all ingredients. Chill. |
| Catsup                 | 2 cups        |                             |
| Lemon juice            | 1 cup         |                             |
| Onion juice            | 2 Tbsp        |                             |
| Celery, finely chopped | 10 oz         |                             |
| Worcestershire sauce   | 5 tsp         |                             |
| Horseradish            | 3 oz          |                             |
| Hot pepper sauce       | Few drops     |                             |

### *Approximate nutritive values per ounce*

**Calories 26**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 6 g | <b>2%</b>  | <b>Vitamin A</b>      | <b>3%</b>  | <b>Calcium</b>        | <b>0%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 288 mg  | <b>12%</b> | Fiber 0.3 g            | <b>1%</b>  | <b>Vitamin C</b>      | <b>8%</b>  | <b>Iron</b>           | <b>1%</b>  |
| <b>Protein</b> 0 g    |            |                       |            | Sugars 3 g             |            |                       |            |                       |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Serve as a condiment for clam, crab, lobster, oyster, or shrimp.

## HORSERADISH CAPER SAUCE

*Yield:* 50 portions      *Portion:* 1 oz

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------|---------------|--|
| Nonfat sour cream     | 3 cups        | Combine all ingredients in a mixer bowl. Mix until combined. Chill quickly (within 4 hours) to below 41°F. |
| Buttermilk            | 2 cups        |  |
| Chives, minced, fresh | ¾ cup         |  |
| Capers, small         | ½ cup         |  |
| Horseradish, prepared | ⅓ cup         |  |
| Pepper, black         | ¼ tsp         |  |

### *Approximate nutritive values per portion*

**Calories 13**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 0 g  | <b>0%</b>  | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 2 g | <b>1%</b>  | <b>Vitamin A</b>      | <b>5%</b>  | <b>Calcium</b>        | <b>3%</b>  |
| Sat. Fat 0 g          | <b>0%</b>  | <b>Sodium</b> 21 mg   | <b>1%</b>  | Fiber 0 g              | <b>0%</b>  | <b>Vitamin C</b>      | <b>0%</b>  | <b>Iron</b>           | <b>0%</b>  |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 0 g             |            |                       |            |                       |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. Hold for service at a temperature below 41°F.
  - Serve with fish.

**Variation**

- **Horseradish–Dill Sauce.** Delete capers. Add ⅓ cup fresh dill weed.

**MUSTARD SAUCE (COLD)**

Yield: 3 cups

Portion: 1 Tbsp

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Sugar, granulated | 2 Tbsp        | Mix dry ingredients.  |
| Salt              | ½ tsp         |   |
| Dry mustard       | 2 tsp         |   |
| Water             | 2 Tbsp        | Add water, vinegar, and eggs to dry ingredients.<br>Cook until thick. |
| Vinegar, cider    | ¼ cup         |   |
| Eggs, beaten      | 2 (3 oz)      |   |
| Margarine         | 1 oz          | Add margarine. Stir until melted. Cool quickly to below 41°F.         |
| Cream, whipping   | 2 cups        | Whip cream and fold into cooked mixture.                              |

*Approximate nutritive values per ounce*

Calories 77

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       | %DV              | %DV       |
|----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 7 g | <b>12%</b> | <b>Cholest.</b> 37 mg | <b>12%</b> | <b>Total Carb.</b> 2 g | <b>1%</b> | <b>Vitamin A</b> | <b>7%</b> |
| Sat. Fat 4 g         | <b>21%</b> | <b>Sodium</b> 72 mg   | <b>3%</b>  | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b> |
| <b>Protein</b> 1 g   |            |                       |            | Sugars 2 g             |           | <b>Calcium</b>   | <b>1%</b> |
|                      |            |                       |            |                        |           | <b>Iron</b>      | <b>0%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store for service at an internal temperature below 41°F.
- Serve cold with ham, pork, or beef roast.

**Variation**

- **Hot Chinese Mustard.** Combine 8 oz dry mustard, ⅓ cup salad oil, and 1 oz (1½ Tbsp) salt. Add 2 cups boiling water. Stir until smooth. Serve with egg rolls.

## MUSTARD SAUCE (HOT)

Yield: 2 qt Portion: 2 Tbsp (1 oz)

| Ingredient          | Amount  | Procedure  |
|---------------------|---------|--|
| Beef Stock (p. 599) | 2 qt    | Heat stock to boiling point.                               |
| Cornstarch          | 5 oz    | Blend dry ingredients with cold water.                     |
| Sugar, granulated   | 2 Tbsp  | Add gradually to hot stock. Cook and stir until thickened. |
| Salt                | 2 tsp   |  |
| Pepper, white       | 1/2 tsp |  |
| Water, cold         | 1/2 cup |  |
| Prepared mustard    | 2 oz    | Add remaining ingredients.                                 |
| Horseradish         | 4 oz    | Stir until blended.  |
| Vinegar, cider      | 2 Tbsp  |  |
| Margarine           | 1 oz    |  |

### Approximate nutritive values per ounce

Calories 14

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 2 g | 1%  | Vitamin A | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 155 mg  | 6%  | Fiber 0 g       | 0%  | Vitamin C | 0%  |
| Protein 0 g    |     |                |     | Sugars 0 g      |     | Calcium   | 0%  |
|                |     |                |     |                 |     | Iron      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Serve hot with fresh or cured ham or fish.

## SWEET-SOUR SAUCE

Yield: 1 1/4 qt Portion: 1 1/2 Tbsp

| Ingredient        | Amount     | Procedure  |
|-------------------|------------|--|
| Sugar, granulated | 10 oz      | Combine sugar and cornstarch in kettle.  |
| Cornstarch        | 1/4 cup    |  |
| Vinegar, cider    | 1 cup      | Add vinegar, water, and soy sauce to dry ingredients and stir until smooth.  |
| Water             | 2 1/2 cups |  |
| Soy sauce         | 1/4 cup    |  |
| Catsup            | 3/4 cup    | Stir catsup into mixture in kettle. Cook until translucent, stirring constantly. Serve as a condiment with egg rolls or chicken nuggets. |

### Approximate nutritive values per ounce

Calories 24

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 7 g | 2%  | Vitamin A | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 106 mg  | 4%  | Fiber 0 g       | 0%  | Vitamin C | 0%  |
| Protein 0 g    |     |                |     | Sugars 5 g      |     | Calcium   | 0%  |
|                |     |                |     |                 |     | Iron      | 0%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**RAISIN SAUCE**

Yield: 1½ qt      Portion: 2 Tbsp

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------|---------------|--|
| Raisins, seedless            | 1 lb          | Steam raisins or simmer in small amount of water for 3–5 minutes.  |
| Sugar, granulated            | 4 oz          | Mix sugar and water, and heat to boiling point.  |
| Water                        | 2 cups        |  |
| Currant jelly                | 1 lb          | Add cooked raisins, currant jelly, and remaining ingredients. Simmer 5 minutes or until jelly is melted. |
| Vinegar, cider               | ⅓ cup         |  |
| Margarine                    | 2 oz          |  |
| Worcestershire sauce         | 1 Tbsp        |  |
| Salt                         | 1 tsp         |  |
| Pepper, white                | ¼ tsp         |  |
| Cloves, ground               | ½ tsp         |  |
| Mace                         | ⅛ tsp         |  |
| Red food coloring (optional) | Few drops     |  |

*Approximate nutritive values per ounce*

Calories 66

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       | %DV              | %DV       |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 1 g | <b>1%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 15 g | <b>5%</b> | <b>Vitamin A</b> | <b>0%</b> |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 56 mg  | <b>2%</b> | Fiber 0.4 g             | <b>1%</b> | <b>Vitamin C</b> | <b>2%</b> |
| <b>Protein</b> 0 g   |           |                      |           | Sugars 12 g             |           | <b>Calcium</b>   | <b>0%</b> |
|                      |           |                      |           |                         |           | <b>Iron</b>      | <b>1%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Serve with baked ham.**CUCUMBER SAUCE**

Yield: 3 cups      Portion: 1 Tbsp (½ oz)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Cucumbers         | 1 lb          | Peel cucumbers; remove seeds. Grate or chop finely.       |
| Sour cream        | 1 cup         | Combine remaining ingredients and add to cucumber. Chill. |
| Onion, grated     | 1 Tbsp        |   |
| Vinegar, cider    | 1 Tbsp        |   |
| Lemon juice       | 1½ Tbsp       |   |
| Salt              | ½ tsp         |   |
| Pepper, cayenne   | Few grains    |   |

*Approximate nutritive values per ounce*

Calories 23

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion         | %DV       | %DV              | %DV       |
|----------------------|-----------|----------------------|-----------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 2 g | <b>3%</b> | <b>Cholest.</b> 4 mg | <b>1%</b> | <b>Total Carb.</b> 0 g | <b>0%</b> | <b>Vitamin A</b> | <b>2%</b> |
| Sat. Fat 1 g         | <b>6%</b> | <b>Sodium</b> 50 mg  | <b>2%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>2%</b> |
| <b>Protein</b> 0 g   |           |                      |           | Sugars 0 g             |           | <b>Calcium</b>   | <b>1%</b> |
|                      |           |                      |           |                        |           | <b>Iron</b>      | <b>0%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes** • Potentially hazardous food. Store for service at an internal temperature below 41°F.  
• Serve with fish.

**TARTAR SAUCE**Yield: 1<sup>3</sup>/<sub>4</sub> qt      Portion: 2 Tbsp (1 oz)

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>     |
|---------------------------|---------------|----------------------|
| Mayonnaise                | 1 qt          | Mix all ingredients. |
| Pickle relish             | 6 oz          |                      |
| Green pepper,<br>chopped  | 1/4 cup       |                      |
| Parsley, chopped          | 1/4 cup       |                      |
| Green olives,<br>chopped  | 6 oz          |                      |
| Onion, minced             | 1 Tbsp        |                      |
| Pimiento, chopped         | 2 oz          |                      |
| Vinegar or lemon<br>juice | 1/2 cup       |                      |
| Worcestershire sauce      | Few drops     |                      |
| Hot pepper sauce          | Few drops     |                      |

*Approximate nutritive values per ounce***Calories 135**

| Amount/portion        | %DV        | Amount/portion        | %DV       | Amount/portion         | %DV       | %DV              | %DV       |
|-----------------------|------------|-----------------------|-----------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 15 g | <b>22%</b> | <b>Cholest.</b> 10 mg | <b>3%</b> | <b>Total Carb.</b> 2 g | <b>1%</b> | <b>Vitamin A</b> | <b>2%</b> |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 198 mg  | <b>8%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>4%</b> |
| <b>Protein</b> 0 g    |            |                       |           | Sugars 0 g             |           | <b>Calcium</b>   | <b>0%</b> |
|                       |            |                       |           |                        |           | <b>Iron</b>      | <b>1%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Serve with fish.

**HOLLANDAISE SAUCE**

Yield: 12 portions      Portion: 1½ Tbsp (¾ oz)

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------|---------------|--|
| Butter                | 2 oz          | Place butter, lemon juice, and egg yolks over hot (not boiling) water.<br>Cook slowly, beating constantly.           |
| Lemon juice           | 1½ Tbsp       |  |
| Egg yolks (see Notes) | 3 (2 oz)      |  |
| Butter                | 2 oz          | When first portion of butter is melted, add second portion and beat until mixture thickens.                          |
| Butter                | 2 oz          | Add third portion of butter and seasonings.<br>Beat until thickened.<br>Serve immediately. Discard any unused sauce. |
| Salt                  | Few grains    |  |
| Pepper, cayenne       | Few grains    |  |

*Approximate nutritive values per ounce*

Calories 176

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion         | %DV       |                  | %DV        |                | %DV       |
|-----------------------|------------|------------------------|------------|------------------------|-----------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 19 g | <b>30%</b> | <b>Cholest.</b> 127 mg | <b>42%</b> | <b>Total Carb.</b> 0 g | <b>0%</b> | <b>Vitamin A</b> | <b>28%</b> | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 11 g         | <b>57%</b> | <b>Sodium</b> 180 mg   | <b>8%</b>  | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b>  | <b>Iron</b>    | <b>1%</b> |
| <b>Protein</b> 1 g    |            |                        |            | Sugars 0 g             |           |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food.
- Serve with fish or green vegetables such as asparagus or broccoli.
- If sauce tends to curdle, add hot water, a teaspoon at a time, stirring vigorously.
- For safety and quality reasons, it is recommended that this sauce be made only in small quantity.
- Pasteurized eggs are recommended.

**MOCK HOLLANDAISE SAUCE**

Yield: 2 qt      Portion: 2½ Tbsp (1½ oz)

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>  |
|------------------------------------|---------------|---|
| Butter or margarine                | 6 oz          | Melt butter. Add flour and stir until smooth.<br>Cook 3–5 minutes.                              |
| Flour, all-purpose                 | 3 oz          |   |
| Milk                               | 1½ qt         | Add milk gradually, stirring constantly with wire whip.<br>Cook until smooth and thickened.     |
| Salt                               | 1 tsp         | Add seasonings.   |
| Pepper, white                      | ½ tsp         |   |
| Pepper, cayenne                    | Few grains    |   |
| Egg yolks, unbeaten<br>(see Notes) | 12 (8 oz)     | Add a little egg yolk at a time, a little butter, and a little lemon juice until all are added. |
| Butter, cut in pieces              | 1 lb          | Beat well.  |
| Lemon juice                        | ½ cup         | Serve immediately. Discard any unused sauce.  |

*Approximate nutritive values per ounce*
**Calories 82**

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       |                  | %DV        |                | %DV       |
|----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|------------|----------------|-----------|
| <b>Total Fat</b> 8 g | <b>12%</b> | <b>Cholest.</b> 51 mg | <b>17%</b> | <b>Total Carb.</b> 2 g | <b>1%</b> | <b>Vitamin A</b> | <b>11%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 4 g         | <b>19%</b> | <b>Sodium</b> 104 mg  | <b>4%</b>  | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b>  | <b>Iron</b>    | <b>0%</b> |
| <b>Protein</b> 1 g   |            |                       |            | Sugars 1 g             |           |                  |            |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food.
  - Pasteurized eggs are recommended.

**MEUNIÈRE SAUCE**
*Yield:* 3 cups

| <i>Ingredient</i>    | <i>Amount</i> | <i>Procedure</i>   |
|----------------------|---------------|--|
| Margarine            | 1 lb 4 oz     | Heat margarine until lightly browned.  |
| Onion, minced        | 2 oz          | Add onion and brown slightly.  |
| Lemon juice          | ½ cup         | Add juice and seasonings.  |
| Worcestershire sauce | 1 Tbsp        | Serve hot over broccoli, brussels sprouts, green beans, spinach, or cabbage. |
| Lemon peel, grated   | 1 Tbsp        |  |
| Salt                 | 1 tsp         |  |

*Approximate nutritive values per ounce*
**Calories 180**

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion         | %DV       |                  | %DV       |                | %DV       |
|-----------------------|------------|----------------------|------------|------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 20 g | <b>31%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 0 g | <b>0%</b> | <b>Vitamin A</b> | <b>7%</b> | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 4 g          | <b>20%</b> | <b>Sodium</b> 333 mg | <b>14%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>5%</b> | <b>Iron</b>    | <b>0%</b> |
| <b>Protein</b> 0 g    |            |                      |            | Sugars 0 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- 3 oz toasted sliced almonds may be sprinkled over top of vegetable.

**HOT BACON SAUCE**

Yield: 2½ qt

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>                                    |
|--------------------|---------------|---|
| Bacon              | 1 lb          | Dice bacon. Fry until crisp.                        |
| Flour, all-purpose | 4 oz          | Add flour and stir until smooth.                    |
| Sugar, granulated  | 1 lb 4 oz     | Mix sugar, salt, vinegar, and water. Boil 1 minute. |
| Salt               | ¼ cup         | Add to fat-flour mixture gradually while stirring.  |
| Vinegar, cider     | 3 cups        | Cook until slightly thickened.                      |
| Water              | 3 cups        |   |

*Approximate nutritive values per ounce*

Calories 65

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 5 mg | 2%  | <b>Total Carb.</b> 9 g | 3%  | <b>Vitamin A</b> | 0%  | <b>Calcium</b> | 0%  |
| Sat. Fat 1 g         | 5%  | <b>Sodium</b> 411 mg | 17% | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 3%  | <b>Iron</b>    | 1%  |
| <b>Protein</b> 2 g   |     |                      |     | Sugars 7 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Use to wilt lettuce or spinach; or with hot potato salad or shredded cabbage.

**DRAWN BUTTER SAUCE**

Yield: 2 qt Portion: 3 Tbsp (1½ oz)

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>  |
|-------------------------|---------------|---|
| Butter                  | 2 oz          | Melt butter. Add flour and blend.   |
| Flour, all-purpose      | 4 oz          |   |
| Water, hot              | 2 qt          | Gradually add hot water, while stirring with wire whip. Cook 5 minutes until thickened. |
| Salt                    | 1 tsp         | When ready to serve, add salt and butter. Beat until blended.                           |
| Butter, cut into pieces | 6 oz          |   |

*Approximate nutritive values per ounce*

Calories 29

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 7 mg | 2%  | <b>Total Carb.</b> 1 g | 1%  | <b>Vitamin A</b> | 2%  | <b>Calcium</b> | 0%  |
| Sat. Fat 2 g         | 8%  | <b>Sodium</b> 58 mg  | 2%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 0%  | <b>Iron</b>    | 0%  |
| <b>Protein</b> 0 g   |     |                      |     | Sugars 0 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Serve with green vegetables, fried or broiled fish, or egg dishes.

- Variations**
- **Almond Butter Sauce.** Add ¼ cup lemon juice and 6 oz toasted slivered almonds just before serving.
  - **Lemon Butter Sauce.** Add 1 Tbsp grated lemon peel and ¼ cup lemon juice just before serving. Serve with fish, new potatoes, broccoli, or asparagus.
  - **Maitre d'Hôtel Sauce.** Add ¼ cup lemon juice, ¼ cup chopped parsley, and 6 oz pasteurized egg yolks, well beaten.
  - **Parsley Butter Sauce.** Add 1½ cups minced parsley just before serving. Serve with fish, potatoes, or other vegetables.

## DESSERT SAUCE RECIPES

### BUTTERSCOTCH SAUCE

Yield: 1¼ qt      Portion: 1½ Tbsp (1 oz)

| Ingredient        | Amount  | Procedure   |
|-------------------|---------|---|
| Sugar, brown      | 1 lb    | Combine and cook to soft-ball stage (240°F).<br>Remove from heat. |
| Corn syrup, light | 1⅓ cups |   |
| Water             | ⅔ cup   |   |
| Margarine         | 6 oz    | Add margarine and marshmallows.                                   |
| Marshmallows      | 2 oz    | Stir until melted. Cool.  |
| Evaporated milk   | 1⅓ cups | When cool, add milk.  |

#### Approximate nutritive values per ounce

Calories 97

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 2 mg | 1%  | <b>Total Carb.</b> 17 g | 6%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 50 mg  | 2%  | Fiber 0 g               | 0%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 5 g              |     | <b>Calcium</b>   | 3%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 3%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### CARAMEL SAUCE

Yield: 2 qt      Portion: 2½ Tbsp (1½ oz)

| Ingredient         | Amount | Procedure   |
|--------------------|--------|---|
| Sugar, brown       | 1 lb   | Mix sugars and flour. Stir in water.<br>Boil until thickened. |
| Sugar, granulated  | 1 lb   |   |
| Flour, all-purpose | 2 oz   |   |
| Water              | 1 qt   |   |
| Margarine          | 8 oz   | Stir in margarine and vanilla.                                |
| Vanilla            | 1 Tbsp |   |

#### Approximate nutritive values per ounce

Calories 82

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 15 g | 5%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 36 mg  | 2%  | Fiber 0 g               | 0%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 0 g   |     |                      |     | Sugars 7 g              |     | <b>Calcium</b>   | 0%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Serve warm or cold over ice cream or apple desserts.

**CHOCOLATE SAUCE**

Yield: 1½ qt      Portion: 2 Tbsp (1 oz)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Sugar, granulated | 12 oz         | Mix dry ingredients.  |
| Cornstarch        | 2 oz          |   |
| Salt              | 1 tsp         |   |
| Cocoa             | 3 oz          |   |
| Water, cold       | 1 cup         | Add cold water gradually to form a smooth paste.  |
| Water, boiling    | 3½ cups       | Add boiling water slowly while stirring. Boil for 5 minutes or until thickened. Remove from heat. |
| Margarine         | 6 oz          | Add margarine and vanilla. Stir to blend.   |
| Vanilla           | 1 tsp         |   |

*Approximate nutritive values per ounce*

Calories 59

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion   | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 9 g | 3%  | <b>Vitamin A</b> | 1%  |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 77 mg  | 3%  | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 0 g   |     |                      |     | Sugars 7 g             |     | <b>Calcium</b>   | 0%  |
|                      |     |                      |     |                        |     | <b>Iron</b>      | 3%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Serve warm or cold on puddings, cake, cream puffs, or ice cream.

**HOT FUDGE SAUCE**

Yield: 1½ qt      Portion: 2 Tbsp (1 oz)

| <i>Ingredient</i>                        | <i>Amount</i> | <i>Procedure</i>  |
|--|---------------|---|
| Margarine, soft                          | 8 oz          | Combine margarine, sugar, and milk over hot water. Stir and cook slowly for 30 minutes. |
| Sugar, powdered                          | 1 lb 8 oz     |   |
| Evaporated milk                          | 1 13-oz can   |   |
| Unsweetened chocolate, chipped or melted | 8 oz          | Add chocolate and stir until blended.   |

*Approximate nutritive values per ounce*

Calories 133

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 8 g | 12% | <b>Cholest.</b> 2 mg | 1%  | <b>Total Carb.</b> 18 g | 6%  | <b>Vitamin A</b> | 2%  |
| Sat. Fat 2 g         | 11% | <b>Sodium</b> 58 mg  | 2%  | Fiber 0.3 g             | 1%  | <b>Vitamin C</b> | 0%  |
| <b>Protein</b> 1 g   |     |                      |     | Sugars 15 g             |     | <b>Calcium</b>   | 2%  |
|                      |     |                      |     |                         |     | <b>Iron</b>      | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes** • Serve hot over ice cream.  
 • This sauce may be stored in the refrigerator. Heat over hot water before serving. If too thick or grainy, add evaporated milk before heating.

**CUSTARD SAUCE**Yield: 1 gal      Portion:  $\frac{1}{3}$  cup (2 $\frac{1}{2}$  oz)

| <i>Ingredient</i> | <i>Amount</i>     | <i>Procedure</i>   |
|-------------------|-------------------|--|
| Sugar, granulated | 14 oz             | Mix dry ingredients.   |
| Cornstarch        | 2 oz              |  |
| Salt              | $\frac{1}{2}$ tsp |  |
| Milk, cold        | 2 cups            | Add cold milk and mix until smooth.  |
| Milk, hot         | 3 qt              | Add cold mixture to hot milk gradually while stirring.                             |
| Egg yolks, beaten | 10 (6 oz)         | Stir in egg yolks gradually. Cook over hot water until thickened, about 5 minutes. |
| Vanilla           | 2 Tbsp            | Remove from heat and add vanilla. Cool.  |

*Approximate nutritive values per ounce*

Calories 35

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|---------|-----|
| Total Fat 1 g  | 2%  | Cholest. 21 mg | 7%  | Total Carb. 5 g | 2%  | Vitamin A | 3%  | Calcium | 3%  |
| Sat. Fat 1 g   | 3%  | Sodium 22 mg   | 1%  | Fiber 0 g       | 0%  | Vitamin C | 0%  | Iron    | 0%  |
| Protein 1 g    |     |                |     | Sugars 4 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. Store at an internal temperature below 41°F. Keep leftover product below 41°F. See p. 44 for cooling procedures.
- Serve over cake-type puddings.

**FLUFFY ORANGE SAUCE**Yield: 3 qt      Portion: 3 Tbsp (1 $\frac{1}{2}$  oz)

| <i>Ingredient</i>   | <i>Amount</i>        | <i>Procedure</i>  |
|---------------------|----------------------|---|
| Margarine           | 1 lb 5 oz            | Melt margarine. Gradually add sugar.                                      |
| Sugar, powdered     | 2 lb 2 oz            | Beat with wire whip until it resembles whipped cream.                     |
| Eggs, beaten        | 10 (1 lb 2 oz)       | Add eggs slowly, beating constantly.                                      |
| Orange juice        | 1 $\frac{3}{4}$ cup  | Slowly blend in orange juice and peel. Heat 10–15 minutes.<br>Beat again. |
| Orange peel, grated | 1 $\frac{1}{2}$ Tbsp |   |

*Approximate nutritive values per ounce*

Calories 109

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 6 g  | 10% | Cholest. 27 mg | 9%  | Total Carb. 12 g | 4%  | Vitamin A | 3%  | Calcium | 0%  |
| Sat. Fat 1 g   | 7%  | Sodium 77 mg   | 3%  | Fiber 0 g        | 0%  | Vitamin C | 3%  | Iron    | 0%  |
| Protein 1 g    |     |                |     | Sugars 12 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**LEMON SAUCE**

Yield: 3 qt      Portion: 3 Tbsp (2 oz)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>                     |
|-------------------|---------------|--------------------------------------|
| Sugar, granulated | 2 lb          | Mix dry ingredients.                 |
| Cornstarch        | 3 oz          |                                      |
| Salt              | ½ tsp         |                                      |
| Water, boiling    | 2 qt          | Add boiling water. Cook until clear. |
| Lemon juice       | ⅔ cup         | Add lemon juice and margarine.       |
| Margarine         | 1 oz (2 Tbsp) |                                      |

*Approximate nutritive values per ounce*

Calories 48

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 12 g | 4%  | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 17 mg   | 1%  | Fiber 0 g        | 0%  | Vitamin C | 0%  | Iron    | 0%  |
| Protein 0 g    |     |                |     | Sugars 10 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note** • Serve hot with Christmas Pudding (p. 256), Bread Pudding (p. 254), or Rice Custard (p. 254).
- Variations** • **Nutmeg Sauce.** Omit lemon juice. Add 1 tsp nutmeg. Increase margarine to 4 oz.
- **Orange Sauce.** Substitute orange juice for lemon juice. Add 1 tsp freshly grated orange peel.
- **Vanilla Sauce.** Omit lemon juice and reduce sugar to 1 lb 4 oz. Add 2 Tbsp vanilla.

**HARD SAUCE**

Yield: 3⅓ cups      Portion: 1 Tbsp (½ oz)

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>                                     |
|-------------------|---------------|--|
| Butter            | 8 oz          | Cream butter on medium speed until soft and fluffy.  |
| Water, boiling    | 2 Tbsp        | Add water and continue to cream until very light.    |
| Sugar, powdered   | 1 lb 3 oz     | Add sugar gradually. Continue creaming.              |
| Lemon juice       | ½ tsp         | Add lemon juice.<br>Place in refrigerator to harden. |

*Approximate nutritive values per ounce*

Calories 143

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 7 g  | 11% | Cholest. 19 mg | 6%  | Total Carb. 21 g | 7%  | Vitamin A | 6%  | Calcium | 0%  |
| Sat. Fat 4 g   | 22% | Sodium 73 mg   | 3%  | Fiber 0 g        | 0%  | Vitamin C | 0%  | Iron    | 0%  |
| Protein 0 g    |     |                |     | Sugars 19 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note** • Serve with Christmas Pudding (p. 256), Baked Apples (p. 260), or Peach Cobbler (p. 263).
- Variations** • **Cherry Hard Sauce.** Add ½ cup chopped maraschino cherries.
- **Strawberry Hard Sauce.** Omit lemon juice and water. Add ¾ cup fresh or frozen strawberries, chopped.

**BROWN SUGAR HARD SAUCE**

Yield: 1 qt      Portion: 1 Tbsp (½ oz)

| <i>Ingredient</i>  | <i>Amount</i> | <i>Procedure</i>                            |
|--------------------|---------------|---|
| Butter             | 12 oz         | Cream butter on medium speed until light.   |
| Sugar, light brown | 1 lb 4 oz     | Add sugar gradually while creaming.         |
| Vanilla            | 2 tsp         | Add vanilla.<br>Cream until fluffy.         |
| Cream, whipping    | ¾ cup         | Whip cream. Fold into sugar mixture. Chill. |

*Approximate nutritive values per ounce*

Calories 160

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 10 g | <b>16%</b> | <b>Cholest.</b> 30 mg | <b>10%</b> | <b>Total Carb.</b> 18 g | <b>6%</b> | <b>Vitamin A</b> | <b>9%</b> | <b>Calcium</b> | <b>2%</b> |
| Sat. Fat 6 g          | <b>32%</b> | <b>Sodium</b> 97 mg   | <b>4%</b>  | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>1%</b> |
| <b>Protein</b> 0 g    |            |                       |            | Sugars 0 g              |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Serve with Christmas Pudding (p. 256).**PEANUT BUTTER SAUCE**

Yield: 2 qt      Portion: 2½ Tbsp (1½ oz)

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>                                       |
|----------------------------|---------------|--|
| Sugar, granulated          | 12 oz         | Combine sugar, syrup, and water.                       |
| Corn syrup, light          | 1⅓ cups       | Cook to 228°F and turn off heat or remove from burner. |
| Water, hot                 | ¾ cup         |  |
| Margarine                  | 6 oz          | Add margarine and marshmallows.                        |
| Marshmallows,<br>miniature | 3 oz          | Stir until melted. Cool.<br>Place in mixer bowl.       |
| Evaporated milk            | 12 oz         | Add milk and peanut butter.                            |
| Peanut butter              | 8 oz          | Beat until well blended.<br>Refrigerate.               |

*Approximate nutritive values per ounce*

Calories 109

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion          | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|----------------------|-----------|-------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 5 g | <b>8%</b> | <b>Cholest.</b> 2 mg | <b>1%</b> | <b>Total Carb.</b> 15 g | <b>5%</b> | <b>Vitamin A</b> | <b>1%</b> | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 1 g         | <b>6%</b> | <b>Sodium</b> 59 mg  | <b>2%</b> | Fiber 0.3 g             | <b>1%</b> | <b>Vitamin C</b> | <b>0%</b> | <b>Iron</b>    | <b>0%</b> |
| <b>Protein</b> 2 g   |           |                      |           | Sugars 13 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Serve over ice cream.

## RASPBERRY SAUCE

Yield: 3 qt Portion: 3 Tbsp (2 oz)

| Ingredient              | Amount    | Procedure  |
|-------------------------|-----------|--|
| Red raspberries, frozen | 5 lb      | Defrost berries. Do not drain.                                     |
| Sugar, granulated       | 2 oz      | Combine sugar and cornstarch and add to berries. Cook until clear. |
| Cornstarch              | 1 oz      |  |
| Currant jelly           | 1 lb 8 oz | Add jelly. Stir until melted. Cool.                                |

### Approximate nutritive values per ounce

Calories 47

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 12 g | 4%  | Vitamin A | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 0 mg    | 0%  | Fiber 1 g        | 4%  | Vitamin C | 7%  |
| Protein 0 g    |     |                |     | Sugars 9 g       |     | Calcium   | 0%  |
|                |     |                |     |                  |     | Iron      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Serve over vanilla ice cream or raspberry, lemon, or lime sherbet.
  - Raspberries may be strained before thickening.

- Variations**
- **Fresh Strawberry Sauce.** Substitute 5 lb fresh strawberries, cleaned and hulled, for raspberries. Mash berries, add 2½ cups water, and strain to remove seeds. Combine 1¼ cups sugar and ⅓ cup cornstarch with juice. Heat to boiling, stirring constantly. Cook until thickened and clear. Chill. Serve over ice cream or other desserts.
  - **Peach Melba.** Pour 3 Tbsp Raspberry Sauce over a scoop of vanilla ice cream placed in the center of a canned, fresh, or frozen peach half.

## BROWN SUGAR SYRUP

Yield: 2 gal

| Ingredient        | Amount    | Procedure  |
|-------------------|-----------|--|
| Sugar, brown      | 5 lb      | Combine all ingredients. Stir and heat until sugar is dissolved. |
| Sugar, granulated | 5 lb 8 oz |  |
| Corn syrup        | 1 cup     |  |
| Water             | 2½ qt     |  |
| Margarine         | 4 oz      |  |

### Approximate nutritive values per ounce

Calories 80

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 20 g | 7%  | Vitamin A | 0%  |
| Sat. Fat 0 g   | 0%  | Sodium 9 mg    | 1%  | Fiber 0 g        | 0%  | Vitamin C | 0%  |
| Protein 0 g    |     |                |     | Sugars 10 g      |     | Calcium   | 0%  |
|                |     |                |     |                  |     | Iron      | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Serve warm or cold on pancakes, fritters, or waffles.
  - ½ tsp maple flavoring may be added.

- Variation**
- **Blueberry Syrup.** Combine 1½ qt water, 12 oz granulated sugar, 1 tsp salt, and ⅓ cup lemon juice. Heat to boiling. Mix 4 oz waxy maize starch and 1½ cups cold water to make a paste. Add slowly to sugar mixture, stirring constantly. Cook until thickened and clear. Fold in 3 lb 8 oz individually quick frozen (IQF) blueberries. Serve warm over pancakes, French toast, or ice cream.

## MARINADE, RUB, AND SEASONING RECIPES

### COMPOUND BUTTERS

*Yield:* 2 lb

| <i>Ingredient</i>          | <i>Amount</i>  | <i>Procedure</i>   |
|----------------------------|----------------|--|
| Butter, unsalted, softened | 2 lb           | Mix flavoring with softened butter. Form into $\frac{3}{4}$ -inch-diameter logs or cube.   |
| Flavoring                  | See Variations | Refrigerate until firm enough to slice. Use for meats, pasta, rice, vegetables, and breads. A $\frac{1}{4}$ -inch slice equals 1 tsp; a $\frac{3}{4}$ -inch slice equals 1 Tbsp. |

#### Note

- Compound butter may be tightly wrapped in foil and frozen. Freeze for no more than 1 month.

#### Variations

- **Basil Butter.** Add 4 cups fresh basil leaves; 3 cloves garlic, minced; and  $\frac{1}{4}$  cup lemon juice.
- **Dill Butter.** Add 2 cups minced dill or  $\frac{1}{2}$  cup dried dill weed and  $\frac{1}{4}$  cup lemon juice. Use on potatoes and other cooked vegetables, rice, and fish.
- **Garlic Butter.** Add 16 cloves garlic, crushed. Use on potatoes and other cooked vegetables, pasta, and pasta sauce.
- **Herb Butter.** Add 1 cup finely chopped chives, 1 cup finely chopped fresh parsley,  $\frac{1}{4}$  cup fresh tarragon, and 1 tsp lemon juice.
- **Lemon Butter.** Add 1 cup lemon juice, 2 tsp lemon zest, and  $\frac{1}{4}$  cup Dijon-style mustard (optional).
- **Mustard Butter.** Add 10 oz minced scallions, 8 oz whole grain mustard, 1 oz chopped fresh parsley,  $\frac{1}{4}$  cup lemon juice, and  $\frac{1}{2}$  tsp ground red pepper.
- **Parsley Butter.** Add 2 cups finely chopped fresh parsley. Use on potatoes and other vegetables, rice, fish, soups, and sauces.
- **Parsley Lemon Butter.** Add 2 cups finely chopped fresh parsley and  $\frac{3}{4}$  cup fresh lemon juice.
- **Red Pepper Butter.** Add 1 cup sweet red pepper, finely chopped; 1 cup yellow onion, finely chopped; and 8 cloves garlic, finely minced.

## HERB BUTTER SEASONING

*Yield:* 1 qt

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------------|---------------|--|
| Butter                          | 2 lb          | Place butter in mixer bowl. Let stand at room temperature until soft enough to mix.  |
| Lemon juice                     | 2 tsp         | Add lemon juice and seasonings to butter. Mix on low speed, using flat beater, until all ingredients are mixed thoroughly. |
| Seasonings                      | See next step |  |
| For vegetables:                 |               |  |
| Basil leaves, dried, crushed    | 1 Tbsp        |  |
| Marjoram, ground                | 2 tsp         |  |
| Savory leaves, dried, crushed   | 1 Tbsp        |  |
| For meats:                      |               |  |
| Marjoram, ground                | 2 tsp         |  |
| Dry mustard                     | 4 tsp         |  |
| Tarragon leaves, dried, crushed | 1 Tbsp        |  |
| Rosemary leaves, dried, crushed | 1 Tbsp        |  |

### Notes

- Other spices and herbs may be substituted for those listed in the recipe. See Appendix B for use of herbs and spices in cooking.
- White, cider, or wine vinegar may be substituted for part or all of the lemon juice.
- Unsalted butter may be substituted for salted butter.

### Variations

- **Curry Butter.** Omit seasonings. Add 1 Tbsp curry powder.
- **Dill Butter.** Omit seasonings. Add 1 Tbsp dill weed.
- **Lemon Butter.** Omit seasonings. Increase lemon juice to 1 cup and add 3 Tbsp freshly grated lemon peel.
- **Onion Butter.** Omit seasonings and lemon juice. Blend in 2 oz onion soup mix.
- **Tarragon Butter.** Omit seasonings. Add 4 Tbsp tarragon leaves.

## LEMON HERB SEASONING

*Yield:* approximately 2 cups

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>  |
|-------------------------|---------------|---|
| Lemons                  | 8             | Finely shred lemon peel. Spread on baking pan. Dry in 300°F oven for about 10 minutes. Stir occasionally. Cool. |
| Basil, dried, leaves    | 5 Tbsp        | Crush herbs. Mix with dry lemon peel. Store in airtight container.  |
| Marjoram, dried, leaves | 5 Tbsp        |   |
| Sage, dried, leaves     | 2 Tbsp        |   |
| Savory, dried, leaves   | 5 Tbsp        |   |
| Parsley, dried, leaves  | 3 Tbsp        |   |
| Thyme, dried, leaves    | 5 Tbsp        |   |

- Notes**
- Use sparingly to season soups, stews, meats, fish, poultry, and vegetables.
  - To substitute fresh herbs for dried herbs, use three times more fresh than dried. If using ground herbs, use only one-fourth as much as dried.
  - Variation in flavor may be made by using different combinations of herbs. The following herbs may be substituted for those in the recipe: celery flakes, cilantro, dill weed, oregano, rosemary, or tarragon.

## SEASONED SALT

*Yield:* approximately 2 cups

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>                         |
|-------------------|---------------|--|
| Salt              | 1 lb          | Mix all ingredients together thoroughly. |
| Celery salt       | 2 oz          | Store covered.                           |
| Onion powder      | 2 oz          |  |
| Garlic powder     | 1 oz          |  |
| Paprika           | 1 Tbsp        |  |
| Chili powder      | 4 Tbsp        |  |

- Note**
- Can be used to season meats, salads, or vegetables.

**TOASTED SPICE BLEND**

Yield: 1 cup

Oven: 375°F

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>  |
|-------------------|---------------|---|
| Allspice, ground  | 1 Tbsp        | Combine spices. Spread in a thin, even layer in a dry skillet or baking pan.                                  |
| Cardamom, ground  | 2 tsp         |   |
| Cinnamon, ground  | 1 Tbsp        | Cook over medium heat (375°F oven) for approximately 1–2 minutes, until fragrant and just beginning to smoke. |
| Cumin, ground     | 2 Tbsp        |   |
| Ginger, ground    | 4 Tbsp        | Shake the pan throughout cooking to prevent burning. Cool.  |
| Mace, ground      | 1 tsp         |   |
| Dry mustard       | 2 Tbsp        | Store in airtight container for up to 2 weeks.  |
| Pepper, coarse    | 1 Tbsp        |   |
| ground, black     |               |   |
| Pepper, cayenne   | 2 Tbsp        |   |
| Tumeric, ground   | 2 Tbsp        |   |

- Notes**
- Use sparingly to season soups, stews, and meats. The flavor profile complements Moroccan and African dishes.
  - Spice flavors intensify when toasted.
  - Other spices may be toasted. Follow procedure as for Toasted Spice Blend.
  - When toasting seeds, cover loosely with a lid to prevent seeds from popping out of the pan. Increase cooking time to 2–3 minutes, or until seeds begin to pop and are fragrant.
  - When toasting nuts, heat until the nuts begin to darken in color, 3–4 minutes.

**CAJUN SEASONING**

Yield: approximately 1½ cups

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>                                |
|-------------------|---------------|---|
| Paprika           | 2 oz          | Combine spices and store in airtight container. |
| Garlic powder     | 2 oz          |   |
| Onion powder      | 1 oz          |   |
| Marjoram, dried   | 4 Tbsp        |   |
| Thyme, dried      | 4 Tbsp        |   |
| Pepper, cayenne   | 3 Tbsp        |   |
| Pepper, black     | 4 Tbsp        |   |
| Salt              | 4 Tbsp        |   |

- Note**
- Use to season poultry and fish. For blackened chicken or fish, rub with Cajun Seasoning before browning in a heavy pan.

**DRY MARINADE FOR MEAT OR POULTRY***Yield:* 10 oz dry spice

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------|---------------|---|
| Salt                        | 2 oz          | Mix spices. Store in sealed glass jar.<br>Use as needed for marinade (follows). |
| Pepper, cracked,<br>black   | 1 Tbsp        |   |
| Paprika                     | 4 oz          |   |
| Oregano, dried,<br>crumbled | 1 oz          |   |
| Thyme, dried,<br>crumbled   | 2 oz          |   |
| Cumin, ground               | 2 Tbsp        |   |

**MARINADE FOR 20 LB MEAT:**

|                               |              |   |
|-------------------------------|--------------|---|
| Spice blend (above)           | 4 oz (1 cup) | Mix spices with onion, garlic, oil, and lemon juice. May be prepared in food processor. |
| Onion, very finely<br>chopped | 1 lb         |   |
| Garlic cloves, minced         | 2 oz         | Rub over meat or poultry. Marinate several hours or over night in the refrigerator.     |
| Vegetable oil                 | ½ cup        | Grill or roast meat or poultry as per recipe instructions.                              |
| Lemon juice                   | ½ cup        |   |

**MEAT MARINADE***Yield:* 2 qt

| <i>Ingredient</i>    | <i>Amount</i> | <i>Procedure</i>   |
|----------------------|---------------|--|
| Salad oil            | 1 qt          | Combine ingredients, mixing well.<br>Pour over meat. Marinate in the refrigerator 6 hours or longer. |
| Worcestershire sauce | ¼ cup         |  |
| Liquid smoke         | ¼ cup         |  |
| Soy sauce            | 2 cups        |  |
| Vinegar, cider       | ¼ cup         |  |
| Garlic, minced       | 4 cloves      |  |
| Celery salt          | ¼ cup         |  |
| Dry mustard          | ¼ cup         |  |
| Ginger, ground       | ¼ cup         |  |
| Sugar, brown         | 1 cup         |  |

**Note** • Pour over pork or beef.

**FISH MARINADE***Yield:* 2½ qt

| <i>Ingredient</i>           | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------------|---------------|--|
| Vegetable oil               | 1 qt          | Combine ingredients, mixing well.<br>Place fish in marinade.<br>Refrigerate for 3 hours. Remove fish from marinade and grill or broil. |
| Olive oil                   | 3 cups        |  |
| Lemon juice, fresh          | 3 cups        |  |
| Oregano, dried,<br>crumbled | ¼ cup         |  |
| Parsley, dried              | ¼ cup         |  |
| Basil, dried,<br>crumbled   | ¼ cup         |  |
| Garlic powder               | 1 Tbsp        |  |
| Salt                        | 1 Tbsp        |  |
| Pepper, black               | 1 tsp         |  |

**VEGETABLE MARINADE***Yield:* 1½ qt

| <i>Ingredient</i>          | <i>Amount</i> | <i>Procedure</i>  |
|----------------------------|---------------|---|
| Lemon juice                | 2½ Tbsp       | Combine.  |
| Vinegar, white             | ⅓ cup         |   |
| Salad oil                  | 1 cup         |   |
| Worcestershire sauce       | 1 Tbsp        |   |
| Water                      | ⅓ cup         |   |
| Onion, finely<br>chopped   | 3 oz          | Add and mix.  |
| Garlic, crushed            | 2 cloves      |   |
| Pimiento, chopped          | ¼ cup         |   |
| Parsley, finely<br>chopped | ¼ cup         |   |
| Salt                       | 1½ Tbsp       | Blend in and mix.<br>Pour over fresh vegetables and marinate 6 hours or longer. |
| Sugar, granulated          | 1 Tbsp        |   |
| Pepper, black              | ⅛ tsp         |   |
| Tarragon                   | 1 Tbsp        |   |

**Note** • Pour over fresh mushrooms or other fresh vegetables or pasta.

**BALSAMIC VINEGAR MARINADE FOR VEGETABLES***Yield:* 1¼ qt

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>   |
|-----------------------|---------------|--|
| Balsamic vinegar      | ¾ cup         | Mix vinegars, onion, garlic, and Spices using a wire whip.                           |
| Sherry wine vinegar   | ¼ cup         |  |
| Onion, finely minced  | 3 oz          |  |
| Garlic, finely minced | 3 cloves      |  |
| Salt                  | ½ tsp         |  |
| Pepper, black         | ½ tsp         |  |
| Vegetable oil         | 1½ cups       | Whisk in oils.   |
| Olive oil             | 2 cups        | Store in a covered container in refrigerator for up to 1 week.<br>Stir before using. |

**HONEY-BALSAMIC MARINADE***Yield:* 5½ cups

| <i>Ingredient</i>               | <i>Amount</i> | <i>Procedure</i>                                    |
|---------------------------------|---------------|---|
| Honey                           | 2 cups        | Mix all ingredients.                                |
| Olive oil                       | 2 Tbsp        | Brush on fish or chicken before grilling or baking. |
| Dijon mustard                   | 2 cups        |   |
| Balsamic vinegar                | 1¼ cups       |   |
| Pepper, coarse<br>ground, black | 1 Tbsp        |   |
| Garlic salt                     | 1 Tbsp        |   |

**HERB MARINADE FOR POULTRY OR FISH***Yield:* For approximately 50 portions of poultry or fish

| <i>Ingredient</i>              | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------------|---------------|--|
| White wine                     | ¾ cup         | Combine all ingredients.<br>Rub on both sides of chicken or fish portions.<br>Marinate in refrigerator for 30 minutes. |
| Lemon juice, fresh<br>squeezed | 1½ cups       |  |
| Garlic cloves, minced          | 2 oz (EP)     | Follow recipe instructions for grilling, broiling, or roasting.  |
| Parsley, minced                | 2 oz          |  |
| Dijon mustard                  | ¼ cup         |  |
| Red pepper flakes              | 2 Tbsp        |  |
| Fennel seeds, crushed          | 1 Tbsp        |  |
| Tarragon leaves, dried         | 1 Tbsp        |  |
| Salt                           | 1 tsp         |  |

**HERB AND GARLIC MARINADE FOR VEGETABLES***Yield:* 1½ qt

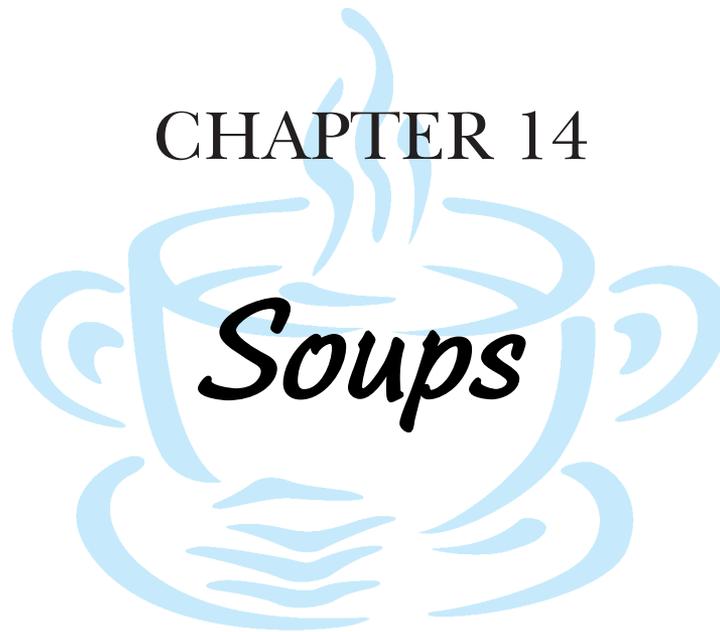
| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---------------------|---------------|--|
| Olive oil           | 1¼ qt         | Combine all ingredients and stir to combine.<br>Stir before using. |
| Red wine vinegar    | 1 cup         |  |
| Garlic, minced      | 2 oz (EP)     |  |
| Salt                | 1 oz          |  |
| Pepper, black       | 1½ tsp        |  |
| Thyme leaves, dried | 1 tsp         |  |
| Basil leaves, dried | 1 tsp         |  |
| Parsley, dried      | 1 tsp         |  |
| Red pepper, crushed | 2 tsp         |  |

**VINAIGRETTE MARINADE***Yield:* 3 qt

| <i>Ingredient</i>     | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------|---------------|---|
| Vegetable oil         | 1 qt          | Using a wire whip, whisk together all ingredients.<br>Use to marinate vegetables before roasting or to season steamed vegetables. |
| Olive oil             | 1 qt          |   |
| Cider vinegar         | 2½ cups       |   |
| Lemon juice (fresh)   | 1¼ cups       |   |
| Soy sauce             | ¼ cup         |   |
| Garlic, finely minced | 4 oz (EP)     |   |
| Tarragon, dried       | 2 oz          |   |
| Dijon mustard         | ⅓ cup         |   |
| Salt                  | 2 tsp         |   |
| Pepper, black         | 1 tsp         |   |

**Notes** • Use marinade within 1 week. Keep refrigerated.

## CHAPTER 14



**H**omemade soups are popular and versatile menu items that may be served as an appetizer or as a center-of-the-plate entree. The type of soup served should complement the other menu items or be hearty enough for the entree. Hot soups should be heated to 180°F and cold soups served below 41°F.

### TYPES OF SOUPS

Soups may be clear and thin or thick and hearty. Stock or broth, the basic ingredient of many soups, is made by simmering meat and/or meat, fish, or poultry bones, and/or vegetables in water to extract their flavor. The most frequently used stocks are brown (made from beef that has been browned before simmering) and white or light (made from veal and/or chicken). See pp. 598–600 for stock recipes.

Mirepoix, a mixture of chopped vegetables—usually in the proportion of 50 percent onions, 25 percent carrots, and 25 percent celery—is used in flavoring soup stock. Flavorings commonly used are bay leaves, peppercorns, whole cloves, and parsley stems.

For a clear soup, the stock should be clarified. Clarifying removes flecks that are too small to be strained out with cheesecloth, but that will cloud a soup's appearance. Stock is highly perishable. If it is not to be used immediately, it may be reduced in volume by boiling to one-half or one-fourth its volume and frozen for later use. Recipes for beef, chicken, and vegetable stocks and directions for clarifying stock are given on pp. 558 and 559.

Clear soups are made from a clear, seasoned stock or broth and include:

- *Bouillon*, made from beef broth that may or may not be clarified.
- *Consommé*, a strong, concentrated stock or broth.
- *Vegetable soup*, a clear seasoned stock or broth, with the addition of vegetables and sometimes meat or poultry products.

Thick soups are opaque rather than transparent. They are thickened either by a roux, which is a mixture of melted fat and flour slightly browned, or a puree of one of the ingredients. Examples are:

- *Cream soups*, made with a thin or medium white sauce combined with either mashed, strained, or finely chopped vegetables or meat, chicken, or fish. Chicken stock may be used to replace part of the milk in the sauce to enhance the flavor. If a stock base is used, it may be added to the margarine-flour roux or may be added to water and used as part of the liquid.
- *Chowders*, unstrained, chunky, hearty soups prepared from meat, poultry, seafood, and/or vegetables. Most chowders contain potatoes and milk or cream.
- *Purees*, thick soups made by pressing cooked vegetables or fish through a sieve into their own stock.

### COMMERCIAL SOUP BASES

Because preparation of soups, especially those made from stock, is time-consuming, commercial food or soup bases are often used. The amount of meat concentrate in commercial soup bases varies,

so the choice of base should be made carefully to ensure a desirable, full-flavored stock. A high-quality base is a concentrate of cooked meat, poultry, seafood, or vegetables that includes the concentrated cooking juices and seasonings. It has a puree- or pastelike consistency and may require refrigeration. One pound of soup base produces an average of 5 gallons of ready-to-use stock. Most granulated soup bases and many paste products are highly salted. When using these products, the salt listed in the recipe should be deleted or reduced. Soup bases also can be used to prepare sauces, gravies, and stuffings.

## SERVING AND HOLDING SOUPS

Hot soup cools off quickly in serving bowls. It is important that soup be very hot when served. Using a heated bowl helps hot soups retain their heat. Soups should be prepared in batches small enough for ingredients to retain their texture throughout the serving period. Cream soups will curdle if kept at too high a temperature or held for too long a time. For this reason, the milk may be added just before serving and the mixture reheated to serving temperature (180°F). Cold soups should be served in chilled bowls at 41°F.

## STOCK SOUP RECIPES

### CHICKEN STOCK

*Yield:* 3 gal

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>  |
|------------------------------|---------------|---|
| Chicken bones                | 24 lbs        | Rinse chicken bones and place in steam-jacketed or large stock pot. |
| Water, cold                  | 5 gal         | Add water. Simmer 3–4 hours. Skim as necessary.                     |
| Onions, quartered            | 1 lb 8 oz     | Add vegetables and seasonings. Bring to boiling point.              |
| Celery, with leaves, chopped | 12 oz         | Reduce heat and simmer 1 hour longer.                               |
| Carrots, chopped             | 12 oz         |   |
| Salt                         | 3 oz          |   |
| Peppercorns, cracked         | 1 Tbsp        |   |
| Bay leaves                   | 4 leaves      |   |
| Thyme, dried                 | 2 tsp         |   |

Remove bones from broth.  
Strain and refrigerate.  
When broth is cold, fat will congeal on top; skim off.

#### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If a clear broth is desired, clarify by adding egg shells and whites to broth. Bring stock to boiling point and simmer for 15 minutes. Strain through a fine strainer.

#### Variations

- **Chicken Stock with Soup Base.** Add 8 oz concentrated chicken base to 2½ gal water. Exact proportion of base and water may vary between manufacturers. Chicken base is often highly salted. When using chicken base for making stock, taste recipes before adding salt. The flavor of chicken stock made with base can be enhanced by simmering 12 oz clean vegetable trimmings (or vegetables listed above) with 2½ gal stock for approximately 15 minutes. Strain before using.
- **White Stock.** Substitute knuckle of veal for part of chicken bones.

## BEEF STOCK

*Yield:* 3 gal

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------|---------------|--|
| Beef shank, lean             | 20 lb         | Pour water over beef shanks in steam-jacketed kettle or large stock pot. Bring water to boiling point. Reduce heat and simmer until meat leaves bone, about 3 hours. |
| Water, cold                  | 5 gal         |  |
| Onions, quartered            | 1 lb 8 oz     | Add vegetables and seasonings. Simmer 1 hour. Remove meat, strain broth. Refrigerate for several hours. Skim congealed fat off top.                                  |
| Celery, with leaves, chopped | 12 oz         |  |
| Carrots, chopped             | 12 oz         |  |
| Peppercorns, cracked         | 1 Tbsp        |  |
| Bay leaves                   | 2 leaves      |  |
| Salt                         | 3 oz          |  |

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**Variations**

- **Beef Stock with Soup Base.** Add 8 oz concentrated beef base to 2½ gal water. Exact proportions may vary with different manufacturers. Beef base is often highly salted. When using beef base for making stock, taste recipes before adding salt. The flavor of beef stock made with base can be enhanced by simmering 12 oz clean vegetable trimmings (or the vegetables listed above) with 2½ gal stock for approximately 15 minutes. Strain before using.
- **Brown Stock.** Roast beef bones in hot oven until they are a rich brown color. Brown or caramelize vegetables before adding to the water. Proceed as for Beef Stock.

**BOUILLON**

Yield: 3 gal Portion: 1 cup (8 oz)

| <i>Ingredient</i>                 | <i>Amount</i> | <i>Procedure</i>  |
|-----------------------------------|---------------|---|
| Beef, lean                        | 8 lb          | Sear beef. Add bone and water.<br>Simmer for 3–4 hours. Replace water as necessary.   |
| Beef bone, cracked                | 4 lb          |   |
| Water, cold                       | 4 gal         |   |
| Carrots, diced                    | 8 oz          | Add vegetables and seasonings.<br>Cook 1 hour. Strain.  |
| Celery, chopped                   | 8 oz          |   |
| Onions, quartered                 | 8 oz          | Chill overnight.<br>Remove congealed fat from broth.  |
| Bay leaves                        | 4             |   |
| Peppercorns                       | 1 Tbsp        |   |
| Salt                              | ¼ cup         |   |
| To clarify:                       |               | Add egg shells and whites to clarify the broth.<br>Bring slowly to boiling point, stirring constantly.<br>Boil 15–20 minutes without stirring.<br>Strain through a fine strainer. |
| Egg shells, washed<br>and crushed | 3             |   |
| Egg whites, beaten                | 3             |   |

**Note** • Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

**Variations** • **Chicken Bouillon.** Substitute 20 lb chicken, cut up, for the beef and bone. Do not sear chicken.  
• **Tomato Bouillon.** To 1½ gal Bouillon, add four 46-oz cans tomato juice, 2 oz chopped onion, 2 oz sugar, 2 oz salt (amount will vary), ½ tsp pepper, and 2 bay leaves.

**VEGETABLE STOCK**

Yield: 3 gal

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>  |
|------------------------------------|---------------|---|
| Vegetable oil                      | 6 oz          | Heat oil in steam-jacketed kettle or large stock pot.                                       |
| Green cabbage,<br>coarsely chopped | 12 oz         | Add vegetables to oil. Cover and cook until softened and moisture is released, 3–5 minutes. |
| Carrots, coarsely<br>chopped       | 1 lb 8 oz     |   |
| Celery, coarsely<br>chopped        | 1 lb 8 oz     |   |
| Celery leaves,<br>coarsely chopped | 1 lb          |   |
| Garlic cloves, crushed             | 8 cloves      |   |
| Onions, quartered                  | 2 lb 8 oz     |   |
| Parsley stems, chopped             | 3 oz          |   |
| Parsnips, peeled                   | 1 lb          |   |
| Tomato, chopped                    | 1 lb          |   |
| Turnips, chopped                   | 12 oz         |   |
| Water                              | 5 gal         | Add water and spices.<br>Simmer for 40–50 minutes.<br>Strain stock and cool.                |
| Salt                               | 3 oz          |   |
| Peppercorns, cracked               | 1 Tbsp        |   |
| Bay leaves                         | 6 leaves      |   |
| Thyme, dried                       | 2 tsp         |   |

- Notes**
- Potentially hazardous food. *Food Safety Standards:* Cool product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures.
  - Clean vegetable trimmings may be substituted for part of the vegetables specified.

- Variation**
- **Vegetable Stock with Base.** Exact proportions of base and water differ between brands. Follow manufacturers' directions. Vegetable base is often highly salted. When using vegetable base for making stock, taste recipes before adding salt. The flavor of vegetable stock made with base can be enhanced by simmering 2 lb clean vegetable trimmings (or the soft or leafy vegetables listed above) with 3 gal stock for approximately 15 minutes. Strain before using.

## BEEF BARLEY SOUP

*Yield:* 50 portions or 3 gal      *Portion:* 1 cup (8 oz)

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>                            |
|---------------------|---------------|---|
| Beef, cubed         | 3 lb          | Brown beef cubes in kettle. Drain off fat.  |
| Celery, chopped     | 1 lb 6 oz     | Add celery and onions. Sauté until tender.  |
| Onions, chopped     | 1 lb 6 oz     |   |
| Beef Stock (p. 599) | 3 gal         | Add remaining ingredients. Bring to a boil. |
| Pepper, black       | 1 tsp         | Lower heat and simmer for 1 hour.           |
| Salt                | 1 tsp         | Taste for seasoning and add salt if needed. |
| Bay leaf            | 1             |   |
| Carrots, diced      | 1 lb 6 oz     |   |
| Pearl barley        | 10 oz         |   |

### *Approximate nutritive values per portion*

**Calories 81**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 2 g  | 3%         | <b>Cholest.</b> 15 mg | 5%         | <b>Total Carb.</b> 7 g | 2%         | <b>Vitamin A</b> | 35%        |
| Sat. Fat 1 g          | 3%         | <b>Sodium</b> 818 mg  | 34%        | Fiber 2 g              | 6%         | <b>Vitamin C</b> | 4%         |
| <b>Protein</b> 9 g    |            |                       |            | Sugars 1 g             |            | <b>Calcium</b>   | 2%         |
|                       |            |                       |            |                        |            | <b>Iron</b>      | 6%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
  - 2¾ oz (1⅓ cups) dehydrated onions may be substituted for fresh onions.

## VEGETABLE BEEF SOUP

*Yield:* 50 portions or 3 gal      *Portion:* 1 cup (8 oz)

| <i>Ingredient</i>       | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------|---------------|--|
| Beef Stock (p. 599)     | 2 gal         | Heat stock in kettle.  |
| Carrots, cubed          | 8 oz          | Add vegetables and seasonings. Cover and simmer about an hour. Replace water as necessary. Taste for seasoning. Add additional salt if needed. |
| Celery, chopped         | 1 lb          |  |
| Onions, chopped         | 1 lb 8 oz     |  |
| Potatoes, cubed         | 1 lb          |  |
| Salt                    | 1 Tbsp        |  |
| Pepper, black           | 1 tsp         |  |
| Tomatoes, diced, canned | 1 No. 10 can  |  |
| Cooked beef, chopped    | 2 lb          | Add chopped beef. Heat to serving temperature, 180°F.  |

### *Approximate nutritive values per portion*

**Calories 80**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 2 g  | 4%         | <b>Cholest.</b> 18 mg | 6%         | <b>Total Carb.</b> 6 g | 2%         | <b>Vitamin A</b> | 14%        |
| Sat. Fat 1 g          | 4%         | <b>Sodium</b> 748 mg  | 31%        | Fiber 0.4 g            | 2%         | <b>Vitamin C</b> | 17%        |
| <b>Protein</b> 9 g    |            |                       |            | Sugars 1 g             |            | <b>Calcium</b>   | 3%         |
|                       |            |                       |            |                        |            | <b>Iron</b>      | 7%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 8 oz uncooked rice or 4 oz dry noodles may be substituted for the potatoes.
- Browned beef cubes may be substituted for cooked beef. Brown in kettle before stock is added.
- 3 oz (1½ cups) dehydrated onions may be substituted for fresh onions.

### Variations

- **Julienne Soup.** Cut carrots, celery, and potatoes in long, thin strips.
- **Mexican Beef Soup.** Omit carrots and celery. Add 12 oz whole-kernel corn; 4 oz green peppers, chopped; 1 lb 8 oz sliced zucchini; and 3 Tbsp ground cumin.
- **Vegetable Soup.** Delete beef. Increase carrots and celery to 1 lb 8 oz each.

## HEARTY BEEF VEGETABLE SOUP

*Yield:* 50 portions or 3 gal      *Portion:* 1 cup (8 oz)

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------|---------------|---|
| Ground beef              | 8 lb (AP)     | Brown meat. Drain off fat.  |
| Onions, chopped          | 1 lb          | Add onions to meat and cook until tender.   |
| Margarine                | 9 oz          | Melt margarine and stir in flour.   |
| Flour, all-purpose       | 9 oz          | Cook for 5 minutes.   |
| Beef Stock (p. 599)      | 1¼ gal        | Add stock and seasonings, stirring constantly. Cook until mixture boils and has thickened.                    |
| Salt                     | 1 Tbsp        |   |
| Pepper, black            | ½ tsp         | Add browned meat and onions.  |
| Carrots, fresh, diced    | 12 oz         | Cook vegetables until barely tender. Drain. (Vegetables should be crunchy.)                                   |
| Celery, sliced           | 10 oz         |   |
| Mixed vegetables, frozen | 4 lb          | Cook mixed vegetables until partially done. Add, with other vegetables, to the soup. Stir carefully to blend. |
| Tomatoes, diced, canned  | 2 lb 8 oz     | Add tomatoes. Heat to serving temperature, 180°F.   |

### *Approximate nutritive values per portion*

**Calories 228**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 14 g | <b>21%</b> | <b>Cholest.</b> 48 mg | <b>16%</b> | <b>Total Carb.</b> 11 g | <b>4%</b>  | <b>Vitamin A</b> | <b>34%</b> |
| Sat. Fat 4 g          | <b>22%</b> | <b>Sodium</b> 281 mg  | <b>12%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>9%</b>  |
| <b>Protein</b> 15 g   |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>3%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>11%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2 oz (1 cup) dehydrated onions may be substituted for fresh onions.

**BEEF NOODLE SOUP**

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| Ingredient          | Amount | Procedure   |
|---------------------|--------|---|
| Vegetable oil       | ½ cup  | Heat oil in kettle. Add beef cubes and seasonings and cook until lightly browned.<br>Drain off fat. |
| Beef, fresh, cubed  | 2 lb   |   |
| Salt                | 2 tsp  |   |
| Pepper, black       | ½ tsp  |   |
| Onions, chopped     | 8 oz   | Add onions and celery, and sauté.   |
| Celery, chopped     | 12 oz  |   |
| Beef Stock (p. 599) | 2¾ gal | Add stock. Simmer for 1 hour.   |
| Noodles             | 12 oz  | Add noodles and simmer until tender, 5–10 minutes.<br>Add salt if needed.                           |

*Approximate nutritive values per portion*

Calories 85

| Amount/portion       | %DV       | Amount/portion        | %DV        | Amount/portion         | %DV       |                  | %DV       |                | %DV       |
|----------------------|-----------|-----------------------|------------|------------------------|-----------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 4 g | <b>6%</b> | <b>Cholest.</b> 17 mg | <b>6%</b>  | <b>Total Carb.</b> 6 g | <b>2%</b> | <b>Vitamin A</b> | <b>0%</b> | <b>Calcium</b> | <b>1%</b> |
| Sat. Fat 1 g         | <b>6%</b> | <b>Sodium</b> 786 mg  | <b>33%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>1%</b> | <b>Iron</b>    | <b>5%</b> |
| <b>Protein</b> 7 g   |           |                       |            | Sugars 0 g             |           |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

**Variations**

- **Alphabet Soup.** Use alphabet noodles.
- **Beef Rice Soup.** Substitute 1 lb 8 oz rice for noodles.
- **Creole Soup.** Reduce Beef Stock to 2¼ gal. Add 1 No. 10 can tomatoes, 8 oz shredded green peppers, 1 lb sliced okra, and 4 bay leaves. Substitute rice for noodles.

## CHICKEN NOODLE SOUP

*Yield:* 50 portions or 3 gal      *Portion:* 1 cup (8 oz)

| <i>Ingredient</i>         | <i>Amount</i> | <i>Procedure</i>   |
|---------------------------|---------------|--|
| Chicken Stock<br>(p. 598) | 3 gal         | Bring stock to a boil.<br>Add onion and celery. Cook until tender.                               |
| Onion, chopped            | 8 oz          |  |
| Celery, chopped           | 8 oz          |  |
| Noodles                   | 1 lb          | Add noodles. Cook for about 15 minutes or until noodles are tender.                              |
| Margarine, melted         | 8 oz          | Blend margarine and flour.<br>Add to soup, stirring until slightly thickened.<br>Add seasonings. |
| Flour, all-purpose        | 4 oz          |  |
| Salt                      | 1 tsp         |  |
| Pepper, white             | ½ tsp         |  |
| Cooked chicken,<br>diced  | 1 lb 8 oz     | Add chicken and simmer for 5 minutes.  |

### *Approximate nutritive values per portion*

**Calories 140**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g  | <b>10%</b> | <b>Cholest.</b> 21 mg | <b>7%</b>  | <b>Total Carb.</b> 10 g | <b>3%</b>  | <b>Vitamin A</b> | <b>1%</b>  |
| Sat. Fat 1 g          | <b>7%</b>  | <b>Sodium</b> 846 mg  | <b>35%</b> | Fiber 0 g               | <b>0%</b>  | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 10 g   |            |                       |            | Sugars 0 g              |            | <b>Calcium</b>   | <b>1%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>6%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

### Variation

- **Chicken Rice Soup.** Substitute 12 oz rice for the noodles.

## TURKEY VEGETABLE SOUP

Yield: 50 portions

Portion: 1 cup (8 oz)

| Ingredient                 | Amount | Procedure   |
|----------------------------|--------|---|
| Carrots, fresh             | 1 lb   | Cut carrots into thin julienne strips.            |
| Potatoes, red              | 2 lb   | Do not peel potatoes. Dice into ½-inch cubes.     |
| Onions, minced             | 12 oz  | Combine in steam-jacketed kettle.                 |
| Celery, chopped            | 10 oz  | Add carrots and potatoes.                         |
| Mushrooms, sliced          | 8 oz   | Simmer 20 minutes or until vegetables are tender. |
| Chicken Stock<br>(p. 598)  | 2½ gal |   |
| Sage, rubbed               | ⅛ tsp  | Add seasonings to soup.                           |
| Thyme, ground              | ¼ tsp  |   |
| Pepper, black              | ¼ tsp  |   |
| Cooked turkey,<br>chopped  | 2 lb   | Add turkey and parsley. Heat to 180°F.            |
| Parsley, fresh,<br>chopped | 2 oz   |   |

### Approximate nutritive values per portion

Calories 87

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion         | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 15 mg | 5%  | <b>Total Carb.</b> 6 g | 2%  | <b>Vitamin A</b> | 36% |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 645 mg  | 27% | Fiber 0 g              | 0%  | <b>Vitamin C</b> | 5%  |
| <b>Protein</b> 10 g  |     |                       |     | Sugars 0 g             |     | <b>Calcium</b>   | 2%  |
|                      |     |                       |     |                        |     | <b>Iron</b>      | 5%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

## CHILI CON CARNE

Yield: 3 gal      Portion: 1 cup (8 oz)

| Ingredient                           | Amount         | Procedure   |
|--------------------------------------|----------------|---|
| Ground beef                          | 10 lb (AP)     | Cook beef, onions, and garlic in steam-jacketed kettle until meat loses pink color.           |
| Onions, chopped                      | 8 oz           |   |
| Garlic, minced                       | 1 clove        |   |
| Tomatoes, canned, diced              | 2½ qt          | Mix tomato and seasonings. Add to beef. Cook until blended.                                   |
| Tomato puree                         | 2 qt           |   |
| Water                                | 1 qt           |   |
| Chili powder                         | 3 oz           |   |
| Cumin seed, ground                   | 1½ Tbsp        |   |
| Salt                                 | 1 oz (1½ Tbsp) |   |
| Pepper, black                        | ½ tsp          |   |
| Sugar, granulated                    | 2 oz           |   |
| Beans, pinto, kidney, or red, canned | 9 lb 8 oz      | Add beans to meat mixture. Cover and simmer for 1 hour. Add water if chili becomes too thick. |

### Approximate nutritive values per portion

Calories 293

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 13 g | 20% | Cholest. 51 mg | 17% | Total Carb. 23 g | 8%  | Vitamin A | 18% | Calcium | 7%  |
| Sat. Fat 5 g   | 24% | Sodium 791 mg  | 33% | Fiber 2 g        | 10% | Vitamin C | 33% | Iron    | 20% |
| Protein 22 g   |     |                |     | Sugars 4 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If dried beans are used, substitute 3 lb for canned beans. Wash and prepare according to directions on p. 632.
- If desired, thicken chili by mixing 5 oz flour and 2 cups cold water. Add to chili mixture and heat until flour is cooked.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

### Variations

- **Chili and Cheese.** Sprinkle grated cheddar or Monterey Jack cheese over chili, 1 Tbsp per bowl.
- **Chili Buffet.** Serve chili with accompaniments: chopped onions, tomatoes, and green peppers; sliced black olives; shredded cheese; and sliced jalapeño peppers.
- **Chili Spaghetti.** Use only 7 lb ground beef. Cook 1 lb 8 oz spaghetti according to directions on p. 369. Add to chili mixture just before serving. Macaroni or other pasta shapes may be used also.
- **Turkey Chili.** Substitute 8 lb ground turkey for ground beef.

**GARDEN CHILI**

Yield: 50 portions

Portion: 8 oz

| <i>Ingredient</i>                     | <i>Amount</i>  | <i>Procedure</i>   |
|---------------------------------------|----------------|--|
| Vegetable oil                         | ¾ cup          | Heat oil. Add onions and garlic and sauté until transparent.                   |
| Onions, chopped                       | 3 lb 12 oz     |  |
| Garlic, minced                        | 1½ Tbsp        |  |
| Celery, chopped                       | 2 lb 4 oz      | Add celery, carrots, and seasonings to onions.<br>Cook until tender-crisp.     |
| Carrots, chopped<br>finely            | 1 lb           |  |
| Oregano, dried,<br>crumbled           | 2 tsp          |  |
| Cumin, ground                         | 2 Tbsp         |  |
| Chili powder                          | 2 Tbsp         |  |
| Salt                                  | 1 oz (1½ Tbsp) |  |
| Pepper, black                         | 1 Tbsp         |  |
| Green peppers,<br>chopped             | 1 lb           |  |
| Zucchini, chopped                     | 2 lb           |  |
| Mushrooms and<br>stems, canned        | 1 lb 8 oz      |  |
| Tomatoes, diced,<br>canned            | 5 lb 6 oz      |  |
| Water                                 | 1 qt           |  |
| Red beans, canned                     | 5 lb 6 oz      |  |
| Lemon juice, frozen,<br>reconstituted | ⅓ cup          |  |
| Cheddar cheese,<br>shredded           | 1 lb 8 oz      | To serve, ladle chili into soup bowls. Sprinkle ½ oz cheese over each portion. |

*Approximate nutritive values per portion*

Calories 169

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 8 g | 13% | <b>Cholest.</b> 14 mg | 5%  | <b>Total Carb.</b> 17 g | 6%  | <b>Vitamin A</b> | 35% |
| Sat. Fat 4 g         | 19% | <b>Sodium</b> 600 mg  | 25% | Fiber 5 g               | 18% | <b>Vitamin C</b> | 38% |
| <b>Protein</b> 8 g   |     |                       |     | Sugars 5 g              |     | <b>Calcium</b>   | 15% |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 10% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## WHITE CHILI

Yield: 50 portions

Portion: 8 oz

| Ingredient                                | Amount     | Procedure  |
|---|------------|--|
| Great Northern beans                      | 3 lb       | Sort and wash beans. Cover with water to 2 inches above beans. Let soak overnight. |
|   |            | Drain beans.<br>Place in steam-jacketed kettle.                                    |
| Water                                     | 2 gal      | Add to beans. Bring to a boil. Cover.  |
| Chicken soup base                         | 6 oz       | Reduce heat and simmer for 2 hours, stirring occasionally.                         |
| Onion, chopped                            | 2 lb       |  |
| Garlic, minced                            | 1 oz       |  |
| Salt                                      | 1½ tsp     |  |
| Chicken or turkey, white meat, diced      | 3 lb       | Add to beans. Cover and simmer 30 minutes.   |
| Green chilies, canned, diced              | 1 lb 8 oz  |  |
| Cumin, ground                             | 2 Tbsp     |  |
| Oregano, dried, crumbled                  | 1½ Tbsp    |  |
| Pepper, cayenne                           | 1½ tsp     |  |
| Cloves, ground                            | ½ tsp      |  |
| Cilantro, dried, crumbled                 | 1 Tbsp     |  |
| Monterey Jack cheese, shredded (optional) | 1 lb 12 oz | Sprinkle ½ oz cheese over each portion as it is served.                            |

### Approximate nutritive values per portion

Calories 210

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 7 g | <b>10%</b> | <b>Cholest.</b> 35 mg | <b>12%</b> | <b>Total Carb.</b> 20 g | <b>7%</b> | <b>Vitamin A</b> | <b>5%</b>  |
| Sat. Fat 3 g         | 17%        | <b>Sodium</b> 859 mg  | 36%        | Fiber 0.4 g             | 1%        | <b>Vitamin C</b> | 4%         |
| <b>Protein</b> 18g   |            |                       |            | Sugars 1 g              |           | <b>Calcium</b>   | <b>18%</b> |
|                      |            |                       |            |                         |           | <b>Iron</b>      | <b>12%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If a highly salted chicken base is used, check for seasoning before adding salt.

**MINISTRONE SOUP**

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------|---------------|--|
| Bacon, diced             | 1 lb          | Fry bacon until crisp. Drain.  |
| Onions, chopped          | 12 oz         | Sauté onion and garlic in a little bacon fat until tender. Place, with bacon, in a large kettle. |
| Garlic, minced           | 2 cloves      |  |
| Beef Stock (p. 599)      | 2 gal         | Add stock and seasonings. Heat to boiling.   |
| Bay leaves               | 2             |  |
| Pepper, black            | 1 tsp         |  |
| Cabbage, chopped         | 12 oz         | Add vegetables and spaghetti. Simmer 45 minutes.   |
| Carrots, fresh, diced    | 12 oz         |  |
| Potatoes, raw, chopped   | 12 oz         |  |
| Celery, chopped          | 12 oz         |  |
| Spinach, fresh, chopped  | 3 oz          |  |
| Green beans, cut, canned | 12 oz         |  |
| Tomatoes, canned, diced  | 2 lb          |  |
| Red beans, canned        | 1 lb 12 oz    |  |
| Spaghetti, long          | 2 oz          |  |
| Flour, all-purpose       | 3 oz          |  |
| Water, cold              | 1 cup         |  |
| Parsley, chopped         | ¼ cup         | Add parsley just before serving.   |

*Approximate nutritive values per portion*

Calories 69

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion   | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 2 mg | 1%  | <b>Total Carb.</b> 9 g | 3%  | <b>Vitamin A</b> | 21% |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 634 mg | 26% | Fiber 2 g              | 7%  | <b>Vitamin C</b> | 17% |
| <b>Protein</b> 4 g   |     |                      |     | Sugars 2 g             |     | <b>Calcium</b>   | 3%  |
|                      |     |                      |     |                        |     | <b>Iron</b>      | 6%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

## LENTIL AND BLACK BEAN SOUP

*Yield:* 50 portions      *Portion:* 1 cup (8 oz)

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>  |
|------------------------------|---------------|---|
| Onions, chopped              | 3 lb          | In a steam-jacketed or other large kettle, sauté onions, garlic, and carrots in oil until just tender.                  |
| Garlic, minced               | 2 cloves      |   |
| Carrots, chopped             | 1 lb 12 oz    |   |
| Vegetable oil                | 1 cup         |   |
| Lentils, dry, rinsed         | 2 lb 8 oz     | Add water and rinsed lentils to vegetables. Bring to a boil and simmer for 25 minutes.                                  |
| Water                        | 1½ gal        |   |
| Black beans, canned, drained | 4 lb          | Add beans, tomatoes, and spices. Cover and simmer until lentils are tender, but not mushy, approximately 20–30 minutes. |
| Tomatoes, canned, diced      | 3 qt          |   |
| Thyme, dried                 | 2 tsp         | Serve hot, 180°F.   |
| Marjoram, dried              | 1½ tsp        |   |
| Parsley, fresh               | 1 oz          |   |
| Salt                         | 1 oz          |   |
| Pepper                       | 1 Tbsp        |   |
| Cumin                        | ½ tsp         |   |
| Tortillas, 6-inch            | 50            |   |

### *Approximate nutritive values per portion*

**Calories 233**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 5 g  | 8%         | <b>Cholest.</b> 0 mg  | 0%         | <b>Total Carb.</b> 38 g | 13%        | <b>Vitamin A</b>      | 54%        |
| Sat. Fat 1 g          | 3%         | <b>Sodium</b> 547 mg  | 23%        | Fiber 5 g               | 21%        | <b>Vitamin C</b>      | 14%        |
| <b>Protein</b> 9 g    |            |                       |            | Sugars 6 g              |            | <b>Calcium</b>        | 11%        |
|                       |            |                       |            |                         |            | <b>Iron</b>           | 16%        |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If soup becomes too thick, add hot water to bring to desired consistency.
- Chicken broth may be substituted for water. Reduce salt if a salted chicken base is used.

### Variation

- **Split Pea and Black Bean Soup.** Substitute dried split peas for lentils.

## NAVY BEAN SOUP

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| Ingredient      | Amount          | Procedure  |
|-----------------|-----------------|--|
| Navy beans, dry | 4 lb            | Wash beans. Add boiling water. Cover and let stand 1 hour or longer.<br>Simmer beans for about 1 hour. |
| Water, boiling  | 3 gal           |  |
| Ham cubes       | 3 lb            | Add ham and seasonings to beans.   |
| Onion, chopped  | 12 oz           | Cook until beans are tender, 1–1½ hours.   |
| Celery, diced   | 8 oz            | Add water to make volume of ¾ gal.   |
| Pepper, black   | 1 Tbsp          | Check seasoning. Add salt if needed. Heat to 180°F.  |
| Water           | (see Procedure) |  |

### Approximate nutritive values per portion

Calories 93

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion         | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 3 g | 4%  | <b>Cholest.</b> 16 mg | 5%  | <b>Total Carb.</b> 8 g | 3%  | <b>Vitamin A</b> | 0%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 582 mg  | 24% | Fiber 0.2 g            | 1%  | <b>Vitamin C</b> | 12% |
| <b>Protein</b> 9 g   |     |                       |     | Sugars 0 g             |     | <b>Calcium</b>   | 2%  |
|                      |     |                       |     |                        |     | <b>Iron</b>      | 6%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Great Northern beans may be substituted for navy beans.
- Ham base may be added for additional flavor.
- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

## SPLIT PEA SOUP

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| Ingredient              | Amount    | Procedure   |
|-------------------------|-----------|---|
| Split peas              | 3 lb      | Wash peas. Add water and bring to a boil.<br>Boil for 2 minutes, then turn off heat.<br>Cover and let stand for 1 hour. |
| Water                   | 2 gal     |   |
| Ham cubes               | 2 lb      | Add ham, onions, carrots, and potatoes.   |
| Onions, chopped         | 1 lb      | Cook for 1 hour or until peas are soft.   |
| Carrots, fresh, chopped | 1 lb 8 oz |   |
| Potatoes, raw, chopped  | 2 lb      |   |
| Margarine               | 4 oz      | Melt margarine and add flour. Stir until smooth. Cook 5 minutes.  |
| Flour, all-purpose      | 2 oz      |   |
| Chicken Stock (p. 598)  | 2 qt      | Add stock, while stirring, and cook until thickened.  |
| Pepper, black           | 1 tsp     | Add to peas.<br>Taste for seasoning. Add pepper and salt if needed.   |

*Approximate nutritive values per portion*

Calories 175

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 4 g | 6%  | <b>Cholest.</b> 11 mg | 4%  | <b>Total Carb.</b> 23 g | 8%  | <b>Vitamin A</b> | 39% | <b>Calcium</b> | 2%  |
| Sat. Fat 1 g         | 5%  | <b>Sodium</b> 432 mg  | 18% | Fiber 2 g               | 7%  | <b>Vitamin C</b> | 12% | <b>Iron</b>    | 9%  |
| <b>Protein</b> 12 g  |     |                       |     | Sugars 3 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If soup becomes too thick, add hot water to bring to desired consistency. If a smoother soup is desired, cook and puree peas before adding ham and vegetables.
- 1 lb chopped celery may be substituted for 1 lb potatoes.
- 3 lb sliced Polish sausage may be added to soup before serving. Reduce ham to 1 lb.
- 2 oz (1 cup) dehydrated onions may be substituted for fresh onion.

**Variations**

- **Lentil Soup.** Substitute lentils for split peas.
- **Yellow Split Pea Soup.** Substitute yellow split peas for green split peas.

**TOMATO RICE SOUP**

*Yield:* 50 portions or 3 gal

*Portion:* 1 cup (8 oz)

| <i>Ingredient</i>                       | <i>Amount</i> | <i>Procedure</i>                                    |
|---|---------------|---|
| Chicken or Beef Stock<br>(pp. 398, 399) | 2 gal         | Heat stock and puree to boiling point.              |
| Tomato puree                            | 1 gal         |   |
| Onion, chopped                          | 2 oz          | Add vegetables and rice. Cook until rice is tender. |
| Green pepper,<br>chopped                | 4 oz          |   |
| Rice, converted                         | 8 oz          |   |
| Margarine                               | 6 oz          | Melt margarine and add flour. Mix until smooth.     |
| Flour, all-purpose                      | 3 oz          | Add to soup while stirring. Add salt to taste.      |

*Approximate nutritive values per portion*

Calories 92

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 3 g | 5%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 13 g | 4%  | <b>Vitamin A</b> | 12% | <b>Calcium</b> | 2%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 852 mg | 36% | Fiber 2 g               | 8%  | <b>Vitamin C</b> | 50% | <b>Iron</b>    | 7%  |
| <b>Protein</b> 4 g   |     |                      |     | Sugars 0 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- ¼ oz (2 Tbsp) dehydrated onions may be substituted for fresh onions.

**Variation**

- **Tomato Barley Soup.** Add 1 lb barley in place of rice.

**PEPPER POT SOUP**

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| <i>Ingredient</i>                    | <i>Amount</i>  | <i>Procedure</i>   |
|--------------------------------------|----------------|--|
| Margarine                            | 12 oz          | Sauté vegetables in margarine until lightly browned, about 15 minutes.           |
| Onion, finely chopped                | 8 oz           |  |
| Green peppers, finely chopped        | 8 oz           |  |
| Celery, thinly sliced                | 6 oz           |  |
| Potatoes, diced                      | 3 lb 8 oz      |  |
| Flour, all-purpose                   | 5 oz           |  |
| Chicken or Beef Stock (pp. 598, 599) | 2¼ gal         | Combine stock and milk.  |
| Milk, hot                            | 1 qt           | Add to vegetable mixture, while stirring.  |
| Salt                                 | 1 oz (1½ Tbsp) | If soup base is used for the stock, taste before adding salt.                    |
| Pimiento, chopped                    | 2 Tbsp         | Add pimiento. Keep just below boiling point for 30 minutes, stirring frequently. |

*Approximate nutritive values per portion***Calories 115**

| Amount/portion       | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV       | Amount/portion   | %DV        |
|----------------------|------------|----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 7 g | <b>10%</b> | <b>Cholest.</b> 3 mg | <b>1%</b>  | <b>Total Carb.</b> 11 g | <b>4%</b> | <b>Vitamin A</b> | <b>3%</b>  |
| Sat. Fat 2 g         | <b>8%</b>  | <b>Sodium</b> 834 mg | <b>35%</b> | Fiber 1 g               | <b>4%</b> | <b>Vitamin C</b> | <b>15%</b> |
| <b>Protein</b> 4 g   |            |                      |            | Sugars 2 g              |           | <b>Calcium</b>   | <b>4%</b>  |
|                      |            |                      |            |                         |           | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- This soup is good served with Spaetzles (p. 133). Prepare 1 recipe for 50 servings.
- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

## FRENCH ONION SOUP

*Yield:* 50 portions or 3 gal      *Portion:* 1 cup ( 8 oz)

| <i>Ingredient</i>                                  | <i>Amount</i>     | <i>Procedure</i>   |
|--|-------------------|--|
| Onions, fresh                                      | 8 lb              | Cut onions in thin slices.   |
| Margarine or shortening                            | 12 oz             | Sauté in margarine in large kettle.  |
| Flour, all-purpose                                 | 3 oz              | Add flour and pepper. Cook for 10 minutes.   |
| Pepper, black                                      | 1 tsp             |  |
| Beef Stock (p. 599)                                | 3 gal             | Add stock and Worcestershire sauce. Cook until onions are tender and temperature is 190°F. |
| Worcestershire sauce                               | 3 Tbsp            |  |
| Salt   | 1 tsp (if needed) |  |
| Croutons   | 12 oz             | To serve, ladle soup over croutons or toasted bread.                                       |
| Parmesan cheese, grated, or Swiss cheese, shredded | 2 oz              | Sprinkle with cheese.  |

### *Approximate nutritive values per portion*

**Calories 128**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g  | <b>10%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 12 g | <b>4%</b>  | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 2 g          | <b>8%</b>  | <b>Sodium</b> 974 mg  | <b>41%</b> | Fiber 2 g               | <b>6%</b>  | <b>Vitamin C</b> | <b>10%</b> |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 2 g              |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## CREAM SOUP RECIPES

### BASIC SAUCE FOR CREAM SOUP

Yield: 2½ gal basic sauce

| Ingredient             | Amount | Procedure  |
|------------------------|--------|--|
| Margarine              | 8 oz   | Melt margarine. Add onions and sauté until tender.   |
| Onions, finely chopped | 2 oz   |  |
| Flour, all-purpose     | 12 oz  | Add flour, chicken base, and pepper to onions. Stir until blended.<br>Cook for 5 minutes.  |
| Chicken base           | 3 oz   |  |
| Pepper, white          | ½ tsp  |  |
| Water                  | 2 qt   | Add water and stir until mixture thickens.<br>Add vegetables and seasonings as suggested in Variations to make a variety of cream soups. |
| Milk, hot              | 2 gal  | Stir in milk. Heat to 180°F.   |

#### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Chicken base may be omitted. Omit the water and use 2½ gal milk. Add 2 oz salt.
- ¼ oz (2 Tbsp) dehydrated onions, rehydrated in ¼ cup water, may be substituted for fresh onions.
- A reduced-fat milk may be substituted for whole milk. Reduced-fat milk is less stable (curdles more easily) than whole milk.

#### Variations

- To make 3 gallons of soup (50–60 1-cup, 8-oz portions), use 1 recipe Basic Sauce for Cream Soup plus additions suggested below.
- **Cream of Asparagus Soup.** Add 6 lb cooked, chopped (or pureed) asparagus.
- **Cream of Broccoli Soup.** Add 6 lb cooked, chopped broccoli.
- **Cream of Cauliflower Soup.** Increase onion to 1 lb 8 oz and water to 1 gal. Reduce milk to 1½ gal. Add 6 lb cauliflower, cut into small florets, and 1 Tbsp Worcestershire sauce. Stir in 1 lb 8 oz processed American cheese, shredded. Stir until melted. Sprinkle with chopped chives.
- **Cream of Celery Soup.** Increase onions to 8 oz. Add 2 lb 8 oz cooked chopped celery and 1 lb cooked diced carrots.
- **Cream of Mushroom Soup.** Increase onion to 8 oz. Add 3 lb mushrooms, sliced or chopped, sautéed with the onion in margarine.
- **Cream of Potato Soup.** Increase onions to 12 oz. Add 8 lb cooked diced potatoes and 1 lb cooked chopped celery. Increase chicken base to 5 oz. Potatoes may be mashed or pureed if desired.
- **Cream of Spinach Soup.** Increase onion to 8 oz. Add 3 lb chopped spinach, cooked.
- **Cream of Vegetable Soup.** Increase onion to 1 lb. Add 1 lb cooked chopped celery, 1 lb 8 oz cooked diced carrots, and 2 lb cooked diced potatoes.
- **Mushroom Barley Soup.** Reduce milk to 3 qt and increase water to 1¾ gal. Increase margarine to 1 lb, onions to 1 lb, and chicken base to 8 oz. Add 3 lb sliced mushrooms, ½ tsp garlic powder, and 1 lb barley after water has been added. Simmer about 30 minutes, then add milk slowly and heat to 180°F. Sprinkle with chopped parsley.

## CREAM OF CHICKEN SOUP

*Yield:* 50 portions or 3 gal      *Portion:* 1 cup (8 oz)

| <i>Ingredient</i>          | <i>Amount</i>  | <i>Procedure</i>   |
|----------------------------|----------------|--|
| Margarine                  | 8 oz           | Melt margarine. Sauté celery until tender.   |
| Celery, chopped            | 1 lb           |  |
| Flour, all-purpose         | 8 oz           | Add flour and salt. Stir until blended.  |
| Salt                       | 1 oz (1½ Tbsp) | Cook for 5 minutes.  |
| Chicken Stock<br>(p. 598)  | 2 gal          | Add stock and seasonings. Cook over low heat until it has the consistency of thin white sauce. If chicken base is used for stock, taste before adding celery salt. |
| Celery salt                | 2 tsp          |  |
| Pepper, white              | ½ tsp          |  |
| Milk                       | 1 gal          | Add milk while stirring.   |
| Cooked chicken,<br>chopped | 3 lb           | Add chicken. Heat to 180°F.  |

### *Approximate nutritive values per portion*

**Calories 172**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 9 g  | <b>14%</b> | <b>Cholest.</b> 34 mg | <b>11%</b> | <b>Total Carb.</b> 8 g | <b>3%</b>  | <b>Vitamin A</b> | <b>4%</b>  |
| Sat. Fat 3 g          | <b>16%</b> | <b>Sodium</b> 839 mg  | <b>35%</b> | Fiber 0.3 g            | <b>1%</b>  | <b>Vitamin C</b> | <b>2%</b>  |
| <b>Protein</b> 14 g   |            |                       |            | Sugars 4 g             |            | <b>Calcium</b>   | <b>11%</b> |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 lb cooked rice or noodles may be added. Reduce margarine and flour to 4 oz each.

### Variation

- **Chicken Velvet Soup.** Substitute 2 qt light cream (half-and-half) for 2 qt milk. Increase flour to 12 oz.

**CHEESE SOUP**

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>                                |
|------------------------------------|---------------|---|
| Margarine                          | 8 oz          | Sauté onion in margarine until lightly browned. |
| Onions, chopped                    | 8 oz          |   |
| Flour, all-purpose                 | 4 oz          | Add flour and cornstarch. Blend.                |
| Cornstarch                         | 2 oz          | Cook for 5 minutes.                             |
| Paprika                            | 1 tsp         | Add seasonings and blend.                       |
| Salt                               | 2 Tbsp        | Add milk and stock slowly, while stirring.      |
| Pepper, white                      | 1 tsp         | Cook until thickened.                           |
| Milk                               | 1 gal         |   |
| Chicken Stock<br>(p. 598)          | 1½ gal        |   |
| Carrots, finely diced              | 1 lb          |   |
| Celery, finely diced               | 12 oz         |   |
| Cheddar cheese,<br>sharp, shredded | 1 lb          | Add cheese and stir until melted.               |
| Parsley, fresh,<br>chopped         | ½ cup         | Garnish with chopped parsley.                   |

*Approximate nutritive values per portion***Calories 156**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion         | %DV       | Amount/portion   | %DV        |
|-----------------------|------------|-----------------------|------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 10 g | <b>15%</b> | <b>Cholest.</b> 21 mg | <b>7%</b>  | <b>Total Carb.</b> 9 g | <b>3%</b> | <b>Vitamin A</b> | <b>33%</b> |
| Sat. Fat 4 g          | <b>22%</b> | <b>Sodium</b> 776 mg  | <b>32%</b> | Fiber 0.5 g            | <b>2%</b> | <b>Vitamin C</b> | <b>5%</b>  |
| <b>Protein</b> 8 g    |            |                       |            | Sugars 5 g             |           | <b>Calcium</b>   | <b>17%</b> |
|                       |            |                       |            |                        |           | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.
- Vegetable base and water may be substituted for Chicken Stock.

## BROCCOLI AND CHEESE SOUP

*Yield:* 50 portions or 3 gal      *Portion:* 1 cup (8 oz)

| <i>Ingredient</i>                   | <i>Amount</i> | <i>Procedure</i>   |
|-------------------------------------|---------------|--|
| Margarine                           | 10 oz         | Melt margarine in steam-jacketed or other large kettle.  |
| Onions, finely chopped              | 10 oz         | Add onions and sauté until tender.   |
| Flour, all-purpose                  | 12 oz         | Add flour and seasonings. Stir until blended.  |
| Salt                                | 1 Tbsp        | Cook for 5 minutes, stirring often.  |
| Pepper, black                       | 1 tsp         |  |
| Chicken base                        | 3 oz          | Stir in chicken base, then add water and milk, stirring constantly.                                  |
| Water                               | 3 qt          | Reduce heat and cook until thickened, stirring often.  |
| Milk                                | 1½ gal        |  |
| Processed cheese, coarsely shredded | 2 lb 8 oz     | Add cheese and stir until melted.  |
| Broccoli cuts, frozen               | 4 lb          | Steam broccoli until just tender.<br>Chop, if necessary.<br>Add to cheese mixture and heat to 180°F. |

### *Approximate nutritive values per portion*

**Calories 239**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 16 g | <b>24%</b> | <b>Cholest.</b> 38 mg | <b>13%</b> | <b>Total Carb.</b> 14 g | <b>5%</b>  | <b>Vitamin A</b> | <b>21%</b> |
| Sat. Fat 8 g          | <b>39%</b> | <b>Sodium</b> 890 mg  | <b>37%</b> | Fiber 2 g               | <b>7%</b>  | <b>Vitamin C</b> | <b>26%</b> |
| <b>Protein</b> 11 g   |            |                       |            | Sugars 7 g              |            | <b>Calcium</b>   | <b>30%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1¼ oz (⅔ cup) dehydrated onions, rehydrated in 1 cup water, may be substituted for fresh onions.
- Vegetable base may be substituted for chicken base.

### Variation

- **Broccoli Swiss Soup.** In a steam-jacketed kettle, combine 1 lb chopped onions, 10 oz chopped celery, and 10 oz margarine. Sauté vegetables until tender. Stir in 10 oz flour, 1 tsp white pepper, and 2 tsp salt. Cook 5–10 minutes, stirring often. Using a wire whip, gradually stir in 1½ gal milk, 1¾ qt water, and 4 oz vegetable or chicken base. Reduce heat and cook until thickened, stirring constantly. Add 2 lb 12 oz shredded processed Swiss cheese. Stir until cheese melts. Add 5 lb 8 oz frozen broccoli cuts that have been steamed only until beginning to soften. Heat to 180°F. Makes 3 gal. Salt may need to be adjusted depending on the amount of salt in the vegetable or chicken base.

## CHOWDER RECIPES

### CORN CHOWDER

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| Ingredient             | Amount       | Procedure   |
|------------------------|--------------|---|
| Potatoes, diced        | 2 lb         | Cook potatoes. Drain. Save for later step.  |
| Margarine, melted      | 8 oz         | Sauté onions and celery in margarine until tender.  |
| Onions, finely chopped | 4 oz         |   |
| Celery, chopped        | 6 oz         |   |
| Flour, all-purpose     | 12 oz        | Add flour, pepper, and chicken base to onions. Stir until well blended. Cook for 5 minutes. |
| Pepper, white          | 1 tsp        |   |
| Chicken base           | 3 oz         |   |
| Water                  | 1½ gal       | Add water, stirring constantly. Cook until mixture thickens.                                |
| Corn, cream style      | 1 No. 10 can | Add corn, chives, and potatoes. Heat until hot.   |
| Chives, frozen         | 1 cup        |   |
| Milk                   | 2½ qt        | Stir milk into soup. Heat to 180°F.   |

#### Approximate nutritive values per portion

Calories 153

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|------------------|-----|----------------|-----|
| Total Fat 6 g  | 9%  | Cholest. 7 mg  | 2%  | Total Carb. 23 g | 8%  | Vitamin A      | 4%  |
| Sat. Fat 2 g   | 9%  | Sodium 392 mg  | 16% | Fiber 1 g        | 6%  | Vitamin C      | 10% |
| Protein 4 g    |     |                |     | Sugars 3 g       |     | Calcium        | 7%  |
|                |     |                |     |                  |     | Iron           | 3%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Vegetable base may be substituted for chicken base.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.
- 1 lb bacon, diced and cooked until crisp, may be added before serving.

#### Variations

- **Potato Chowder.** Omit corn and increase potatoes to 8 lb.
- **Vegetable Chowder.** Substitute 3 lb whole kernel corn for cream style corn. Add 4 oz chopped green pepper and 1 lb cooked, diced carrots.

## NEW ENGLAND CLAM CHOWDER

Yield: 50 portions or 3 gal      Portion: 1 cup (8 oz)

| Ingredient                  | Amount | Procedure   |
|-----------------------------|--------|---|
| Potatoes, cubed             | 6 lb   | Cook potatoes until tender. Drain.<br>Reserve potatoes to add in last step.                                     |
| Water                       | 1 qt   |   |
| Salt                        | 1 Tbsp |   |
| Bacon, finely diced         | 4 oz   | Sauté bacon, onion, and celery in steam-jacketed or other large kettle for 5 minutes, or until lightly browned. |
| Onion, chopped              | 8 oz   |   |
| Celery, chopped             | 12 oz  |   |
| Margarine                   | 8 oz   | Add margarine to onion and stir until melted.   |
| Flour, all-purpose          | 8 oz   | Add flour, seasonings, and chicken base. Stir until blended.  |
| Pepper, white               | 1 tsp  | Cook for 5 minutes.   |
| Chicken base<br>(see Notes) | 4 oz   |   |
| Milk                        | 2 gal  | Add milk gradually while stirring. Cook until thickened.  |
| Minced clams,<br>undrained  | 4 lb   | Add clams and potatoes. Heat to 180°F.  |

### Approximate nutritive values per portion

Calories 235

| Amount/portion        | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|-----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 10 g | 15% | <b>Cholest.</b> 34 mg | 11% | <b>Total Carb.</b> 25 g | 8%  | <b>Vitamin A</b> | 10% |
| Sat. Fat 4 g          | 21% | <b>Sodium</b> 709 mg  | 30% | Fiber 2 g               | 6%  | <b>Vitamin C</b> | 15% |
| <b>Protein</b> 12 g   |     |                       |     | Sugars 9 g              |     | <b>Calcium</b>   | 21% |
|                       |     |                       |     |                         |     | <b>Iron</b>      | 32% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 gal fresh clams may be used. Clean and steam until tender. Drain and chop. Save juice.
- Garnish with fresh or frozen chives, chopped.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.
- Clam base may be substituted for chicken base.

### Variation

- **Fish Chowder.** Delete clams. Add 1 tsp thyme, 1 tsp crushed rosemary, 2 tsp Worcestershire sauce, ½ tsp hot pepper sauce, and 3 lb flaked white fish, or 1 lb shrimp and 2 lb minced clams.

## POTATO AND ROASTED RED PEPPER SOUP

Yield: 50 portions

Portion: 8 oz

| Ingredient   | Amount    | Procedure  |
|--|-----------|--|
| Potatoes, medium diced                                   | 6 lb 4 oz | Using a steamer or other steam equipment, steam potatoes until tender.<br>Hold for later step.                       |
| Margarine  | 8 oz      | In a steam-jacketed kettle or large stockpot, sauté vegetables until tender.   |
| Onions, finely chopped                                   | 1 lb (EP) |  |
| Celery, chopped  | 1 lb (EP) |  |
| Flour  | 10 oz     | Add flour to vegetables. Stir with wire whip to combine.<br>Cook for 5–10 minutes.<br>Turn off heat.                 |
| Water  | 2 qt      | Add water, base, and seasonings to roux, stirring constantly.  |
| Chicken base   | 4 oz      |  |
| Pepper, white  | 1 tsp     | Cook until mixture thickens.   |
| Salt   | 1½ oz     |  |
| Roasted Red Peppers, cut into ¼ × ½-inch strips (p. 655) | 1 lb      | Add steamed potatoes (from earlier step) and Roasted Red Peppers to onion, celery, and water mixture. Heat to 185°F. |
| Milk   | 5 qt      | Add milk slowly to potato mixture. Stir constantly to combine. Heat to 180°F.  |

### Approximate nutritive values per portion

Calories 170

| Amount/portion         | %DV | Amount/portion        | %DV | Amount/portion          | %DV | Amount/portion   | %DV |
|------------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 7.5 g | 11% | <b>Cholest.</b> 13 mg | 4%  | <b>Total Carb.</b> 20 g | 7%  | <b>Vitamin A</b> | 12% |
| Sat. Fat 2.8 g         | 14% | <b>Sodium</b> 739 mg  | 31% | Fiber 1.7 g             | 7%  | <b>Vitamin C</b> | 49% |
| <b>Protein</b> 5.8 g   |     |                       |     | Sugars 5 g              |     | <b>Calcium</b>   | 13% |
|                        |     |                       |     |                         |     | <b>Iron</b>      | 5%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- A frozen roasted pepper blend can be substituted for the Roasted Red Peppers. When using frozen roasted vegetables, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).
- Green, orange, or yellow bell peppers can be substituted for some or all of the red bell peppers.
- Vegetable base can be substituted for the chicken base. Adjust salt as required.

## HEARTY POTATO HAM CHOWDER

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| Ingredient                   | Amount     | Procedure  |
|------------------------------|------------|--|
| Margarine                    | 3 oz       | Melt margarine in steam-jacketed or other large kettle.                |
| Onion, green, finely chopped | 8 oz       | Add onion and green pepper and sauté until tender.                     |
| Green pepper, chopped        | 12 oz      |  |
| Flour, all-purpose           | 3 oz       | Add flour and seasonings. Stir until blended.                          |
| Pepper, white                | ½ tsp      | Cook for 5 minutes, stirring often.                                    |
| Paprika                      | 1 tsp      |  |
| Chicken Stock (p. •••)       | 3 qt       | Add stock and stir until smooth. Cook until mixture begins to thicken. |
| Ham, coarsely chopped        | 2 lb 8 oz  | Add ham, potatoes, and corn. Heat to 180°F.                            |
| Potatoes, cooked, cubed      | 5 lb 8 oz  |  |
| Corn, whole kernel           | 3 lb 12 oz |  |
| Milk                         | 2¾ qt      | Add milk and mix well. Heat to 180°F.                                  |
| Parsley, fresh, chopped      | ½ cup      | Sprinkle parsley over chowder before serving.                          |

### Approximate nutritive values per portion

Calories 276

| Amount/portion       | %DV        | Amount/portion        | %DV       | Amount/portion          | %DV        |                  | %DV       |                | %DV       |
|----------------------|------------|-----------------------|-----------|-------------------------|------------|------------------|-----------|----------------|-----------|
| <b>Total Fat</b> 7 g | <b>11%</b> | <b>Cholest.</b> 21 mg | <b>7%</b> | <b>Total Carb.</b> 41 g | <b>14%</b> | <b>Vitamin A</b> | <b>5%</b> | <b>Calcium</b> | <b>7%</b> |
| Sat. Fat 2 g         | 12%        | <b>Sodium</b> 584 mg  | 24%       | Fiber 5 g               | 21%        | <b>Vitamin C</b> | 32%       | <b>Iron</b>    | 9%        |
| <b>Protein</b> 13 g  |            |                       |           | Sugars 4 g              |            |                  |           |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water; may be substituted for fresh onions.

**OYSTER STEW**

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| <i>Ingredient</i>   | <i>Amount</i> | <i>Procedure</i>   |
|---------------------|---------------|--|
| Milk                | 2½ gal        | Scald milk by heating to point just below boiling.   |
| Oysters             | 2½ qt         | Heat undrained oysters and butter only until edges of oysters begin to curl.   |
| Butter or margarine | 8 oz          |  |
| Salt                | 2 oz (3 Tbsp) | About 10 minutes before serving, add hot oysters, with the oyster liquid, and seasonings to scalded milk. Serve immediately to avoid curdling. |
| Pepper              | ½ tsp         |  |

*Approximate nutritive values per portion***Calories 203**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>18%</b> | <b>Cholest.</b> 76 mg | <b>25%</b> | <b>Total Carb.</b> 12 g | <b>4%</b> | <b>Vitamin A</b> | <b>18%</b> |
| Sat. Fat 7 g          | <b>34%</b> | <b>Sodium</b> 599 mg  | <b>25%</b> | Fiber 0 g               | <b>0%</b> | <b>Vitamin C</b> | <b>9%</b>  |
| <b>Protein</b> 12 g   |            |                       |            | Sugars 10 g             |           | <b>Calcium</b>   | <b>26%</b> |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>27%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## MANHATTAN FISH OR CLAM CHOWDER

Yield: 50 portions or 3 gal

Portion: 1 cup (8 oz)

| Ingredient   | Amount       | Procedure   |
|--|--------------|---|
| Bacon, diced   | 1 lb         | Cook bacon until crisp. Drain off excess fat.                               |
| Onion, chopped   | 1 lb 6 oz    | Add onion and sauté until tender.<br>Place onion and bacon in large kettle. |
| Water  | 3 qt         | Add water, vegetables, and spices. Bring to a boil.                         |
| Tomatoes, diced,<br>canned                               | 1 No. 10 can | Reduce heat. Simmer 40–45 minutes or until vegetables are tender.           |
| Potatoes, chopped  | 3 lb         | Remove bay leaves before serving.   |
| Carrots, fresh, diced                                    | 1 lb 4 oz    |   |
| Celery, chopped  | 1 lb 4 oz    |   |
| Catsup   | 2 cups       |   |
| Worcestershire sauce                                     | 1/3 cup      |   |
| Salt   | 2 Tbsp       |   |
| Pepper, black  | 1 tsp        |   |
| Bay leaves   | 2            |   |
| Thyme, ground  | 1 tsp        |   |
| Fish, boneless,<br>cooked and flaked,<br>or minced clams | 3 lb 8 oz    | Add fish. Cover and simmer 5–10 minutes.                                    |
| Parsley, fresh,<br>chopped                               | 1/4 cup      | Sprinkle parsley over soup before serving.                                  |

### Approximate nutritive values per portion

Calories 98

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV | %DV              | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 13 mg | 4%  | <b>Total Carb.</b> 15 g | 5%  | <b>Vitamin A</b> | 40% |
| Sat. Fat 1 g         | 3%  | <b>Sodium</b> 543 mg  | 23% | Fiber 2 g               | 8%  | <b>Vitamin C</b> | 41% |
| <b>Protein</b> 6 g   |     |                       |     | Sugars 4 g              |     | <b>Calcium</b>   | 4%  |
|                      |     |                       |     |                         |     | <b>Iron</b>      | 29% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2<sup>3</sup>/<sub>4</sub> oz (1<sup>1</sup>/<sub>2</sub> cups) dehydrated onions, rehydrated in 2<sup>1</sup>/<sub>4</sub> cups water, may be substituted for fresh onions.

## CHILLED SOUP RECIPES

### GAZPACHO (SPANISH CHILLED SOUP)

*Yield:* 50 portions or 1<sup>3</sup>/<sub>4</sub> gal      *Portion:* 1/2 cup (4 oz)

| <i>Ingredient</i>                  | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------------|---------------|--|
| Mushrooms, fresh,<br>chopped       | 4 oz          | Sauté mushrooms in olive oil until light brown.                        |
| Olive oil                          | 1/2 cup       |  |
| Garlic                             | 3 cloves      | Crush garlic in salt.  |
| Salt                               | 2 Tbsp        |  |
| Tomatoes, fresh,<br>finely chopped | 3 lb          | Combine remaining ingredients in a stainless steel or glass container. |
| Green peppers,<br>finely chopped   | 1 lb 4 oz     |  |
| Celery, finely<br>chopped          | 12 oz         | Add mushrooms and garlic.<br>If too thick, add more tomato juice.      |
| Cucumbers, finely<br>chopped       | 1 lb          |  |
| Onion, finely<br>chopped           | 1 lb 8 oz     | Cover and chill quickly to below 41°F.                                 |
| Chives, chopped                    | 2 Tbsp        |  |
| Parsley, chopped                   | 3 Tbsp        |  |
| Pepper, black                      | 1 Tbsp        |  |
| Worcestershire sauce               | 1 Tbsp        |  |
| Tarragon vinegar                   | 1 1/2 cups    |  |
| Hot pepper sauce                   | 1 tsp         |  |
| Tomato juice                       | 2 1/2 qt      |  |

#### *Approximate nutritive values per portion*

**Calories 45**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|-----------------------|------------|
| <b>Total Fat</b> 2 g  | 4%         | <b>Cholest.</b> 0 mg  | 0%         | <b>Total Carb.</b> 6 g | 2%         | <b>Vitamin A</b>      | 5%         |
| Sat. Fat 1 g          | 3%         | <b>Sodium</b> 487 mg  | 20%        | Fiber 1 g              | 5%         | <b>Vitamin C</b>      | 43%        |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 3 g             |            | <b>Calcium</b>        | 2%         |
|                       |            |                       |            |                        |            | <b>Iron</b>           | 4%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. Store for service at an internal temperature below 41°F.

**VICHYSOISE (CHILLED POTATO SOUP)**

Yield: 50 portions or 3 gal      Portion: 1 cup (8 oz)

| <i>Ingredient</i>                                   | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Chicken Stock<br>(p. 598)                           | 1 gal         | Combine stock and onions. Cook until onions are tender.<br>Strain.   |
| Onions, chopped                                     | 3 lb          |  |
| Potatoes, diced                                     | 6 lb          | Steam potatoes until tender. Mash.   |
| Salt  | 1 Tbsp        | Add seasonings and chicken stock to potatoes. If soup base is<br>used in stock, salt may need to be reduced. |
| Celery salt   | 2 tsp         |  |
| Garlic salt   | 1 tsp         |  |
| Pepper, white                                       | ½ tsp         |  |
| Light cream<br>(half-and-half)                      | 1¼ gal        | Add cream and mix well. Chill quickly to below 41°F.   |
| Parsley, chives, or<br>green onion tops,<br>chopped | ⅓ cup         | Garnish chilled soup with chopped parsley, chives, or green<br>onion tops.                                   |

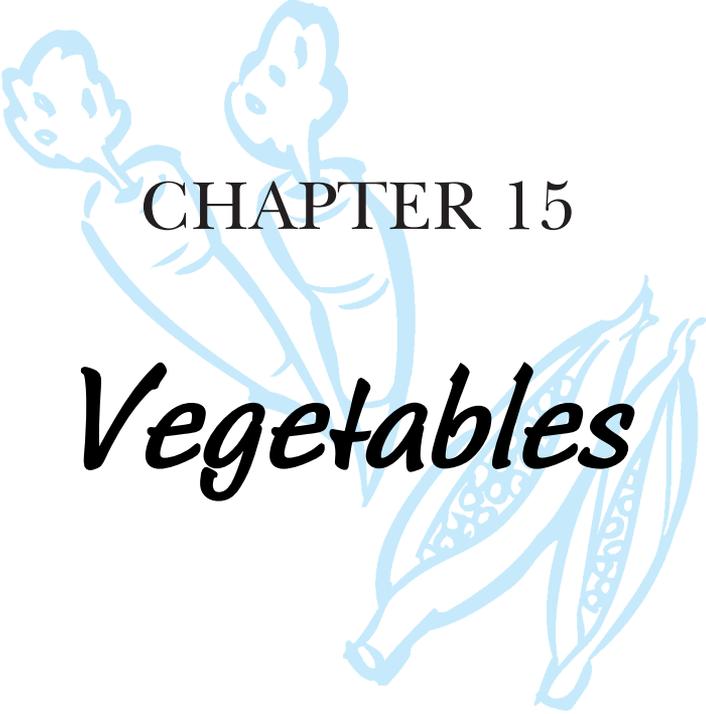
*Approximate nutritive values per portion***Calories 200**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV       | %DV              | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>18%</b> | <b>Cholest.</b> 36 mg | <b>12%</b> | <b>Total Carb.</b> 19 g | <b>6%</b> | <b>Vitamin A</b> | <b>12%</b> |
| Sat. Fat 7 g          | <b>35%</b> | <b>Sodium</b> 546 mg  | <b>23%</b> | Fiber 2 g               | <b>7%</b> | <b>Vitamin C</b> | <b>16%</b> |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 2 g              |           | <b>Calcium</b>   | <b>11%</b> |
|                       |            |                       |            |                         |           | <b>Iron</b>      | <b>2%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Potentially hazardous food. Store for service at an internal temperature below 41°F.





## CHAPTER 15

# Vegetables

**W**ith the increased interest in nutrition, the place of the vegetable in today's foodservice menu has assumed new importance. A wide array of fresh vegetables is available year-round, as is a variety of frozen and canned vegetables. Proper preparation and cooking are essential to preserving the nutritive value, color, and palatability of fresh vegetables, and the addition of herbs and spices enhances the vegetables without the addition of salt and fat.

Frozen and canned vegetables require less labor to prepare than fresh vegetables and have more predictable yields, but fresh vegetables, especially those that are not too time-consuming to prepare, should be considered when they are in season.

The quantity of vegetables to buy depends on the portion size and the method of preparation. One No. 10 can or 5 pounds of most frozen vegetables will yield 25 3-oz portions. For fresh vegetables, the loss in preparation must be considered in determining the amount to purchase. Table 1.1 suggests amounts to buy and Table 1.2 gives the approximate yield in the preparation of fresh vegetables.

### FRESH AND FROZEN VEGETABLES

Fresh or frozen vegetables may be cooked by boiling, steaming, baking, or frying. The method used depends largely on the type of product, the amount to be cooked, and the equipment available. Fresh vegetables should be washed, trimmed, peeled if necessary, and cut into even-size pieces for cooking. Detailed instructions are given for individual recipes in this section. (Salad vegetables and their preparation are discussed

in Chapter 11.) Preparing fresh vegetables too far in advance causes them to discolor. Covering prepared vegetables with cold water helps retain color but reduces their nutritive value if they are held too long.

A small steam-jacketed kettle is satisfactory for cooking both fresh and frozen vegetables. It should be large enough to prevent crowding and to allow the water to return to the boiling point quickly after vegetables are added. A tilting frypan also may be used successfully.

Vegetables may be cooked in a steamer if cooked in small quantities and arranged in thin layers in shallow pans. The time and temperature must be controlled carefully. Cooking in a high-pressure or zero-pressure steamer is especially successful. One advantage of steam cooking is that vegetables may be weighed and placed in serving pans, then cooked and served from the same pans.

When steam equipment is not available, top-of-range cooking may be used. Vegetables should be cooked in as small an amount of water as is practicable and as quickly as possible.

Whatever the method used, vegetables should be cooked only until tender. *Do not overcook.* Vegetables should be cooked in as small a quantity at one time as is feasible for the type of service. The needs of most foodservices can be met by the continuous cooking of vegetables in small quantities (batch cooking). Vegetables should be served as soon as possible after cooking for optimum quality and should be handled carefully to prevent breaking or mashing. Vegetables that have been cooked and held for any period of time should not be combined with freshly prepared batches. Appearance is most important to customer acceptance of vegetables, as is the seasoning. Individual recipes recommend the amount of salt for 50 portions and suggest seasonings appropriate to that vegetable.

## Directions for Boiling

1. Prepare vegetables. See p. 467 for directions for preparing fresh vegetables. Frozen vegetables should not be thawed before cooking except for solid pack frozen vegetables, which should be thawed only long enough to break apart easily.
2. Add prepared vegetables to boiling salted water in steam-jacketed kettle or stockpot. Cook in lots no larger than 10 lb. Use 1 oz (1½ Tbsp) salt to the amount of water specified in Table 15.1, except for corn. Add salt and/or sugar after cooking to prevent toughening and discoloring of corn kernels.

The amount of water used in cooking all vegetables is important for retention of nutrients. The less water used, the more nutrients retained. Addition of baking soda to the water also causes loss of vitamins. Mature root vegetables that need longer cooking require more water than young, tender vegetables. Spinach and other greens need only the water clinging to their leaves from washing.

3. Cover and bring water quickly back to the boiling point. Green vegetables retain their color better if the lid is removed just before boiling begins; strong-flavored vegetables, such as cabbage, cauliflower, and brussels sprouts, should be cooked uncovered to prevent development of unpleasant flavors.
4. Start timing when water returns to the boiling point. Use Table 15.1 as a guide. Stir greens occasionally while boiling.
5. Drain cooked vegetables and place in serving pans. Add 4–8 oz melted margarine or butter to each 50 portions.
6. Adjust seasonings.

## Directions for Steaming

1. Place prepared vegetables not more than 3–4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained, use solid pans. When cooking winter squash or sweet potatoes, cover with a lid or aluminum foil to prevent water from accumulating in the pan.
2. Steam, using Table 15.1 as a guide. Begin timing when steamer reaches proper cooking pressure.
3. Add 2–4 oz melted margarine or butter and 2 tsp salt to each 5 lb drained vegetables.

## Directions for Stir-Frying

1. Select vegetables for color, texture, shape, and flavor.

2. Cut or dice diagonally into small uniform pieces (see Figure 15.1).
3. Heat a small amount of oil or seasoned oil in a pan, steam-jacketed kettle, or tilting frypan. Prepare seasoned oil for stir-frying by adding ½ oz sliced ginger root and ½ oz fresh peeled garlic to 2 cups salad oil. Refrigerate 8 hours. For Safety reasons, use within 24 hours. Strain before using (see p. 382 for Basil Oil recipe).
4. Stir in vegetables, starting with those that take longer to cook (carrots, onions, turnips). Continue to stir for 1 minute until vegetables are coated with oil.
5. Add liquid (water or broth) and seasonings to vegetables. Cover and steam for 3 minutes or until vegetables are tender-crisp.
6. Add cornstarch mixed with a small amount of cold water. (See recipe on p. 678.) Cook and stir just until the sauce thickens and vegetables are glazed.

## CANNED VEGETABLES

Heating of canned vegetables should be scheduled so they will be served soon after heating. Prepare 1 or 2 No. 10 cans at a time, with approximately 25 portions in each can.

## Directions for Heating

### Stockpot or Steam-Jacketed Kettle

1. Drain off half the liquid; use for soups, gravies, and sauces.
2. Heat vegetables and remaining liquid in a stockpot or steam-jacketed kettle. Heat only long enough to bring to 160°F.
3. Drain vegetables and place in counter pans. Add 4–8 oz melted margarine or butter.

### Steamer or Oven

1. Drain off half the liquid; use for soups, gravies, and sauces.
2. Transfer vegetables and remaining liquid to steamer pans and cover. A 12 × 20 × 2-inch pan will hold contents of 2 No. 10 cans, or 50 portions of most vegetables.
3. Heat in steamer at 5–6 lb pressure for 1 minute, or in a 350°F oven until 160°F is reached.
4. Drain vegetables and add 4–8 oz melted margarine or butter for each lot of vegetables.

**TABLE 15.1** Timetable for boiling or steaming fresh and frozen vegetables

|  | Boiling—<br>approximate<br>cooking time <sup>a,b</sup><br>(minutes) | Steaming—Approximate cooking time <sup>c,d</sup> for 1–3<br>pans (minutes) |                        |                  |
|--|---|--|------------------------|------------------|
|  |   | 5–6 psi <sup>e</sup>   | 12–15 psi <sup>e</sup> | Zero<br>pressure |
| Asparagus, fresh, frozen                   | 10–12   | 10–12  | 4–8                    | 6–13             |
| Beans, black-eyed beans or<br>peas, frozen | 30–45   | 20–25  | 10–20                  | 25–35            |
| Beans, green or wax, fresh                 | 15–25   | 15–20  | 4–10                   | 10–15            |
| Beans, green or wax, frozen                | 10–12   | 10–12  | 7–11                   | 6–13             |
| Beans, lima, frozen                        | 10–15   | 10–12  | 6–10                   | 6–13             |
| Beets, whole, fresh                        | 40–50   | 40–50  | 25–35                  | 40–50            |
| Broccoli, cuts or spears, fresh,<br>frozen | 10–12   | 10–15  | 4–8                    | 5–10             |
| Brussels sprouts, fresh, frozen            | 10–15   | 10–12  | 6–10                   | 9–14             |
| Cabbage, cored, cut                        | 10–12   | 14–16  | 7–14                   | 14–18            |
| Carrots, fresh                             | 10–20   | 18–20  | 6–15                   | 18–20            |
| Carrots, frozen                            | 10–20   | 9–10   | 5–9                    | 7–12             |
| Cauliflower, fresh, frozen                 | 10–12   | 10–15  | 5–10                   | 7–15             |
| Celery, fresh                              | 10–12   | 10–15  | 5–10                   | 10–15            |
| Corn, whole kernel, frozen                 | 6–8   | 9–10   | 5–9                    | 5–10             |
| Corn on the cob, fresh, frozen             | 15–20   | 10–12  | 5–10                   | 8–12             |
| Eggplant, fresh                            | 15–20   | 10–15  | 4–8                    | 5–15             |
| Greens, collard, fresh                     | 25–35   | 10–15  | 8–10                   | 12–15            |
| Kale, fresh                                | 15–20   | 10–15  | 8–10                   | 12–15            |
| Okra, fresh, frozen                        | 8–15  | 10–12  | 6–10                   | 10–12            |
| Onions, fresh                              | 20–30   | 15–20  | 5–10                   | 10–15            |
| Parsnips, fresh                            | 20–40   | 15–20  | 6–15                   | 18–20            |
| Peas, green, fresh, frozen                 | 8–12  | 8–10   | 3–4                    | 5–6              |
| Potatoes, fresh, whole, small              | 25–40   | 20–25  | 13–25                  | 35–40            |
| Rutabagas, fresh                           | 20–35   | 25–30  | 10–20                  | 25–30            |
| Spinach, fresh                             | 3–5   | 3–5  | 1–3                    | 3–5              |
| Spinach, frozen, thawed                    | 3–5   | 8–10   | 4–8                    | 8–10             |
| Squash, summer, fresh, frozen              | 5–10  | 8–12   | 5–8                    | 7–10             |
| Squash, winter, fresh, diced               | 30–40   | 15–20  | 7–9                    | 15–20            |
| Sweet potatoes, fresh                      | 30–40   | 20–30  | 13–25                  | 30–40            |
| Turnips, fresh                             | 20–40   | 25–30  | 10–20                  | 25–30            |
| Vegetables, mixed, frozen                  | 10–15   | 10   | 5–9                    | 5–10             |

<sup>a</sup> Cook vegetables at a slow boil.

<sup>b</sup> Figures calculated for boiling 10–12 lb of vegetables in 1–3 qt. water. Greens require the addition of no extra water; the water clinging to their leaves is sufficient.

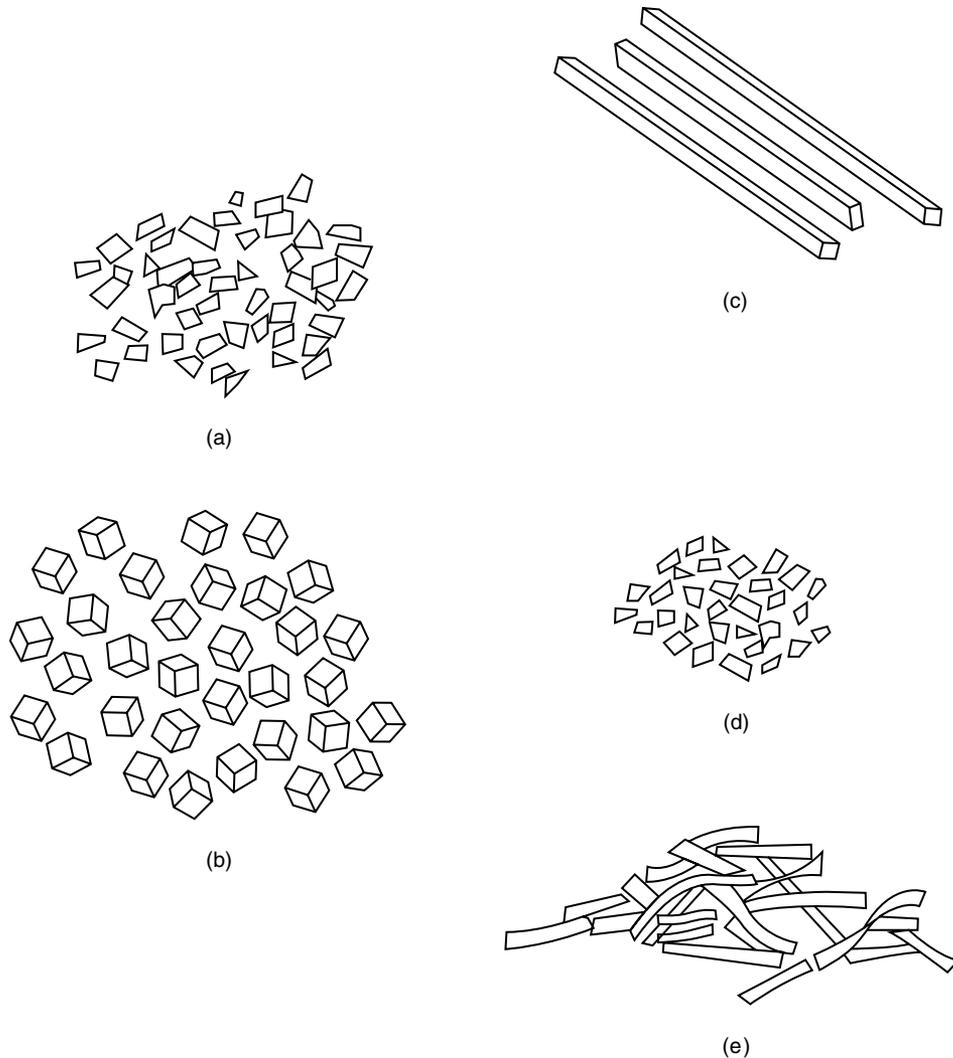
<sup>c</sup> Figures calculated for steaming 5–6 lb vegetables per batch. A steamer filled to less than capacity will need the cooking time reduced slightly. An overloaded steamer may require a longer cooking time.

<sup>d</sup> When possible, use 2 ½-inch-deep perforated steamer pans. For best results, break up frozen vegetables to speed cooking.

<sup>e</sup> Pounds per square inch.

**Note**

- Canned vegetables require the following cooking times: 5 psi, 3–5 minutes; 15 psi, 3–4 minutes; 0 psi, 5–10 minutes.



**FIGURE 15.1** Terminology for cutting vegetables and other foods:  
 (a) chop: to cut into irregular-shape pieces, either by a mechanical chopper or by hand using a chef's knife;  
 (b) dice or cube: *brunoise*,  $\frac{1}{8} \times \frac{1}{8} \times \frac{1}{8}$  inch; *small dice*,  $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$  inch; *medium dice*,  $\frac{1}{3} \times \frac{1}{3} \times \frac{1}{3}$  inch; *large dice*,  $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$  inch;  
 (c) julienne: *fine*,  $\frac{1}{16} \times \frac{1}{16} \times 1$  or 2 inches; *julienne*,  $\frac{1}{8} \times \frac{1}{8} \times 2$  inches; *battonnet*,  $\frac{1}{4} \times \frac{1}{4} \times 2$  or  $2\frac{1}{2}$  inches;  
 (d) mince; to chop into very fine pieces;  
 (e) shred: to cut into strips, either by a mechanical or hand grater or with a chef's knife.

## DRIED VEGETABLES

Among the many kinds of dried legumes available today are dried peas (whole green or split green, yellow split, and black-eyed); beans (navy, black, fava, red kidney, brown, pinto, butter beans, and garbanzo, also known as chick peas); lentils (brown and red). High in protein and fiber, legumes are an important factor in meatless dishes and health-conscious menus.

## Directions for Cooking

1. Sort, discarding any stones or other foreign material and shriveled vegetables. Rinse with cold water.
2. Heat water to boiling in steam-jacketed or other kettle.
3. Add vegetable and boil for 3 minutes.
4. Turn off steam and allow to stand for 1 hour.
5. Add salt and cook slowly until vegetables are tender (1–1½ hours). Add more water if needed.
6. Vegetable may be covered with cold water and soaked overnight, drained, then cooked.

## VEGETABLE RECIPES

### SEASONED FRESH ASPARAGUS

Yield: 50 portions

Portion: 3 oz

| Ingredient        | Amount                      | Procedure   |
|-------------------|-----------------------------|---|
| Asparagus, fresh  | 18–20 lb (AP)<br>(10 lb EP) | Break or cut off tough stems. Wash and thoroughly clean remaining portions.<br>Arrange spears in steamer pans with tips in one direction. Sprinkle with salt. Steam (p. 631).<br>Asparagus may be cut into 1-inch pieces and steamed or placed in a kettle and boiled (p. 631). |
| Margarine, melted | 4 oz                        | Pour margarine over cooked asparagus.   |
| Salt              | 1 oz (1½ Tbsp)              | If boiling asparagus, add salt to cooking water.  |

#### Approximate nutritive values per portion

Calories 59

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion         | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 2 g | 4%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 8 g | 3%  | <b>Vitamin A</b> | 14% | <b>Calcium</b> | 4%  |
| Sat. Fat 1 g         | 2%  | <b>Sodium</b> 220 mg | 9%  | Fiber 3 g              | 13% | <b>Vitamin C</b> | 77% | <b>Iron</b>    | 6%  |
| <b>Protein</b> 4 g   |     |                      |     | Sugars 3 g             |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

#### Notes

- For frozen asparagus, use 10 lb. See p. 631 for cooking instructions.
- Seasonings for asparagus: sesame seeds, lemon juice, browned butter, crumb butter, basil, chives, tarragon.

#### Variations

- **Asparagus with Cheese Sauce.** Serve 5–6 stalks of cooked asparagus with 2 Tbsp Cheese Sauce (p. 561). Make 2 qt sauce.
- **Asparagus Vinaigrette.** Blanch asparagus (see p. 567). Marinate in 1½ qt Vinaigrette Dressing (p. 524) or Vegetable Marinade (pp. 594–596).
- **Creamed Asparagus.** Add 1 gal Medium White Sauce (p. 561) to 10 lb asparagus cut in 2-inch lengths and cooked.
- **Fresh Asparagus with Hollandaise Sauce.** Serve 1 Tbsp Hollandaise Sauce (p. 580) over cooked asparagus spears.

## SEASONED FRESH GREEN OR WAX BEANS

Yield: 50 portions

Portion: 3 oz

| Ingredient                | Amount                      | Procedure  |
|---------------------------|-----------------------------|--|
| Green or wax beans, fresh | 11–12 lb (AP)<br>(10 lb EP) | Wash beans. Trim ends.<br>Cut or break into 1-inch pieces.<br>Steam or boil (p. 631).                        |
| Margarine, melted         | 4 oz                        | Pour margarine over cooked beans and sprinkle with salt.<br>If boiling the beans, add salt to cooking water. |
| Salt                      | 1 oz (1½ Tbsp)              |  |

### Approximate nutritive values per portion

Calories 51

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|-----------------|-----|----------------|-----|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 8 g | 3%  | Vitamin A      | 7%  |
| Sat. Fat 1 g   | 2%  | Sodium 216 mg  | 9%  | Fiber 2 g       | 7%  | Vitamin C      | 16% |
| Protein 2 g    |     |                |     | Sugars 2 g      |     | Calcium        | 4%  |
|                |     |                |     |                 |     | Iron           | 7%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- For frozen beans, use 10 lb. See p. 631 for cooking.
- For canned beans, use 2 No. 10 cans. See p. 630 for heating.
- Seasonings for green beans: basil, dill, marjoram, oregano, rosemary, savory, tarragon, thyme, onion, chives, mushrooms, bacon.

### Variations

- **French Green Beans.** Cook 10 lb frozen French cut green beans. Drain and season with 1 cup mayonnaise, ¾ cup sour cream, 2 Tbsp vinegar, 2 oz chopped onion sautéed in 2 oz margarine, and salt and pepper to taste.
- **Green Beans Amandine.** Add 8 oz slivered almonds lightly browned in 8 oz margarine.
- **Green Beans and Mushrooms.** Add 2 lb sliced mushrooms that have been sautéed in 8 oz margarine.
- **Green Beans Provincial.** Season green beans with 8 oz Onion Butter (p. 590), 2 cloves garlic, minced, 3 Tbsp chopped parsley, and 2 tsp dried crumbled thyme.
- **Herbed Green Beans.** Season 10 lb frozen green beans, cooked, or 2 No. 10 cans green beans with 1 lb chopped onions, 8 oz chopped celery, and 1 tsp minced garlic sautéed in 8 oz margarine, 2 tsp dried crumbled basil, and 2 tsp dried rosemary.
- **Southern-Style Green Beans.** Cut 1 lb 8 oz bacon into small pieces. Add 6 oz chopped onion and sauté until onion is lightly browned. Add to hot, drained green beans. Good served with ham and Corn Bread (p. 122).

**GREEN BEAN CASSEROLE**

*Yield:* 50 portions or 1 pan 12 × 20 × 2 inches  
*Oven:* 350°F *Bake:* 30–40 minutes

*Portion:* 4 oz

| <i>Ingredient</i>                         | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Green beans, frozen,<br>French cut or cut | 7 lb 8 oz     | Cook green beans (p. 631). Drain.  |
| Mushrooms, fresh                          | 10 oz         | Clean mushrooms and slice.   |
| Margarine, melted                         | 3 oz          | Sauté in margarine.  |
| Cream of mushroom<br>soup, undiluted      | 1 qt          | Blend soup, milk, and seasonings.  |
| Milk                                      | 1 cup         |  |
| Pepper, black                             | ½ tsp         |  |
| Onion powder                              | 1 tsp         |  |
| Soy sauce                                 | 1 Tbsp        |  |
| Water chestnuts,<br>sliced, drained       | 1 lb          | Combine soup mixture, mushrooms, and water chestnuts.<br>Add to green beans. Mix lightly.<br>Pour into one 12 × 20 × 2-inch pan. |
| Swiss cheese,<br>shredded                 | 8 oz          | Sprinkle cheese over beans.<br>Bake at 350°F for 25 minutes.   |
| Bread crumbs                              | 4 oz          | Combine crumbs and margarine and sprinkle over bean<br>mixture.  |
| Margarine, melted                         | 4 oz          | Bake 5–10 minutes.   |

*Approximate nutritive values per portion***Calories 107**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g  | <b>10%</b> | <b>Cholest.</b> 5 mg  | <b>2%</b>  | <b>Total Carb.</b> 10 g | <b>3%</b>  | <b>Vitamin A</b> | <b>6%</b>  |
| Sat. Fat 2 g          | <b>10%</b> | <b>Sodium</b> 262 mg  | <b>11%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b> | <b>10%</b> |
| <b>Protein</b> 3 g    |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>9%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Two No. 10 cans cut green beans may be substituted for frozen beans. Drain before using.
- 8 oz crumbled French fried onion rings (canned) may be sprinkled over the top during the last 10 minutes of baking.

**SPANISH GREEN BEANS**

Yield: 50 portions

Portion: 3 oz

| <i>Ingredient</i>        | <i>Amount</i> | <i>Procedure</i>  |
|--------------------------|---------------|---|
| Bacon, diced             | 8 oz          | Sauté bacon, onion, and green pepper until lightly browned.   |
| Onion, chopped           | 6 oz          |   |
| Green pepper,<br>chopped | 4 oz          |   |
| Flour, all-purpose       | 4 oz          | Add flour and stir until smooth.  |
| Tomatoes, canned         | 2 qt          | Chop tomatoes and heat. Add salt.<br>Add gradually to bacon-vegetable mixture. Stir and cook until thickened. |
| Salt                     | 1 Tbsp        |   |
| Green beans,<br>drained  | 2 No. 10 cans | Gently stir tomato sauce into the green beans.<br>Simmer 15–20 minutes or until beans are heated to 160°F.    |

*Approximate nutritive values per portion***Calories 48**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion         | %DV        | %DV              | %DV        |
|----------------------|-----------|----------------------|-----------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 1 g | <b>1%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 9 g | <b>3%</b>  | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 0 g         | <b>0%</b> | <b>Sodium</b> 213 mg | <b>9%</b> | Fiber 3 g              | <b>11%</b> | <b>Vitamin C</b> | <b>23%</b> |
| <b>Protein</b> 2 g   |           |                      |           | Sugars 3 g             |            | <b>Calcium</b>   | <b>3%</b>  |
|                      |           |                      |           |                        |            | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- 8 lb fresh or frozen green beans may be substituted for canned beans. Cook before combining with tomato sauce.

**Variations**

- **Creole Green Beans.** Omit bacon. Sauté onion, green pepper, and 8 oz chopped celery in 2 oz margarine. Add 2 oz sugar to tomatoes.
- **Green Beans with Dill.** Delete bacon and onion. Sauté the green pepper in 5 oz margarine. Add 1 tsp pepper and 1 Tbsp dill seeds. Simmer slowly for 10–15 minutes. Tomato may be increased to one No. 10 can.
- **Hacienda Green Beans.** Add 1 oz sugar, 1½ Tbsp chili powder, and ½ tsp garlic powder.

## SEASONED LIMA BEANS

Yield: 50 portions      Portion: 3 oz

| Ingredient                           | Amount                 | Procedure  |
|--------------------------------------|------------------------|--|
| Lima beans, baby or fordhook, frozen | 10 lb                  | Steam or boil beans (p. 631).  |
| Margarine, melted<br>Salt            | 4 oz<br>1 oz (1½ Tbsp) | Pour margarine over beans and sprinkle with salt. If boiling the beans, add salt to cooking water. |

### Approximate nutritive values per portion

Calories 130

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 21 g | 7%  | Vitamin A | 0%  | Calcium | 2%  |
| Sat. Fat 1 g   | 2%  | Sodium 216 mg  | 9%  | Fiber 6 g        | 25% | Vitamin C | 0%  | Iron    | 12% |
| Protein 7 g    |     |                |     | Sugars 3 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note** • Seasonings for lima beans: basil, chives, dill, marjoram, oregano, sage, savory, tarragon, thyme, pimiento, mushrooms, onion butter, sour cream.

- Variations** • **Baked Lima Beans and Peas.** Thaw 5 lb frozen baby lima beans and 5 lb frozen peas. Combine with 2 Tbsp dried basil, 1 oz (1½ Tbsp) salt, ½ tsp cracked black pepper, and 16 green onions, sliced. Place in baking pan. Sprinkle with 1 cup water and dot with 4–6 oz margarine. Cover and bake at 325°F for 45 minutes. Stir occasionally.
- **Succotash.** Use 5 lb lima beans and 5 lb frozen or canned whole kernel corn. Season with 4 oz margarine.

## BAKED LIMA BEANS

Yield: 50 portions or 2 pans 12 × 20 × 2 inches      Portion: 5 oz

Oven: 350°F      Bake: 1 hour

| Ingredient             | Amount         | Procedure   |
|------------------------|----------------|---|
| Lima beans, dry, large | 6 lb (AP)      | Wash beans (p. 632). Add boiling water. Cover. Let stand 1 hour or longer.      |
| Water, boiling         | 1 gal          | Cook beans in the same water until tender, about 1 hour.                        |
| Pimiento, chopped      | 4 oz           | Add seasonings to beans.  |
| Salt                   | 1 oz (1½ Tbsp) | Scale into two 12 × 20 × 2-inch pans, 8 lb 6 oz per pan.                        |
| Molasses               | 1 cup          |   |
| Bacon, sliced          | 1 lb 8 oz      | Place bacon on top of beans.<br>Bake at 350°F until top is brown, about 1 hour. |

### Approximate nutritive values per portion

Calories 80

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 2 g  | 3%  | Cholest. 3 mg  | 1%  | Total Carb. 12 g | 4%  | Vitamin A | 0%  | Calcium | 5%  |
| Sat. Fat 1 g   | 3%  | Sodium 444 mg  | 18% | Fiber 0 g        | 0%  | Vitamin C | 5%  | Iron    | 11% |
| Protein 4 g    |     |                |     | Sugars 4 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations** • **Baked Lima Beans and Sausage.** Omit bacon. Place 6 lb link sausages on top of beans.
- **Boiled Lima Beans and Ham.** Omit bacon and seasonings. Add 5 lb diced ham to beans and simmer until tender.

**RANCH-STYLE BEANS**

Yield: 50 portions or 1 pan 12 × 20 × 4 inches

Portion: 5 oz

Oven: 300°F

Bake: 3–4 hours

| <i>Ingredient</i>          | <i>Amount</i>  | <i>Procedure</i>   |
|----------------------------|----------------|--|
| Beans, red or pinto, dried | 5 lb           | Wash beans (p. 632). Add boiling water. Cover and let stand for 1 hour or longer.  |
| Water, boiling             | 1½ gal         |  |
| Bacon, 1-inch cubes        | 2 lb 8 oz      | Add bacon to beans.  |
| Water, cold                | to cover       | Add water to cover. Cook slowly until tender, about 1 hour.  |
| Chili peppers              | 3–4 pods       | Soak chili peppers in warm water. Remove and discard seeds. Add pods to beans.   |
| Tomatoes, canned           | 2 qt           | Add tomatoes and other seasonings.   |
| Onions, sliced             | 8 oz           | Cook slowly in kettle an additional 2 hours, or pour into a 12 × 20 × 4-inch baking pan and bake at 300°F for 2–3 hours. |
| Garlic, chopped            | 2 cloves       |  |
| Salt                       | 1 oz (1½ Tbsp) |  |
| Pepper, black              | 1 Tbsp         |  |
| Pepper, cayenne            | Few grains     |  |

*Approximate nutritive values per portion***Calories 200**

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|----------------------|-----------|----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 4 g | <b>6%</b> | <b>Cholest.</b> 5 mg | <b>2%</b>  | <b>Total Carb.</b> 31 g | <b>10%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 1 g         | <b>6%</b> | <b>Sodium</b> 364 mg | <b>15%</b> | Fiber 0.4 g             | <b>2%</b>  | <b>Vitamin C</b> | <b>19%</b> |
| <b>Protein</b> 12 g  |           |                      |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>7%</b>  |
|                      |           |                      |            |                         |            | <b>Iron</b>      | <b>16%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- If chili peppers are not available, 1 oz chili powder may be substituted.
- Two No. 10 cans red beans may be substituted for dry beans. Reduce baking time to 1–2 hours.

**BAKED BEANS**

*Yield:* 50 portions or 1 pan 12 × 20 × 4 inches      *Portion:* 5 oz  
*Oven:* 350°F      *Bake:* 3–4 hours

| <i>Ingredient</i>                    | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------------------|---------------|--|
| Beans, navy or Great Northern, dried | 5 lb (AP)     | Wash beans (p. 632). Add boiling water and let stand 1 hour. Cook in same water until tender, about 1 hour. Add more water as necessary. |
| Water, boiling                       | 1½ gal        |  |
| Salt                                 | 4 oz          | Add remaining ingredients to beans.  |
| Sugar, brown                         | 6 oz          | Pour into one 12 × 20 × 4-inch baking pan.   |
| Dry mustard                          | 1 tsp         | Cover and bake at 350°F for 3–4 hours. Add more if needed during baking.   |
| Vinegar, cider                       | 2 Tbsp        | Uncover during last half hour of baking.   |
| Molasses                             | 1 cup         |  |
| Catsup                               | 2½ cups       |  |
| Bacon, cubed                         | 1 lb          |  |
| Onion, chopped                       | 3 oz          |  |

*Approximate nutritive values per portion*

Calories 108

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 1 g | 2%  | <b>Cholest.</b> 2 mg  | 1%  | <b>Total Carb.</b> 20 g | 7%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 8%  |
| Sat. Fat 1 g         | 2%  | <b>Sodium</b> 1059 mg | 44% | Fiber 2 g               | 10% | <b>Vitamin C</b> | 4%  | <b>Iron</b>    | 13% |
| <b>Protein</b> 4 g   |     |                       |     | Sugars 5 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Baked Pork and Beans.** Use 2 No. 10 cans pork and beans. Fry 1 lb diced bacon until partially cooked. Add 4 oz chopped onion and cook until onions are tender. Pour off fat. Add bacon and onions to pork and beans. Stir in 1 cup catsup, ¼ cup vinegar, 4 oz brown sugar, and 1 Tbsp prepared mustard. Bake at 350°F for 1–2 hours.
  - **Boston Baked Beans.** Omit catsup.
  - **Trio Baked Beans.** Fry 2 lb diced bacon until partially cooked. Drain. Steam 1 lb 12 oz frozen lima beans. Add to bacon. Add 8 oz chopped onion, 2 lb 8 oz canned red beans, 2 lb 12 oz pork and beans, ½ cup molasses, 6 oz brown sugar, 3 cups catsup, ¼ cup vinegar, 1 Tbsp liquid smoke. Mix to blend. Scale into two 12 × 10 × 2-inch counter pans. Bake at 225°F for 3½ hours.

## REFRIED BEANS

Yield: 50 portions

Portion: 4 oz

| Ingredient          | Amount    | Procedure   |
|---------------------|-----------|---|
| Beans, pinto, dried | 5 lb      | Wash beans. Add boiling water. Cover and let stand 1 hour or longer.<br>Cook beans in the same water until tender, about 1 hour. Add more water if necessary.<br>When beans are done, drain, reserving liquid for later step. Place cooked beans in mixer bowl and mash thoroughly. |
| Water, boiling      | 1 gal     |   |
| Vegetable oil       | 1½ cups   | Heat oil in frying pan.   |
| Onions, chopped     | 6 oz      | Add chopped onion. Cook until tender.   |
| Chili powder        | 2 Tbsp    | Add seasonings to onion and mix thoroughly.   |
| Garlic powder       | 1 tsp     | Add beef stock and mix well.  |
| Salt                | 2 tsp     | Add mashed beans, mixing until well blended. Turn mixture constantly to keep from burning.  |
| Hot pepper sauce    | Few drops | Bean liquid in small amounts may be added if mixture becomes too thick.   |
| Beef Stock (p. 599) | 1 qt      | Cook bean mixture for 45–60 minutes or until dry.   |

## Approximate nutritive values per portion

Calories 132

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 7 g  | 11% | Cholest. 0 mg  | 0%  | Total Carb. 14 g | 4%  | Vitamin A | 1%  |
| Sat. Fat 2 g   | 9%  | Sodium 528 mg  | 22% | Fiber 0.2 g      | 1%  | Vitamin C | 1%  |
| Protein 4 g    |     |                |     | Sugars 0 g       |     | Calcium   | 3%  |
|                |     |                |     |                  |     | Iron      | 8%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 10 lb canned pinto beans may be substituted for dried beans. Drain beans and reserve liquid.

## Variation

- **Spicy Black Beans.** Use 3 lb dried black beans. Combine 1½ lb beans and 1½ qt water in each of two 12 × 10 × 4-inch pans. Into each pan measure 1 Tbsp cumin, 1 tsp garlic powder, 1 tsp salt, and 1½ Tbsp chili powder. Stir into the beans. Steam for 50–60 minutes or until beans are tender but not mushy. Beans may also be cooked with seasonings in steam-jacketed kettle.

## SEASONED FRESH BEETS

Yield: 50 portions

Portion: 3 oz

| Ingredient        | Amount                   | Procedure  |
|-------------------|--------------------------|--|
| Beets, fresh      | 14 lb (AP)<br>(11 lb EP) | Cut off all but 2 inches of the beet tops. Wash beets and leave whole, with root ends attached.<br>Boil or steam until tender (p. 631).<br>Drain. Run cold water over beets. Slip off skins and remove root ends.<br>Slice, dice, or cut into shoestring pieces. |
| Margarine, melted | 4 oz                     | Pour margarine over cooked beets and sprinkle with salt.   |
| Salt              | 1 oz (1½ Tbsp)           | Heat to serving temperature.   |

### Approximate nutritive values per portion

Calories 61

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 2 g | 3%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 10 g | 3%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 1%  |
| Sat. Fat 1 g         | 2%  | <b>Sodium</b> 290 mg | 12% | Fiber 0 g               | 0%  | <b>Vitamin C</b> | 5%  | <b>Iron</b>    | 4%  |
| <b>Protein</b> 2 g   |     |                      |     | Sugars 0 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- For canned beets, use two No. 10 cans. See p. 630 for heating directions.
- Seasonings for beets: allspice, bay leaves, caraway seed, cloves, dill, ginger, mint, marjoram, mustard seed, basil, nutmeg, onion, orange, sour cream, vinegar.

### Variations

- **Beets in Sour Cream.** Grate fresh cooked beets and season with a mixture of 1½ cups lemon juice, 1½ Tbsp onion juice, 2 tsp salt, and 10 oz sugar. Toss lightly. Serve with a spoonful of sour cream on each portion.
- **Julienne Beets.** Cut 8 lb cooked beets into julienne strips. Season with a mixture of 4 oz margarine, 4 oz sugar, 4 tsp salt, and 1 cup lemon juice.
- **Pickled Beets.** See p. 515.
- **Roasted Beets.** Choose small beets. Preheat oven to 400°F. Trim off beet tops, leaving 1 inch of stem. Scrub beets to remove dirt. Put beets on a baking pan in a single layer. Roast until tender, approximately 1 hour. Remove beets from oven. Cool 30 minutes. Cut off top and root end. Peel. Heat before serving. Season with plain or flavored butter.

**HARVARD BEETS**

Yield: 50 portions

Portion: 3 oz

| <i>Ingredient</i>      | <i>Amount</i>  | <i>Procedure</i>   |
|------------------------|----------------|--|
| Beets, sliced or diced | 2 No. 10 cans  | Drain beets. Reserve juice for sauce.  |
| Beet juice             | 1½ qt          | Add bay leaf and cloves to beet juice. Heat to boiling point.<br>Remove bay leaf.              |
| Bay leaf               | 1              |  |
| Cloves, whole          | 1 tsp          |  |
| Sugar, granulated      | 12 oz          | Combine dry ingredients.   |
| Salt                   | 1 oz (1½ Tbsp) | Add to beet juice while stirring briskly. Cook until thickened and clear.                      |
| Cornstarch             | 6 oz           |  |
| Margarine              | 4 oz           | Add margarine and vinegar. Stir until mixed and margarine is melted.<br>Heat beets. Add sauce. |
| Vinegar, cider         | 2 cups         |  |

*Approximate nutritive values per portion***Calories 92**

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|----------------------|-----------|----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 2 g | <b>3%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 19 g | <b>6%</b>  | <b>Vitamin A</b> | <b>0%</b>  |
| Sat. Fat 1 g         | <b>2%</b> | <b>Sodium</b> 272 mg | <b>11%</b> | Fiber 2 g               | <b>10%</b> | <b>Vitamin C</b> | <b>10%</b> |
| <b>Protein</b> 1 g   |           |                      |            | Sugars 12 g             |            | <b>Calcium</b>   | <b>1%</b>  |
|                      |           |                      |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- For fresh beets, use 10 lb EP (13 lb AP). See p. 631 for cooking procedure.

**Variations**

- **Beets with Orange Sauce.** Omit bay leaf, cloves, and vinegar. Add 2 cups orange juice and ½ cup lemon juice.
- **Hot Spiced Beets.** Drain juice from two No. 10 cans sliced beets and add 1 Tbsp whole cloves, 1½ Tbsp salt, ½ tsp cinnamon, 1 lb brown sugar, 8 oz granulated sugar, and 1 qt cider vinegar. Cook 10 minutes. Pour sauce over beets and heat to serving temperature.

## SEASONED BROCCOLI

Yield: 50 portions

Portion: 3 oz

| Ingredient        | Amount                      | Procedure  |
|-------------------|-----------------------------|--|
| Broccoli, fresh   | 16–20 lb (AP)<br>(10 lb EP) | Wash broccoli and remove outer leaves and tough part of stocks.<br>Cut broccoli stalks lengthwise into uniform spears, following branching lines.<br>Steam or boil broccoli spears (p. 631). |
| Margarine, melted | 4 oz                        | Pour margarine over cooked broccoli and sprinkle with salt.<br>If boiling the broccoli, add salt to cooking water.   |
| Salt              | 1 oz (1½ Tbsp)              |  |

### Approximate nutritive values per portion

Calories 42

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV |           | %DV  |         | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|------|---------|-----|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 5 g | 2%  | Vitamin A | 14%  | Calcium | 4%  |
| Sat. Fat 1 g   | 2%  | Sodium 238 mg  | 10% | Fiber 3 g       | 12% | Vitamin C | 140% | Iron    | 4%  |
| Protein 3 g    |     |                |     | Sugars 2 g      |     |           |      |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- For frozen broccoli, use 12 lb spears or 10 lb chopped.
- Seasonings for broccoli: caraway, dill, or mustard seed, tarragon, lemon, almond, oregano, pimiento, onion butter.

### Variations

- **Almond Buttered Broccoli.** Brown slivered almonds in margarine and pour over cooked, drained broccoli.
- **Broccoli with Cheese Sauce.** Prepare 2 qt Cheese Sauce (p. 561). Serve 2 Tbsp (1 oz) sauce over each portion of cooked broccoli.
- **Broccoli with Hollandaise Sauce or Lemon Butter.** Serve cooked spears or chopped broccoli with 1 Tbsp Hollandaise Sauce (p. 580) or 1 tsp Lemon Butter (p. 590).

## SEASONED BRUSSELS SPROUTS

Yield: 50 portions

Portion: 3 oz

| Ingredient              | Amount                   | Procedure  |
|-------------------------|--------------------------|--|
| Brussels sprouts, fresh | 14 lb (AP)<br>(11 lb EP) | Trim stem end of brussels sprouts.<br>Discard wilted outside leaves.<br>Steam or boil (p. 631) until just tender.        |
| Margarine, melted       | 4 oz                     | Pour margarine over brussels sprouts and sprinkle with salt.<br>If boiling the vegetable, add salt to the cooking water. |
| Salt                    | 1 oz (1½ Tbsp)           |  |

### Approximate nutritive values per portion

Calories 55

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV |           | %DV  |         | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|------|---------|-----|
| Total Fat 2 g  | 4%  | Cholest. 0 mg  | 0%  | Total Carb. 9 g | 3%  | Vitamin A | 7%   | Calcium | 3%  |
| Sat. Fat 1 g   | 2%  | Sodium 234 mg  | 10% | Fiber 4 g       | 17% | Vitamin C | 103% | Iron    | 6%  |
| Protein 3 g    |     |                |     | Sugars 3 g      |     |           |      |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Seasonings for brussels sprouts: dill, celery seed, fennel, lemon.

**SEASONED CABBAGE**

Yield: 50 portions

Portion: 3 oz

| <i>Ingredient</i> | <i>Amount</i>            | <i>Procedure</i>   |
|-------------------|--------------------------|--|
| Cabbage, fresh    | 14 lb (AP)<br>(12 lb EP) | Remove wilted outer leaves and wash cabbage. Crisp in cold water if wilted.<br>Cut into wedges and remove center core; or shred coarsely. Steam or boil (p. 631). Drain. |
| Margarine, melted | 4 oz                     | Pour margarine over cabbage and sprinkle with salt. If boiling cabbage, add salt to the cooking water.   |
| Salt              | 1 oz (1½ Tbsp)           |  |

*Approximate nutritive values per portion*

Calories 42

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|---------|-----|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 6 g | 2%  | Vitamin A | 2%  | Calcium | 5%  |
| Sat. Fat 1 g   | 2%  | Sodium 233 mg  | 10% | Fiber 2 g       | 7%  | Vitamin C | 85% | Iron    | 3%  |
| Protein 1 g    |     |                |     | Sugars 4 g      |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Seasonings for cabbage: basil, caraway seed, celery seed, curry powder, dill, nutmeg.

**Variations**

- **Cabbage au Gratin.** Reduce cabbage to 7 lb. Alternate layers of cooked coarsely shredded cabbage, white sauce, and grated sharp cheese in a 12 × 20 × 2-inch baking pan. (Use 2½ qt white sauce, 1 lb cheddar cheese.) Combine 6 oz bread crumbs and 3 oz melted margarine and sprinkle on top. Bake at 350°F for about 25 minutes.
- **Cabbage Polonnaise.** Arrange cabbage wedges, partially cooked, in baking pans. Cover with 3 qt medium white sauce. Sprinkle with buttered bread crumbs. Bake at 350°F for about 25 minutes.
- **Creamed Cabbage.** Omit margarine. Pour 2 qt medium white sauce over shredded, cooked, drained cabbage.
- **Stir-Fried Cabbage.** Melt 6 oz margarine in frying pan. Add 6 lb EP (7 lb AP) shredded cabbage, 12 oz sliced onions, 12 oz diagonally sliced celery. Stir gently while cooking 6–10 minutes. Just before serving, add 4 lb fresh tomatoes, diced in ½-inch cubes.
- **Scalloped Cabbage.** Omit margarine or butter. Pour 2 qt medium white sauce over chopped, cooked, drained cabbage. Cover with buttered crumbs. Bake at 400°F for 15–20 minutes. Shredded cheese may be added.

**HOT CABBAGE SLAW**Yield: 50 portions or 1 $\frac{1}{4}$  gal      Portion: 3 oz

| <i>Ingredient</i>   | <i>Amount</i>               | <i>Procedure</i>   |
|---------------------|-----------------------------|--|
| Cabbage, fresh      | 7 lb 8 oz (AP)<br>(6 lb EP) | Remove outside leaves and wash cabbage.<br>Shred coarsely.                           |
| Sugar, granulated   | 12 oz                       | Mix dry ingredients in a sauce pan or kettle.  |
| Salt                | 2 tsp                       |  |
| Flour, all-purpose  | 3 oz                        |  |
| Dry mustard         | 1 tsp                       |  |
| Milk, hot           | 2 $\frac{1}{2}$ cups        | Add milk and water while stirring.   |
| Water, hot          | 3 cups                      | Cook until thickened.  |
| Eggs, beaten        | 5 (9 oz)                    | Add eggs gradually while stirring briskly. Cook for 2–3 minutes.                     |
| Vinegar, cider, hot | 1 $\frac{1}{2}$ cups        | Add vinegar.   |
| Celery seed         | 2 $\frac{1}{2}$ tsp         | Pour hot sauce over cabbage just before serving.<br>Add celery seed and mix lightly. |

*Approximate nutritive values per portion***Calories 61**

| Amount/portion       | %DV       | Amount/portion        | %DV       | Amount/portion          | %DV       | %DV              | %DV        |
|----------------------|-----------|-----------------------|-----------|-------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 1 g | <b>2%</b> | <b>Cholest.</b> 23 mg | <b>8%</b> | <b>Total Carb.</b> 12 g | <b>4%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 1 g         | <b>2%</b> | <b>Sodium</b> 110 mg  | <b>5%</b> | Fiber 1 g               | <b>4%</b> | <b>Vitamin C</b> | <b>43%</b> |
| <b>Protein</b> 2 g   |           |                       |           | Sugars 9 g              |           | <b>Calcium</b>   | <b>4%</b>  |
|                      |           |                       |           |                         |           | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

## PARSLEY BUTTERED CARROTS

Yield: 50 portions

Portion: 3 oz

| Ingredient        | Amount                   | Procedure  |
|-------------------|--------------------------|--|
| Carrots, fresh    | 14 lb (AP)<br>(10 lb EP) | Wash, trim, and peel carrots. Cut into desired shapes (slices, strips, cubes, or quarters).<br>Steam or boil until just tender (p. 631). |
| Margarine, melted | 4 oz                     | Pour margarine over carrots and sprinkle with salt and parsley.<br>If boiling carrots, add salt to the cooking water.                    |
| Salt              | 1 oz (1½ Tbsp)           |  |
| Parsley, chopped  | 1 oz                     |  |

### Approximate nutritive values per portion

Calories 56

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV  |
|----------------|-----|----------------|-----|-----------------|-----|----------------|------|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 9 g | 3%  | Vitamin A      | 256% |
| Sat. Fat 1 g   | 2%  | Sodium 245 mg  | 10% | Fiber 2 g       | 9%  | Vitamin C      | 15%  |
| Protein 1 g    |     |                |     | Sugars 6 g      |     | Calcium        | 2%   |
|                |     |                |     |                 |     | Iron           | 2%   |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- Seasonings for carrots: allspice, basil, caraway seed, cloves, cumin, curry powder, dill, fennel, ginger, mace, marjoram, mint, nutmeg, thyme, parsley.

### Variations

- Candied Carrots.** Cut carrots into 1-inch pieces. Cook until tender but not soft. Melt 8 oz margarine. Add 8 oz sugar and 1½ tsp salt. Add to carrots. Bake at 400°F for 15–20 minutes. Turn frequently. Carrots may be prepared, using a skillet instead of the oven. Melt butter, sugar, and salt in a skillet. Add carrots and cook until slightly browned and glazed.
- Candied Carrots and Parsnips.** Use half carrots and half parsnips. Cook as for Candied Carrots. Season lightly with ground ginger.
- Glazed Parsnips.** Peel parsnips. If parsnip cores are hard and woody, remove the core. Cut in strips and proceed as for Candied Carrots.
- Lyonnais Carrots.** Arrange cooked carrot strips in baking pan. Add 3 lb chopped onion that has been cooked until tender in 4 oz margarine. Bake at 350°F for 10–15 minutes or until vegetables are lightly browned. Just before serving, sprinkle with chopped parsley.
- Marinated Carrots.** See p. 482.
- Mint-Glazed Carrots.** Cut carrots into quarters lengthwise. Cook until almost tender. Drain. Melt 8 oz margarine, 8 oz sugar, 1½ tsp salt, and 1 cup mint jelly. Blend. Add carrots and simmer 5–10 minutes.
- Savory Carrots.** Cook carrots in beef or chicken stock. When done, season with 4 oz melted margarine, salt and pepper, and ¼ cup lemon juice. Sprinkle with chopped parsley.
- Sweet-Sour Carrots.** Add to cooked carrots a sauce made of 1½ qt vinegar, 2 lb 4 oz sugar, 2 Tbsp salt, and 12 oz melted margarine. Bake at 350°F for 15–20 minutes, or simmer until carrots and sauce are thoroughly heated.

## CELERY AND CARROTS AMANDINE

Yield: 50 portions

Portion: 3 oz

| Ingredient                     | Amount                 | Procedure   |
|--------------------------------|------------------------|---|
| Celery                         | 7 lb (AP)<br>(5 lb EP) | Wash and trim celery. Cut into diagonal slices. Steam or boil (p. 631).   |
| Salt                           | 2 tsp                  | Sprinkle with salt. If boiling the celery, add salt to cooking water.   |
| Carrots, fresh                 | 7 lb (AP)<br>(5 lb EP) | Wash and peel carrots. Cut into strips. Steam or boil until tender-crisp. Drain.  |
| Salt                           | 2 tsp                  | Sprinkle with salt. If boiling the carrots, add salt to the cooking water.  |
| Margarine                      | 8 oz                   | Heat margarine in frying pan.   |
| Almonds, blanched,<br>slivered | 8 oz                   | Add almonds and brown lightly.  |
| Lemon juice                    | $\frac{1}{3}$ cup      | Remove almonds from heat. Add lemon juice.<br>Combine vegetables. Pour almond mixture over and stir carefully to mix seasoning with vegetables. |

### Approximate nutritive values per portion

Calories 86

| Amount/portion       | %DV        | Amount/portion       | %DV        | Amount/portion         | %DV       |                  | %DV         |                | %DV       |
|----------------------|------------|----------------------|------------|------------------------|-----------|------------------|-------------|----------------|-----------|
| <b>Total Fat</b> 6 g | <b>10%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 7 g | <b>2%</b> | <b>Vitamin A</b> | <b>129%</b> | <b>Calcium</b> | <b>4%</b> |
| Sat. Fat 1 g         | 5%         | <b>Sodium</b> 269 mg | <b>11%</b> | Fiber 2 g              | 9%        | <b>Vitamin C</b> | <b>13%</b>  | <b>Iron</b>    | <b>3%</b> |
| <b>Protein</b> 2 g   |            |                      |            | Sugars 4 g             |           |                  |             |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Seasonings for celery: fresh basil, parsley, thyme.
- Variation**
- Creole Celery.** Cook 5 lb diced celery until partially done. Add 1 lb chopped onions and 4 oz chopped green pepper that have been sautéed in 6 oz margarine. Add 2 No. 10 cans tomatoes and  $1\frac{1}{2}$  tsp salt. Cook until tender.

**SEASONED CAULIFLOWER**

Yield: 50 portions

Portion: 3 oz

| <i>Ingredient</i>  | <i>Amount</i>            | <i>Procedure</i>   |
|--------------------|--------------------------|--|
| Cauliflower, fresh | 16 lb (AP)<br>(10 lb EP) | Wash cauliflower. Remove outer leaves and woody stem.<br>Break into florets.<br>Steam or boil cauliflower (p. 631).          |
| Margarine, melted  | 4 oz                     | Pour margarine over cooked cauliflower and sprinkle with salt.<br>If boiling the cauliflower, add salt to the cooking water. |
| Salt               | 1 oz (1½ Tbsp)           |  |

*Approximate nutritive values per portion*

Calories 49

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV  |
|----------------|-----|----------------|-----|-----------------|-----|----------------|------|
| Total Fat 2 g  | 4%  | Cholest. 0 mg  | 0%  | Total Carb. 6 g | 2%  | Vitamin A      | 0%   |
| Sat. Fat 1 g   | 2%  | Sodium 234 mg  | 10% | Fiber 0 g       | 0%  | Vitamin C      | 107% |
| Protein 3 g    |     |                |     | Sugars 0 g      |     | Calcium        | 2%   |
|                |     |                |     |                 |     | Iron           | 2%   |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Seasonings for cauliflower: caraway seed, celery salt, dill, mace, tarragon, buttered crumbs, cheese, lemon juice.

**Variations**

- **Cauliflower with Almond Butter.** Season freshly cooked cauliflower with 12 oz slivered almonds that have been browned in 8 oz margarine.
- **Cauliflower with Cheese Sauce.** Pour 3 qt Cheese Sauce (p. 561) over cooked fresh cauliflower.
- **Cauliflower with Peas.** Combine 6 lb freshly cooked cauliflower with 4 lb cooked frozen peas. Season with 4 oz melted margarine.
- **Creamed Cauliflower.** Pour 3 qt white sauce over cooked cauliflower.
- **French Fried Cauliflower.** See p. 654.

**SEASONED WHOLE KERNEL CORN**

Yield: 50 portions

Portion: 3 oz

| <i>Ingredient</i>         | <i>Amount</i>  | <i>Procedure</i>  |
|---------------------------|----------------|---|
| Whole kernel corn, frozen | 10 lb          | Steam or boil corn (p. 631). Do not add salt until after cooking to prevent toughening and discoloring of corn kernels. |
| Margarine, melted         | 4 oz           | Pour margarine over corn. Stir in salt.   |
| Salt                      | 1 oz (1½ Tbsp) |   |

*Approximate nutritive values per portion*

Calories 90

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|------------------|-----|----------------|-----|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 19 g | 6%  | Vitamin A      | 2%  |
| Sat. Fat 0 g   | 0%  | Sodium 218 mg  | 9%  | Fiber 2 g        | 8%  | Vitamin C      | 3%  |
| Protein 3 g    |     |                |     | Sugars 2 g       |     | Calcium        | 0%  |
|                |     |                |     |                  |     | Iron           | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Seasonings for corn: cilantro, curry, green pepper, rosemary, savory, thyme.
- For canned corn, use two No. 10 cans. See p. 630 for heating instructions.

**Variations**

- **Corn in Cream.** Add 1¼ qt light cream (half-and-half), 6 oz margarine or butter, 1½ Tbsp salt, and 1 Tbsp white pepper to cooked corn. Bring just to boiling point and serve immediately.
- **Corn O'Brien.** Add 1 lb chopped bacon, 12 oz chopped green pepper, and 12 oz chopped onion that have been cooked together. Just before serving, add 3 oz chopped pimiento, salt, and pepper.
- **Creamed Whole Kernel Corn.** Combine 2 cups whipping cream, 2 oz granulated sugar, and 1 oz (1½ Tbsp) salt. Bring to a boil. Add 1 cup whipping cream and 1½ oz cornstarch, which have been mixed with a wire whip until smooth. Stir and cook until thick and bubbly. Cook 2 minutes longer. Stir into 10 lb cooked frozen whole kernel corn.

**SCALLOPED CORN**

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 4 oz  
*Oven:* 350°F      *Bake:* 35–40 minutes

| <i>Ingredient</i> | <i>Amount</i> | <i>Procedure</i>   |
|-------------------|---------------|--|
| Corn, cream style | 2 No. 10 cans | Mix corn, milk, and seasonings.  |
| Milk              | 1 qt          |  |
| Salt              | 1 Tbsp        |  |
| Pepper, black     | ½ tsp         |  |
| Cracker crumbs    | 14 oz         | Combine crumbs and margarine.<br>Place alternate layers of buttered crumbs and corn mixture in two 12 × 20 × 2-inch baking pans.<br>Bake at 350°F for 35–40 minutes. |
| Margarine, melted | 12 oz         |  |

*Approximate nutritive values per portion***Calories 180**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 8 g  | <b>12%</b> | <b>Cholest.</b> 3 mg  | <b>1%</b>  | <b>Total Carb.</b> 28 g | <b>9%</b>  | <b>Vitamin A</b> | <b>3%</b>  |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 641 mg  | <b>27%</b> | Fiber 1 g               | <b>6%</b>  | <b>Vitamin C</b> | <b>9%</b>  |
| <b>Protein</b> 4 g    |            |                       |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- 6 oz chopped green pepper and 6 oz chopped pimiento may be added.

**CORN PUDDING**

Yield: 50 portions or 2 pans 12 × 20 × 2 inches      Portion: 5 oz

Oven: 325°F      Bake: 40–45 minutes

| <i>Ingredient</i>          | <i>Amount</i>   | <i>Procedure</i>   |
|----------------------------|-----------------|--|
| Corn, whole kernel, frozen | 9 lb            | Thaw corn.   |
| Egg yolks, beaten          | 24 (1 lb)       | Combine corn and all ingredients except egg whites.  |
| Milk                       | 3 qt            |  |
| Margarine, melted          | 6 oz            |  |
| Salt                       | 2 Tbsp          |  |
| Pepper, white              | 1 tsp           |  |
| Egg whites                 | 24 (1 lb 10 oz) | Beat egg whites until stiff but not dry. Fold into corn mixture.<br>Pour into two 12 × 20 × 2-inch baking pans.<br>Place in pans of hot water.<br>Bake at 325°F for approximately 40–45 minutes or until internal temperature reaches 180°F. |

*Approximate nutritive values per portion***Calories 398**

| Amount/portion        | %DV        | Amount/portion         | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 11 g | <b>17%</b> | <b>Cholest.</b> 124 mg | <b>41%</b> | <b>Total Carb.</b> 64 g | <b>21%</b> | <b>Vitamin A</b> | <b>24%</b> |
| Sat. Fat 3 g          | <b>16%</b> | <b>Sodium</b> 373 mg   | <b>16%</b> | Fiber 9 g               | <b>36%</b> | <b>Vitamin C</b> | <b>0%</b>  |
| <b>Protein</b> 13 g   |            |                        |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>9%</b>  |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>14%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## BAKED EGGPLANT

Yield: 50 portions      Portion: 3 oz

Oven: 375°F      Bake: 30 minutes

| Ingredient                         | Amount                   | Procedure   |
|------------------------------------|--------------------------|---|
| Eggplant                           | 12 lb (AP)<br>(10 lb EP) | Peel eggplant and cut into ½-inch slices. Sprinkle with salt and let stand for 30 minutes. Rinse, drain, and pat dry with paper towels. |
| Eggs, beaten<br>Milk               | 6 (10 oz)<br>2 cups      | Combine beaten eggs and milk.   |
| Flour, all-purpose<br>Bread crumbs | 1 lb<br>1 lb 8 oz        | Dip eggplant slices in flour; then in egg mixture. Roll in crumbs.  |
| Margarine, melted                  | 8 oz                     | Place on greased baking sheets. Sprinkle with melted margarine. Bake at 375°F for 30 minutes.   |

### Approximate nutritive values per portion

Calories 157

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 6 g | 8%  | <b>Cholest.</b> 25 mg | 8%  | <b>Total Carb.</b> 23 g | 8%  | <b>Vitamin A</b> | 3%  | <b>Calcium</b> | 3%  |
| Sat. Fat 1 g         | 6%  | <b>Sodium</b> 158 mg  | 7%  | Fiber 1 g               | 3%  | <b>Vitamin C</b> | 2%  | <b>Iron</b>    | 7%  |
| <b>Protein</b> 4 g   |     |                       |     | Sugars 1 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Seasonings for eggplant: basil, garlic, marjoram, onion, oregano, cheese, tomato, parsley.
- Variations**
- Eggplant Parmesan.** Prepare Italian Tomato Sauce (p. 573). Prepare 10 lb A) eggplant (yield 8 lb EP) and cook as directed for Baked Eggplant. (Frozen eggplant cutlets may be substituted for fresh eggplant.) Cheeses needed: 5 lb shredded mozzarella and 1 lb 4 oz grated Parmesan. Layer eggplant, sauce, and cheeses as follows into each of four 12 × 10 × 2-inch baking pans:
    - 1½ cups sauce
    - 1 lb cooked eggplant cutlets
    - 8 oz shredded mozzarella cheese
    - 2 oz Parmesan cheese
    - 2½ cups sauce
    - 1 lb cooked eggplant cutlets
    - 8 oz shredded mozzarella cheese
    - 3 oz Parmesan cheese
    - 2½ cups sauce
    - 4 oz shredded mozzarella cheese
 Bake at 350°F for 25–30 minutes or until heated through. To serve, cut 4 × 3.
  - Sautéed Eggplant.** Prepare eggplant as in recipe. Sauté in margarine until tender.

**CREOLE EGGPLANT**

*Yield:* 50 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 3 oz  
*Oven:* 350°F      *Bake:* 30 minutes

| <i>Ingredient</i>                 | <i>Amount</i>           | <i>Procedure</i>   |
|-----------------------------------|-------------------------|--|
| Eggplant                          | 10 lb (AP)<br>(8 lb EP) | Peel eggplant and cut into 1-inch cubes.<br>Sprinkle with salt and let stand for 30 minutes. |
| Water, boiling                    | 1½ gal                  | Rinse and drain.   |
| Salt                              | 2 Tbsp                  | Steam or boil (p. 631).  |
| Margarine, melted                 | 1 lb                    | Cook onion, green pepper, and celery in margarine until tender.                              |
| Onion, chopped                    | 1 lb 8 oz               |  |
| Green pepper,<br>coarsely chopped | 12 oz                   |  |
| Celery, coarsely<br>chopped       | 1 lb                    |  |
| Tomatoes, diced,<br>canned        | 1 No. 10 can            | Combine tomatoes and seasonings with eggplant and other ingredients.                         |
| Salt                              | 2 Tbsp                  | Pour into two 12 × 20 × 2-inch baking pans.  |
| Pepper, black                     | 2 tsp                   |  |
| Sugar, granulated                 | 2 Tbsp                  |  |
| Bread crumbs                      | 12 oz                   | Top with buttered crumbs.  |
| Margarine, melted                 | 8 oz                    | Bake at 350°F for 30 minutes.  |

*Approximate nutritive values per portion***Calories 166**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 12 g | <b>18%</b> | <b>Cholest.</b> 0 mg  | <b>0%</b>  | <b>Total Carb.</b> 15 g | <b>5%</b>  | <b>Vitamin A</b> | <b>8%</b>  |
| Sat. Fat 2 g          | <b>11%</b> | <b>Sodium</b> 800 mg  | <b>33%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b> | <b>29%</b> |
| <b>Protein</b> 2 g    |            |                       |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>4%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>5%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variation** • **Eggplant Tomato Bake.** Peel eggplant and slice 1 inch thick. Steam or parboil until fork-tender. Place on baking sheets in a single layer. Sprinkle with salt and pepper. Cook 1 lb 8 oz chopped onion and 3 cloves garlic, minced, in 1½ cups vegetable oil and 12 oz margarine. Add to 5 lb peeled chopped fresh tomatoes, 1 cup chopped parsley, ¼ tsp oregano, ½ tsp thyme, 1 tsp basil, and 1 lb bread crumbs. Pile mixture on individual slices of eggplant. Sprinkle grated Swiss cheese (2 lb) over top. Bake at 350°F until eggplant is hot and cheese is melted.

**ROASTED PORTABELLA MUSHROOM**

*Yield:* 50 portions      *Portion:* 1 mushroom  
*Oven:* 375°F

| <i>Ingredient</i>                     | <i>Amount</i>                   | <i>Procedure</i>  |
|---------------------------------------|---------------------------------|---|
| Portabella mushroom<br>(see Notes)    | 50 mushrooms<br>(approx. 18 lb) | Clean mushrooms. Dry well.  |
| Balsamic Vinegar<br>Marinade (p. 595) | 1 gal                           | Brush both sides of mushrooms with Balsamic Vinegar<br>Marinade.                                      |
|                                       |                                 | Place mushrooms gill side down on lightly oiled baking pan.<br>Roast for 10–12 minutes, until tender. |
|                                       |                                 | After baking, brush mushrooms with marinade.  |

- Notes**
- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
  - The gills from the under side of the mushroom cap may be removed before baking.

- Variations**
- **Portabella Peperonata on Orzo Pilaf.** Prepare Orzo Pilaf (p. 370) (delete mushrooms). Prepare Peperonata (p. 656). Serve one Portabella Mushroom on a bed of Orzo Pilaf topped with 2 oz Peperonata.

## BAKED ONIONS

Yield: 50 portions      Portion: 1 4-oz onion  
Oven: 400°F      Bake: 20–30 minutes

| Ingredient                              | Amount           | Procedure   |
|---|------------------|---|
| Onions, 4 oz,<br>Bermuda or Spanish     | 50<br>(15 lb AP) | Peel onions and steam (p. •••) until tender.<br>Place in greased baking pans. |
| Salt                                    | 1 Tbsp           | Sprinkle salt and buttered crumbs on onions.                                  |
| Bread crumbs                            | 8 oz             |   |
| Margarine, melted                       | 8 oz             |   |
| Chicken or Beef<br>Stock (pp. 598, 599) | 1 qt             | Pour stock around onions.<br>Bake at 400°F for 20–30 minutes.                 |

### Approximate nutritive values per portion

Calories 103

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 4 g | 6%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 15 g | 5%  | <b>Vitamin A</b> | 1%  | <b>Calcium</b> | 3%  |
| Sat. Fat 1 g         | 4%  | <b>Sodium</b> 271 mg | 11% | Fiber 2 g               | 10% | <b>Vitamin C</b> | 14% | <b>Iron</b>    | 2%  |
| <b>Protein</b> 2 g   |     |                      |     | Sugars 3 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

- Onions may be cut into thick slices.
- Seasonings for onions: basil, caraway seed, marjoram, oregano, rosemary, sage, or thyme.

- Variations**
- **Creamed Pearl Onions.** Cook 12 lb 8 oz small unpeeled white onions (p. 631), then peel. Add 2 qt Medium White Sauce (p. 561) to which 4 oz additional margarine has been added. Garnish with paprika.
  - **Glazed Onions.** Mix 1 lb 12 oz brown sugar, 2 cups water, 8 oz margarine, and ½ tsp salt. Pour over cooked onions and bake.
  - **Onion Casserole.** Cook 10 lb small pearl onions (p. 631). Combine with 10 oz chopped walnuts, 8 oz pimiento strips, and eight 10½-oz cans cream of mushroom or cream of chicken soup. Cover with 6 oz shredded cheddar or Swiss cheese. Bake at 400°F for approximately 30 minutes.

## FRENCH FRIED ONION RINGS

Yield: 50 portions

Portion: 3 oz

Deep-fat fryer: 350°F

Fry: 3–4 minutes

| Ingredient          | Amount               | Procedure  |
|---------------------|----------------------|--|
| Onions, large round | 10 lb (AP) (8 lb EP) | Peel onions and cut crosswise into ¼-inch slices. Separate into rings.   |
| Eggs, beaten        | 6 (10 oz)            | Combine eggs and milk.   |
| Milk                | 2 cups               |  |
| Flour, all-purpose  | 12 oz                | Combine dry ingredients. Add to egg-milk mixture to make a batter. Dip onion rings in batter and fry in deep fat for 3–4 minutes. Drain. |
| Baking powder       | 2 tsp                |  |
| Salt                | 1½ tsp               |  |

### Approximate nutritive values per portion plus frying oil

Calories 67

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|------------------|-----|----------------|-----|
| Total Fat 1 g  | 2%  | Cholest. 25 mg | 8%  | Total Carb. 12 g | 4%  | Vitamin A      | 1%  |
| Sat. Fat 1 g   | 2%  | Sodium 90 mg   | 4%  | Fiber 1 g        | 6%  | Vitamin C      | 7%  |
| Protein 3 g    |     |                |     | Sugars 2 g       |     | Calcium        | 3%  |
|                |     |                |     |                  |     | Iron           | 3%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Deep-Fat Fried Bananas.** Cut peeled bananas into 2-inch pieces. Sprinkle with lemon juice and powdered sugar. Let stand 30 minutes. Dip in batter and fry at 370°F for 1–3 minutes.
  - **French Fried Cauliflower.** Dip 10 lb cold cooked cauliflower into batter and fry at 370°F for 3–4 minutes.
  - **French Fried Eggplant.** Peel and cut 13 lb AP eggplant as for French Fried Potatoes (p. 659). Dip in batter and fry at 370°F for 5–7 minutes. Eggplant may be dipped in egg and crumb mixture (p. 39) and fried. Eggplant discolors quickly, so it should be placed in cold water if not breaded immediately.
  - **French Fried Mushrooms.** Clean small, uniform-size mushrooms by brushing or rinsing. Do not soak. Dip in batter and fry at 370°F for 4–6 minutes.
  - **French Fried Zucchini Sticks.** Cut unpeeled zucchini lengthwise into strips about ½ inch thick. Dip in batter and fry at 370°F for 4–6 minutes.

## SEASONED PEAS

Yield: 50 portions

Portion: 3 oz

| Ingredient        | Amount         | Procedure   |
|-------------------|----------------|---|
| Peas, frozen      | 10 lb          | Steam or boil peas (p. 631).  |
| Margarine, melted | 4 oz           | Pour margarine over cooked peas and sprinkle with salt. If boiling the peas, add salt to the cooking water. |
| Salt              | 1 oz (1½ Tbsp) |   |

### Approximate nutritive values per portion

Calories 87

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | Amount/portion | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|------------------|-----|----------------|-----|----------------|-----|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 13 g | 4%  | Vitamin A      | 6%  | Calcium        | 2%  |
| Sat. Fat 1 g   | 2%  | Sodium 292 mg  | 12% | Fiber 3 g        | 14% | Vitamin C      | 14% | Iron           | 7%  |
| Protein 5 g    |     |                |     | Sugars 5 g       |     |                |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- If using canned peas, heat 2 No. 10 cans. See p. 630.
- For fresh peas, use 25 lb AP. Shell and rinse. Steam or boil (p. 631).
- Seasonings for peas: basil, dill, marjoram, mint, oregano, rosemary, sage, savory, mushrooms, water chestnuts, onions.

### Variations

- **Creamed Peas with New Potatoes.** Combine 7 lb freshly cooked new potatoes and 5 lb cooked frozen peas with 3 qt Medium White Sauce (p. 561).
- **Green Peas and Sliced New Turnips.** Combine 5 lb frozen peas, cooked, with 3 lb new turnips, sliced and cooked. Add 4 oz melted margarine and salt to taste.
- **Green Peas with Pearl Onions.** Combine 7 lb 8 oz frozen peas, cooked, and 3 lb pearl onions, cooked. Add 4 oz melted margarine or 2 qt Medium White Sauce (p. 561).
- **Green Peas with Mushrooms.** Add 2 lb fresh mushrooms, sliced and sautéed in 8 oz margarine, to 10 lb cooked frozen peas.
- **Green Peas with Lemon-Mint Butter.** Cream 1 lb butter or margarine, ¼ cup lemon juice, and 1 tsp grated lemon peel. Add ½ cup finely chopped fresh mint. The lemon-mint butter can be made ahead and stored in the refrigerator. When ready to use, melt and pour over hot peas.

## ROASTED BELL PEPPERS

Yield: 1 lb

| Ingredient                  | Amount  | Procedure  |
|-----------------------------|---------|--|
| Bell peppers<br>(see Notes) | 4 large | Stem peppers and remove seeds and ribs.<br>Cut in half lengthwise.<br>Flatten peppers slightly. Lay peppers skin side up on foil-lined baking sheet.<br>Broil 4 inches from heat until skins are charred black, 12–15 minutes.<br>Place peppers in a bowl and cover tightly with plastic wrap.<br>Let steam for 15–20 minutes.<br>Peel off charred skin. |
| Olive oil (optional)        | 2 Tbsp  | Drizzle oil and lemon juice over peppers.  |
| Lemon juice (optional)      | 2 tsp   | Use immediately or refrigerate.  |

Serve on sandwiches, in sauces, as a topping for focaccia, etc.

### Notes

- All colors of bell peppers may be roasted. Red, yellow, and orange are often specified in recipes because they remain colorful after roasting.
- Roasted peppers may be kept frozen and thawed as needed.

**PEPERONATA**

Yield: 50 portions

Portion: 2 oz

| <i>Ingredient</i>                    | <i>Amount</i>   | <i>Procedure</i>   |
|--------------------------------------|-----------------|--|
| Olive oil                            | 8 oz            | Heat olive oil in frypan or steam-jacketed kettle. Sauté onions until golden and translucent. Add garlic and cook until tender, about 3 minutes.   |
| Onion, sliced                        | 1 lb (EP)       |  |
| Garlic, minced                       | 4 cloves        |  |
| Red bell peppers, julienne strips    | 1 lb 12 oz (EP) | Add bell peppers and cook until just beginning to soften.  |
| Yellow bell peppers, julienne strips | 1 lb 12 oz (EP) |  |
| Tomatoes, chopped (canned)           | 1 lb 8 oz       | Add tomatoes, vinegar, spices, and parsley. Cook only until juices evaporate, to 150–160°F. (Note: Peppers should be tender-crisp and brightly colored.) Serve as an accompaniment to sandwiches, with pasta, or as a garnish. |
| Red wine vinegar                     | ½ cup           |  |
| Salt                                 | 1 tsp           |  |
| Pepper, black                        | 1 Tbsp          |  |
| Red pepper, crushed                  | ¼ tsp           |  |
| Parsley, coarsely chopped (fresh)    | 1 oz            |  |

*Approximate nutritive values per portion***Calories 55**

| Amount/portion       | %DV       | Amount/portion       | %DV       | Amount/portion           | %DV       | %DV              | %DV         |
|----------------------|-----------|----------------------|-----------|--------------------------|-----------|------------------|-------------|
| <b>Total Fat</b> 5 g | <b>7%</b> | <b>Cholest.</b> 0 mg | <b>0%</b> | <b>Total Carb.</b> 3.5 g | <b>1%</b> | <b>Vitamin A</b> | <b>10%</b>  |
| Sat. Fat 0.6 g       | <b>3%</b> | <b>Sodium</b> 76 mg  | <b>3%</b> | Fiber 0.8 g              | <b>3%</b> | <b>Vitamin C</b> | <b>100%</b> |
| <b>Protein</b> 0.7 g |           |                      |           | Sugars 1 g               |           | <b>Calcium</b>   | <b>1%</b>   |
|                      |           |                      |           |                          |           | <b>Iron</b>      | <b>2%</b>   |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

## BAKED POTATOES

Yield: 50 portions      Portion: 1 potato  
Oven: 400°F      Bake: 1–1½ hours

| Ingredient                    | Amount | Procedure   |
|-------------------------------|--------|---|
| Baking potatoes, uniform size | 50     | Scrub potatoes and remove blemishes.  |
| Shortening                    | 4 oz   | Rub or brush lightly with shortening. Place on baking sheets. Bake at 400°F for 1–1½ hours or until tender. |

### Approximate nutritive values per portion

Calories 165

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 2 g  | 4%  | Cholest. 0 mg  | 0%  | Total Carb. 34 g | 11% | Vitamin A | 0%  | Calcium | 0%  |
| Sat. Fat 1 g   | 3%  | Sodium 8 mg    | 1%  | Fiber 4 g        | 15% | Vitamin C | 33% | Iron    | 3%  |
| Protein 3 g    |     |                |     | Sugars 3 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Select a long, mealy-type potato, such as russet.

### Variations

- **Baked Potato with Toppings.** Prepare potatoes and bake (see recipe). Serve with one of the following toppings and one or more of the accompaniments: *Toppings* include Cheese Sauce (p. 561), 3 oz; Chili con Carne (p. 607), 3 oz; Creamed Chicken (p. 450), Ham (p. 355), or Sausage (p. 358), 3 oz; Nacho Sauce (p. 80), 3 oz; sour cream, 1 oz. *Accompaniments* include Guacamole (p. 80), chopped broccoli, shredded cheese, sliced mushrooms, chopped green onions, chopped chives, sliced black olives, chopped ham or chicken, chopped lettuce, chopped tomatoes, crumbled cooked bacon, slivered almonds.
- **Broccoli Cheese-Topped Potato.** See p. 561 for Cheese Broccoli Sauce. Serve over baked potato.
- **Cheese-Topped Potato.** Whip 1 lb softened margarine. Add 2 lb sour cream and mix thoroughly. Fold in 1 lb finely shredded American cheese and 6 oz finely chopped green onions. Serve over baked potato.
- **Stuffed Baked Potato.** Cut hot baked potatoes into halves lengthwise. If potatoes are small, cut a slice from one side. Scoop out contents. Mash, season with 2 Tbsp salt, 1 tsp white pepper, 8 oz melted margarine, and 3–4 cups hot milk. Beat until light and fluffy. Pile lightly into shells, leaving tops rough. Sprinkle with paprika or Parmesan cheese, if desired. Bake at 425°F until potatoes are hot and lightly browned, about 30 minutes.

## MASHED POTATOES

Yield: 50 portions

Portion: 5 oz

| Ingredient | Amount                   | Procedure  |
|------------|--------------------------|--|
| Potatoes   | 15 lb (AP)<br>(12 lb EP) | Peel and eye potatoes. Cut into uniform-size pieces. Steam or boil (p. 631).<br>When done, drain and place in mixer bowl.<br>Mash, using wire whip attachment, on low speed until there are no lumps.<br>Whip on high speed about 2 minutes. |
| Milk, hot  | 2–2½ qt                  | Add hot milk, margarine, and salt.   |
| Margarine  | 8 oz                     | Whip on high speed until light and creamy.   |
| Salt       | 2 oz (3 Tbsp)            |  |

### Approximate nutritive values per portion

Calories 158

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 5 g  | 8%  | Cholest. 5 mg  | 2%  | Total Carb. 25 g | 8%  | Vitamin A | 2%  |
| Sat. Fat 2 g   | 8%  | Sodium 451 mg  | 19% | Fiber 3 g        | 10% | Vitamin C | 23% |
| Protein 3 g    |     |                |     | Sugars 4 g       |     | Calcium   | 5%  |
|                |     |                |     |                  |     | Iron      | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- A low-moisture white potato must be used to produce a fluffy product.
- Potato water may be substituted for part of the milk.
- 8 oz nonfat dry milk powder and 2–2½ qt water may be substituted for the liquid milk. Sprinkle dry milk over potatoes before mashing.
- Dehydrated potatoes (2–2½ lb) may be substituted for the raw potatoes. Follow processor's instructions for preparation.
- Seasonings for mashed potatoes: chives, dill, garlic, ground horseradish, nutmeg.

### Variations

- **Duchess Potatoes.** Add 18 eggs (2 lb), beaten, to mashed potatoes. Add additional milk if necessary. Pile lightly into baking pans. Bake at 350°F for 20–30 minutes, or until set.
- **Roasted Garlic Mashed Potatoes.** Add 8 oz roasted garlic (p. 658) along with the milk and margarine. **Roasted Garlic:** Preheat oven to 350°F. Remove the loose outside skins of the garlic heads by rolling them back and forth on cutting board, being careful not to loosen the cloves. Place garlic heads on a baking sheet. Drizzle ½ tsp olive oil over each head to coat. Roast until tender, about 1 hour. cool. Cut garlic head horizontally, exposing the soft flesh. Using a table knife, press the softened cloves out of their skins. Drizzle baked garlic pulp with olive oil. Store covered in refrigerator. Use within 48 hours.
- **Mashed Potato Casserole.** Add ½ cup chopped chives; ½ cup crisp, cooked, crumbled bacon; 12 oz cream cheese; 1 tsp white pepper; and ¼ tsp garlic powder. Mix until blended. Place in baking pans. Sprinkle lightly with grated Parmesan cheese and paprika. Brush lightly with melted margarine. Bake at 375°F for 30 minutes or until light brown.
- **Potato Croquettes.** Add 18 egg yolks, well beaten. Shape into croquettes and dip in egg-milk mixture and crumbs (p. 39). Chill. Fry in deep fat at 360°F for 5–8 minutes.
- **Potato Rosettes.** Force Duchess Potatoes through a pastry tube, forming rosettes. Bake at 350°F until lightly browned. Use as a garnish for planked steak.
- **Whipped Rutabagas and Potatoes.** Peel 10 lb (AP) rutabagas and 5 lb potatoes. Cut into uniform-size pieces and steam or boil (p. 631). Mash and season as for potatoes. 1 tsp nutmeg may be added.

## FRENCH FRIED POTATOES

Yield: 50 portions

Portion: 3 oz

Deep-fat fryer: 365°F

Fry: 6–8 minutes

### Ingredient

### Amount

### Procedure

Potatoes, white

18 lb (AP)  
(15 lb EP)Peel and cut potatoes into uniform strips  $\frac{1}{4}$ – $\frac{3}{8}$  inch thick. Cover with cold water to keep potatoes from darkening.

Just before frying, drain potatoes and dry with paper towels. Fill fryer basket about one-third full of potatoes. Fry according to Method 1 or 2.

### METHOD 1

Half fill fryer with fat. Preheat to 365°F. Fry potatoes for 6–8 minutes. Drain. Sprinkle with salt. Serve immediately.

### METHOD 2

**Blanching:** Heat fat to 360°F. Place drained potato strips in hot fat, using an 8 to 1 ratio of fat to potatoes, by weight, as a guide for filling fryer basket. Fry 3–5 minutes depending on thickness of potato. (The potatoes should not brown.) Drain. Turn out on sheet pans. Refrigerate for later browning.

**Browning:** Reheat fat to 375°F. Place about twice as many potato strips in the kettle as for first-stage frying. Fry 2–3 minutes or until golden brown. Drain. Sprinkle with salt if desired. Serve immediately.

### Approximate nutritive values per portion

Calories 269

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 14 g | 22% | Cholest. 0 mg  | 0%  | Total Carb. 34 g | 11% | Vitamin A | 0%  |
| Sat. Fat 4 g   | 21% | Sodium 184 mg  | 8%  | Fiber 0 g        | 0%  | Vitamin C | 14% |
| Protein 3 g    |     |                |     | Sugars 0 g       |     | Calcium   | 1%  |
|                |     |                |     |                  |     | Iron      | 3%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Select a long, mealy potato, such as a russet.
- To cook frozen French Fried Potatoes, use 12 lb for 50 3-oz portions. Fry at 375°F for 3–5 minutes or until golden brown.

### Variations

- **Deep-Fat Browned Potatoes.** Partially cook peeled whole or half potatoes. Fry in deep fat at 365°F for 5–7 minutes. Transfer to serving pan. Sprinkle with salt.
- **Lattice Potatoes.** Cut potatoes with lattice slicer. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.
- **Potato Chips.** Cut potatoes into very thin slices. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.
- **Shoestring Potatoes.** Cut potatoes into  $\frac{1}{8}$ -inch strips. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.

## PARSLEY BUTTERED NEW POTATOES

Yield: 50 portions

Portion: 3 oz

| Ingredient                | Amount                   | Procedure   |
|---------------------------|--------------------------|---|
| New potatoes              | 15 lb (AP)<br>(10 lb EP) | Wash and peel potatoes, removing eyes (see Note).<br>Cut potatoes into 1½-inch cubes, or leave whole. If whole potatoes, cut as necessary to be of uniform size.<br>Sprinkle with salt. If boiling the potatoes, add salt to the cooking water.<br>Steam or boil (p. 631) until tender. |
| Salt                      | 1 oz (1½ Tbsp)           |   |
| Margarine, melted         | 8 oz                     | Distribute margarine uniformly over cooked potatoes.<br>Sprinkle with parsley.  |
| Fresh parsley,<br>chopped | 1 oz                     |   |

### Approximate nutritive values per portion

Calories 104

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|------------------|-----|----------------|-----|
| Total Fat 4 g  | 6%  | Cholest. 0 mg  | 0%  | Total Carb. 17 g | 6%  | Vitamin A      | 1%  |
| Sat. Fat 1 g   | 4%  | Sodium 239 mg  | 10% | Fiber 0 g        | 0%  | Vitamin C      | 11% |
| Protein 1 g    |     |                |     | Sugars 0 g       |     | Calcium        | 0%  |
|                |     |                |     |                  |     | Iron           | 1%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Note

- New potatoes may be peeled after cooking. If skins are thin they may be served unpeeled.

### Variations

- **Creamed New Potatoes.** Add 3 qt Medium White Sauce (p. 561) to cooked potatoes.
- **Creamed New Potatoes and Peas.** See p. 655.
- **Lemon-Seasoned New Potatoes.** Peel and cook uniform, small new potatoes. Pour over them a mixture of ¼ cup lemon juice, 8 oz melted margarine, then roll in minced parsley.
- **New Potatoes in Mustard.** Add ¾ cup Dijon mustard and 2 Tbsp dried chervil to the melted margarine.
- **New Potatoes Parmesan.** Scrub small uniform-size new potatoes. Remove 1 inch of peeling from around the center of each potato. Steam or boil (p. 631) until just done. Roll potatoes in melted margarine. Place in baking pans. Sprinkle with Parmesan cheese. Bake at 350°F for 20–25 minutes. Canned small whole potatoes may be substituted for fresh potatoes.
- **Paprika-Seasoned New Potatoes.** Delete parsley. Sprinkle potatoes with 1 Tbsp paprika. Stir lightly to mix seasoning.

## ROASTED RED-SKINNED POTATOES

Yield: 50 portions

Portion: 5 oz

Oven: 400°F

| Ingredient   | Amount     | Procedure  |
|--|------------|--|
| Potatoes, red-skinned unpeeled, cut into irregular 2-inch chunks, or left whole if small | 17 lb (EP) | Place potatoes in large bowl.  |
| Olive oil  | 1 lb 8 oz  | Pour olive oil over potatoes. Stir to coat. Drain excess oil from potatoes.  |
| Salt   | 2 oz       | Sprinkle salt, pepper, and garlic over potatoes. Stir to coat. Spread potatoes in a single layer on oiled baking sheets. Roast potatoes at 400°F until tender and golden brown. 30–35 minutes. |
| Pepper, cracked black  | 1 Tbsp     |  |
| Garlic, minced (optional)  | 1 oz (EP)  |  |

### Approximate nutritive values per portion

Calories 230

| Amount/portion        | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV       | %DV              | %DV       |
|-----------------------|------------|----------------------|------------|-------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 14 g | <b>21%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 28 g | <b>9%</b> | <b>Vitamin A</b> | <b>0%</b> |
| Sat. Fat 1.8 g        | <b>9%</b>  | <b>Sodium</b> 495 mg | <b>21%</b> | Fiber 1.9 g             | <b>7%</b> | <b>Vitamin C</b> | <b>8%</b> |
| <b>Protein</b> 1.9 g  |            |                      |            | Sugars 0 g              |           | <b>Calcium</b>   | <b>0%</b> |
|                       |            |                      |            |                         |           | <b>Iron</b>      | <b>0%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Sliced potatoes ( $\frac{3}{8}$  inch) may be used. Reduce cooking time to 20–25 minutes.

### Variations

- **Rosemary Roasted Potatoes.** Delete garlic if desired. Sprinkle  $\frac{1}{2}$  oz finely minced fresh rosemary on potatoes along with the salt and pepper. Garnish with fresh sprigs of rosemary. May substitute Yukon Gold or other yellow potato.
- **Oven Roasted Sweet Potatoes with Soy Sauce.** Substitute peanut oil for olive oil and sweet potatoes for red potatoes. Delete garlic. Take sweet potatoes out of the oven after 30 minutes and drizzle with  $\frac{1}{3}$  cup soy sauce. Roast for an additional 5 minutes or until tender. Serve sprinkled with 8 oz toasted almonds and 1 oz coarsely chopped fresh parsley.

**AU GRATIN POTATOES**

*Yield:* 50 portions or 2 pans 12 × 10 × 2 inches  
*Oven:* 350°F

*Portion:* 5 oz

*Bake:* 25–30 minutes

| <i>Ingredient</i>        | <i>Amount</i>           | <i>Procedure</i>  |
|--------------------------|-------------------------|---|
| Potatoes                 | 10 lb (AP)<br>(8 lb EP) | Peel and dice potatoes (or dice before cooking).<br>Steam or boil (p. 631) until just tender.   |
| Salt                     | 1 Tbsp                  | Sprinkle with salt. If boiling the potatoes, add salt to the cooking water.   |
| Margarine                | 12 oz                   | Melt margarine. Add flour and salt.   |
| Flour, all-purpose       | 6 oz                    | Stir until smooth. Cook 5–10 minutes.   |
| Salt                     | 1 Tbsp                  |   |
| Milk                     | 3 qt                    | Add milk gradually while stirring.<br>Cook until thickened.   |
| Cheddar cheese, shredded | 1 lb 8 oz               | Add cheese to sauce and stir until cheese is melted.<br>Pour over potatoes.<br>Scale into two 12 × 20 × 2-inch baking pans, 8 lb per pan. |
| Bread crumbs             | 12 oz                   | Combine crumbs and margarine.   |
| Margarine, melted        | 8 oz                    | Sprinkle over top of potatoes, 10 oz per pan.<br>Bake at 350°F for 25–30 minutes.   |

*Approximate nutritive values per portion*

**Calories 279**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>   | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 16 g | <b>25%</b> | <b>Cholest.</b> 22 mg | <b>7%</b>  | <b>Total Carb.</b> 26 g | <b>9%</b>  | <b>Vitamin A</b> | <b>9%</b>  |
| Sat. Fat 6 g          | <b>30%</b> | <b>Sodium</b> 530 mg  | <b>22%</b> | Fiber 2 g               | <b>8%</b>  | <b>Vitamin C</b> | <b>16%</b> |
| <b>Protein</b> 8 g    |            |                       |            | Sugars 5 g              |            | <b>Calcium</b>   | <b>18%</b> |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 lb 10 oz sliced dehydrated potatoes, reconstituted in 5 qt boiling water, and 1½ oz salt may be substituted for fresh potatoes.

**COTTAGE FRIED POTATOES**

*Yield:* 50 portions

*Portion:* 4 oz

| <i>Ingredient</i> | <i>Amount</i>            | <i>Procedure</i>                                       |
|-------------------|--------------------------|--|
| Potatoes          | 18 lb (AP)<br>(15 lb EP) | Peel potatoes.<br>Steam or boil until tender (p. 631). |
| Fat, hot          | As needed                | Slice cooked potatoes.                                 |
| Salt              | 1 oz (1½ Tbsp)           | Add to hot fat in frying pan. Add salt and pepper.     |
| Pepper, black     | 1 tsp                    | Turn potatoes as needed and fry until browned.         |

*Approximate nutritive values per portion*

Calories 192

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 7 g  | 11% | Cholest. 0 mg  | 0%  | Total Carb. 29 g | 10% | Vitamin A | 2%  | Calcium | 1%  |
| Sat. Fat 2 g   | 7%  | Sodium 285 mg  | 12% | Fiber 3 g        | 13% | Vitamin C | 29% | Iron    | 2%  |
| Protein 3 g    |     |                |     | Sugars 2 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **American Fried Potatoes.** Add raw sliced potatoes to hot fat. Fry until potatoes are brown and tender. Add additional fat as needed.
  - **Hashed Brown Potatoes.** Add finely chopped boiled potatoes to hot fat in frying pan. Add salt and pepper. Stir occasionally and fry until browned.
  - **Lyonnais Potatoes.** Cook 2 lb chopped onion slowly in fat without browning. Add seasoned cut, boiled potatoes and cook until browned.
  - **O'Brien Potatoes.** Cook cubed potatoes in a small amount of fat with chopped onion and pimiento.
  - **Oven-Fried Potatoes.** Prepare potatoes as for French Fried Potatoes. Place in greased shallow pans in a thin layer and brush with melted fat, turning to cover all sides. Bake at 450°F for 20–30 minutes, or until browned, turning occasionally. Drain on absorbent paper and sprinkle with salt.

**POTATO PANCAKES**

Yield: 50 portions or 100 cakes

Portion: 2 2-oz cakes

| Ingredient         | Amount                   | Procedure   |
|--------------------|--------------------------|---|
| Potatoes           | 15 lb (AP)<br>(12 lb EP) | Peel potatoes and onions.<br>Grind. Drain.                              |
| Onions             | 1 lb 8 oz                |   |
| Eggs, beaten       | 8 (14 oz)                | Combine and add to potatoes and onion.                                  |
| Flour, all-purpose | 8 oz                     | Refrigerate batter, removing small quantities as needed for production. |
| Salt               | 2 oz (3 Tbsp)            |   |
| Baking powder      | 1 tsp                    |   |
| Milk               | $\frac{3}{4}$ cup        |   |

Drop potato mixture with No. 20 dipper on hot greased griddle.

Fry, turning once, until golden brown on both sides.

Serve with warm applesauce.

*Approximate nutritive values per portion*

Calories 121

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|---------|-----|
| Total Fat 1 g  | 2%  | Cholest. 34 mg | 11% | Total Carb. 25 g | 8%  | Vitamin A | 1%  | Calcium | 2%  |
| Sat. Fat 1 g   | 2%  | Sodium 407 mg  | 17% | Fiber 0.4 g      | 1%  | Vitamin C | 13% | Iron    | 3%  |
| Protein 3 g    |     |                |     | Sugars 1 g       |     |           |     |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**SCALLOPED POTATOES**

Yield: 50 portions or 2 pans 12 × 20 × 2 inches      Portion: 6 oz

Oven: 350°F      Bake: 1½–2 hours

| Ingredient         | Amount                   | Procedure  |
|--------------------|--------------------------|--|
| Potatoes           | 15 lb (AP)<br>(12 lb EP) | Peel and eye potatoes.<br>Slice and place in two greased 12 × 20 × 2-inch baking<br>pans, 6 lb per pan.<br>Sprinkle with salt. |
| Salt               | 2 oz (3 Tbsp)            |  |
| Margarine          | 8 oz                     | Melt margarine. Add flour and salt.  |
| Flour, all-purpose | 4 oz                     | Stir until smooth. Cook 5 minutes.   |
| Salt               | 1 oz (1½ Tbsp)           |  |
| Milk               | 1 gal                    | Add milk gradually, stirring with wire whip. Cook until<br>thickened.<br>Pour over potatoes.                                   |
| Bread crumbs       | 6 oz                     | Combine crumbs and margarine.  |
| Margarine, melted  | 2 oz                     | Sprinkle over potatoes.<br>Bake at 350°F for 1½–2 hours.   |

*Approximate nutritive values per portion*

Calories 212

| Amount/portion       | %DV | Amount/portion        | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|-----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 7 g | 12% | <b>Cholest.</b> 11 mg | 4%  | <b>Total Carb.</b> 31 g | 10% | <b>Vitamin A</b> | 4%  | <b>Calcium</b> | 10% |
| Sat. Fat 3 g         | 13% | <b>Sodium</b> 698 mg  | 29% | Fiber 3 g               | 11% | <b>Vitamin C</b> | 24% | <b>Iron</b>    | 3%  |
| <b>Protein</b> 5 g   |     |                       |     | Sugars 6 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Potatoes may be partially cooked and hot White Sauce (p. 561) added to shorten baking time.
- Dehydrated sliced potatoes may be substituted for fresh. Reconstitute according to package directions.

**Variations**

- **Scalloped Potatoes with Ham.** Add 5 lb cubed ham to White Sauce (p. 561). Reduce salt to 1 Tbsp.
- **Scalloped Potatoes with Onions.** Before baking, cover potatoes with onion rings. About 5 minutes before removing from oven, cover potatoes with shredded cheese.

## SOUR CREAM POTATOES

*Yield:* 50 portions or 3 pans 12 × 10 × 2 inches      *Portion:* 5 oz  
*Oven:* 350°F      *Bake:* 35–45 minutes

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------|---------------|--|
| Frozen hashed brown potatoes | 10 lb         | Thaw potatoes. Steam for 10–15 minutes. Hold for later step.   |
| Margarine                    | 4 oz          | Melt margarine in steam-jacketed or other kettle. Add onions and sauté until transparent.  |
| Onions, chopped              | 1 lb          |  |
| Sour cream                   | 2 lb 12 oz    | Add to onions and mix well.  |
| Salt (see Notes)             | 1 oz          |  |
| Pepper, black                | 1 Tbsp        |  |
| Eggs, beaten slightly        | 6 (10 oz)     |  |
| Chicken base                 | 1 Tbsp        |  |
| Water                        | 2 cups        |  |
|                              |               | Add potatoes to onion mixture. Mix lightly. Scale into three greased 12 × 10 × 2-inch pans, 5 lb 5 oz per pan.   |
| Cornflake crumbs             | 3 oz          | Combine crumbs and margarine in mixer bowl, using flat paddle. Mix until crumbly. Sprinkle 2 oz over each pan of potatoes. Bake at 350°F for 35–45 minutes. To serve, spoon into 50 5-oz portions or cut each pan 4 × 4 for 48 servings. |
| Margarine, melted            | 1/3 cup       |  |

### *Approximate nutritive values per portion*

**Calories 297**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 19 g | <b>30%</b> | <b>Cholest.</b> 35 mg | <b>12%</b> | <b>Total Carb.</b> 29 g | <b>10%</b> | <b>Vitamin A</b> | <b>10%</b> |
| Sat. Fat 8 g          | <b>41%</b> | <b>Sodium</b> 381 mg  | <b>16%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b> | <b>12%</b> |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 0 g              |            | <b>Calcium</b>   | <b>5%</b>  |
|                       |            |                       |            |                         |            | <b>Iron</b>      | <b>9%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Undiluted cream of mushroom, cream of celery, or cream of chicken soup may be substituted for sour cream. Delete salt and chicken base.
- If a highly salted chicken base is used, delete or reduce salt.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

**POTATOES ROMANOFF**

Yield: 60 portions or 2 pans 12 × 20 × 2 inches      Portion: 6 oz

Oven: 350°F      Bake: 35–45 minutes

| <i>Ingredient</i>            | <i>Amount</i> | <i>Procedure</i>   |
|------------------------------|---------------|--|
| Frozen hashed brown potatoes | 16 lb         | Thaw potatoes. Steam for 15 minutes.   |
| Sour cream                   | 4 lb 4 oz     | Combine in mixer bowl and blend on low speed.  |
| Green onions, sliced         | 6 oz          |  |
| Salt                         | 1½ oz         |  |
| Pepper, black                | 1 Tbsp        |  |
| Cheddar cheese, shredded     | 12 oz         |  |
| Paprika                      | ½ tsp         | Add cooked potatoes to sour cream mixture. Mix well. Scale into two greased 12 × 20 × 2-inch pans, 10 lb per pan. Sprinkle lightly with paprika. Bake uncovered at 350°F for 35–45 minutes. Cut 6 × 5. |

*Approximate nutritive values per portion***Calories 356**

| Amount/portion        | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV        |                | %DV        |
|-----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|------------|----------------|------------|
| <b>Total Fat</b> 23 g | <b>35%</b> | <b>Cholest.</b> 20 mg | <b>7%</b>  | <b>Total Carb.</b> 36 g | <b>12%</b> | <b>Vitamin A</b> | <b>9%</b>  | <b>Calcium</b> | <b>9%</b>  |
| Sat. Fat 11 g         | <b>54%</b> | <b>Sodium</b> 369 mg  | <b>15%</b> | Fiber 1 g               | <b>5%</b>  | <b>Vitamin C</b> | <b>13%</b> | <b>Iron</b>    | <b>10%</b> |
| <b>Protein</b> 6 g    |            |                       |            | Sugars 0 g              |            |                  |            |                |            |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

## OVEN-BROWNED OR RISSOLÉ POTATOES

Yield: 50 portions      Portion: 1 potato

Oven: 450°F      Bake: 1 hour

| Ingredient               | Amount         | Procedure   |
|--------------------------|----------------|---|
| Potatoes, baking variety | 50             | Peel potatoes and partially cook by boiling or steaming, about 10 minutes.  |
| Margarine, melted        | 1 lb           | Place potatoes on well-greased baking sheets. Pour melted margarine over potatoes. Sprinkle with salt. Bake at 450°F for 1 hour or until tender. Baste every 15 minutes with margarine from pan. Turn potatoes once during baking to ensure uniform browning. |
| Salt                     | 1 oz (1½ Tbsp) |   |

### Approximate nutritive values per portion

Calories 210

| Amount/portion       | %DV        | Amount/portion       | %DV        | Amount/portion          | %DV        | %DV              | %DV        |
|----------------------|------------|----------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 7 g | <b>11%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 34 g | <b>11%</b> | <b>Vitamin A</b> | <b>2%</b>  |
| Sat. Fat 2 g         | <b>7%</b>  | <b>Sodium</b> 286 mg | <b>12%</b> | Fiber 4 g               | <b>15%</b> | <b>Vitamin C</b> | <b>33%</b> |
| <b>Protein</b> 3 g   |            |                      |            | Sugars 3 g              |            | <b>Calcium</b>   | <b>1%</b>  |
|                      |            |                      |            |                         |            | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Franconia Potatoes.** Cook peeled uniform-size potatoes approximately 15 minutes. Drain and place in pan in which meat is roasting. Bake approximately 40 minutes or until tender and lightly browned, basting with drippings in pan or turning occasionally to brown all sides. Serve with roast.
  - **French Baked Potatoes.** Select small, uniform potatoes and peel. Roll potatoes in melted margarine or shortening, then in cracker crumbs or crushed cornflakes. Place in shallow pans and bake.
  - **Herbed Potato Bake.** Peel baking potatoes and cut into ½-inch slices. Place in greased baking pans. Combine 1½ cups melted margarine, 3½ oz dehydrated onion soup mix, and 2 Tbsp rosemary. Sprinkle over potatoes and toss lightly. Bake at 325°F for 1½ hours or until potatoes are tender.

## GLAZED OR CANDIED SWEET POTATOES

Yield: 50 portions      Portion: 4 oz  
Oven: 400°F      Bake: 20–30 minutes

| Ingredient             | Amount                   | Procedure  |
|------------------------|--------------------------|--|
| Sweet potatoes or yams | 16 lb (AP)<br>(13 lb EP) | Scrub potatoes. Steam or boil in skins until tender (p. 631). When potatoes are cool enough to handle, peel and cut into halves lengthwise. Arrange in shallow pans. |
| Sugar, brown           | 1 lb 12 oz               | Mix sugar, water, margarine, and salt. Heat to boiling point. Pour over potatoes. Bake at 400°F for 20–30 minutes.   |
| Water                  | 2 cups                   |  |
| Margarine              | 8 oz                     |  |
| Salt                   | ½ tsp                    |  |

### Approximate nutritive values per portion

Calories 213

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV |           | %DV  |         | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|------|---------|-----|
| Total Fat 4 g  | 6%  | Cholest. 0 mg  | 0%  | Total Carb. 44 g | 15% | Vitamin A | 258% | Calcium | 4%  |
| Sat. Fat 1 g   | 4%  | Sodium 82 mg   | 3%  | Fiber 4 g        | 14% | Vitamin C | 48%  | Iron    | 4%  |
| Protein 2 g    |     |                |     | Sugars 13 g      |     |           |      |         |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Three No. 10 cans of sweet potatoes may be substituted for fresh sweet potatoes.
- Seasonings for sweet potatoes: allspice, cardamom, cinnamon, cloves, or nutmeg.

### Variations

- **Baked Sweet Potatoes.** Select small even-size sweet potatoes or yams. Scrub. Bake at 425°F for 40–50 minutes, or until tender.
- **Candied Sweet Potatoes with Almonds.** Proceed as for Glazed Sweet Potatoes. Increase margarine to 12 oz and reduce brown sugar to 1 lb 8 oz. Add 1 cup dark corn syrup and 2 tsp mace. When partially glazed, sprinkle top with chopped almonds and continue cooking until almonds are toasted.
- **Glazed Sweet Potatoes with Orange Slices.** Add ¼ cup grated orange peel to syrup. Cut 5 oranges into thin slices; add to sweet potatoes when syrup is added.
- **Mashed Sweet Potatoes.** Cook and mash sweet potatoes or yams (p. 631), following procedure on p. 658. Add 1½ oz salt; ⅓ tsp nutmeg; 1 oz margarine, melted; and 1¼ qt hot milk.
- **Sweet Potatoes and Apples.** Reduce sweet potatoes to 9 lb, cooked, peeled, and sliced. Peel and slice 5 lb tart apples. Place alternate layers of sweet potatoes and apples in baking pans. Pour hot syrup (see recipe for Glazed Sweet Potatoes) over potatoes and apples. Bake at 350°F for 45 minutes.

## SWEET POTATO SOUFFLÉ

*Yield:* 50 portions or 1 pan 12 × 20 × 2 inches

*Portion:* 4 oz

*Oven:* 375°F      *Bake:* 30 minutes

### Ingredient

### Amount

### Procedure

|                        |           |  |
|------------------------|-----------|--|
| Frozen sweet potatoes  | 8 lb      | Steam potatoes for 25 minutes.<br>Place in mixer bowl and whip on low, medium, and high speeds for 1 minute each, or until smooth.                                       |
| Margarine, melted      | 12 oz     | Add to sweet potatoes. Mix until thoroughly blended.<br>Begin on low speed and progress to high speed for a total of approximately 5 minutes or until mixture is fluffy. |
| Sugar, brown           | 1 lb 8 oz |  |
| Cinnamon, ground       | 1 Tbsp    |  |
| Mace, ground           | 1 Tbsp    |  |
| Ginger, ground         | 1 tsp     |  |
| Cloves, ground         | ¼ tsp     |  |
| Milk                   | 1 cup     |  |
| Eggs                   | 9 (1 lb)  |  |
| Miniature marshmallows | 6 oz      | Fold marshmallows into potato mixture.<br>Scale into greased 12 × 20 × 2-inch pan.<br>Bake at 375°F for 30 minutes or until hot.   |
| Miniature marshmallows | 4 oz      | Sprinkle marshmallows over sweet potatoes.<br>Return to oven long enough for marshmallows to puff and brown slightly.  |

### Approximate nutritive values per portion

Calories 212

| Amount/portion       | %DV        | Amount/portion        | %DV        | Amount/portion          | %DV        |                  | %DV         |                | %DV       |
|----------------------|------------|-----------------------|------------|-------------------------|------------|------------------|-------------|----------------|-----------|
| <b>Total Fat</b> 7 g | <b>10%</b> | <b>Cholest.</b> 39 mg | <b>13%</b> | <b>Total Carb.</b> 36 g | <b>12%</b> | <b>Vitamin A</b> | <b>127%</b> | <b>Calcium</b> | <b>4%</b> |
| Sat. Fat 2 g         | 8%         | <b>Sodium</b> 95 mg   | 4%         | Fiber 2 g               | 9%         | <b>Vitamin C</b> | 20%         | <b>Iron</b>    | 5%        |
| <b>Protein</b> 3 g   |            |                       |            | Sugars 6 g              |            |                  |             |                |           |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Fresh boiled or steamed sweet potatoes may be substituted for frozen sweet potatoes.

## SEASONED FRESH SPINACH AND OTHER GREENS

Yield: 50 portions

Portion: 3 oz

| Ingredient                     | Amount                   | Procedure   |
|--------------------------------|--------------------------|---|
| Spinach or other greens, fresh | 12 lb (AP)<br>(10 lb EP) | Sort and trim greens. Remove veins, coarse stems, and roots. Wash leaves thoroughly, lifting out of water after each washing. Steam or boil (p. 631). |
| Margarine, melted              | 4 oz                     | Pour margarine over greens and sprinkle with salt. If boiling the greens, add salt to the cooking water.  |
| Salt                           | 1 oz (1½ Tbsp)           |   |

### Approximate nutritive values per portion

Calories 36

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|-----------------|-----|-----------|-----|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 3 g | 1%  | Vitamin A | 61% |
| Sat. Fat 1 g   | 2%  | Sodium 285 mg  | 12% | Fiber 2 g       | 9%  | Vitamin C | 42% |
| Protein 3 g    |     |                |     | Sugars 0 g      |     | Calcium   | 9%  |
|                |     |                |     |                 |     | Iron      | 13% |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Beet greens, chard, collards, kale, mustard greens, or turnip greens may be used. For kale, strip leaves from coarse stems.
- For frozen spinach, use 10 lb. See p. 631 for cooking.
- Greens may be garnished with 12 hard-cooked eggs, chopped, and 1 lb 8 oz crisp-cooked bacon, crumbled.
- Seasonings for spinach: basil, garlic, mace, marjoram, nutmeg, oregano, mushrooms, bacon, cheese, hard-cooked eggs, vinegar.

### Variations

- **Creamed Spinach.** Cook spinach. Drain. Chop coarsely. Add 2 qt White Sauce (p. 561). Season with salt, pepper, and nutmeg.
- **Wilted Spinach or Lettuce.** To 10 lb chopped raw spinach or lettuce, or a combination of the two, add 2 qt Hot Bacon Sauce (p. 582) just before serving.

## SPINACH SOUFFLÉ

*Yield:* 48 portions or 2 pans 12 × 20 × 2 inches      *Portion:* 4 oz  
*Oven:* 350°F      *Bake:* 40 minutes

| <i>Ingredient</i>       | <i>Amount</i>  | <i>Procedure</i>  |
|-------------------------|----------------|---|
| Margarine               | 1 lb 4 oz      | Melt margarine. Add flour and salt.   |
| Flour, all-purpose      | 8 oz           | Stir until smooth and cook 5 minutes.   |
| Salt                    | 2½ Tbsp        |   |
| Milk                    | 1¼ qt          | Add milk and sour cream. Blend over low heat until smooth, stirring constantly. |
| Sour cream              | 1¼ qt          | Remove from heat.   |
| Spinach, chopped frozen | 6 lb           | Thaw spinach. Drain.  |
| Onion, finely chopped   | 8 oz           | Add spinach, onion, nutmeg, and egg yolks to sauce. Mix.                        |
| Nutmeg                  | 1½ Tbsp        |   |
| Egg yolks, beaten       | 18 (12 oz)     |   |
| Egg whites              | 18 (1 lb 5 oz) | Beat egg whites until stiff. Fold into spinach mixture.                         |

Lightly grease two 12 × 20 × 2-inch counter pans on the bottom only. Scale 7 lb 8 oz of the mixture into each pan. Set in pans of hot water. Bake at 350°F for 40 minutes or until soufflé is set. Cut 4 × 6.

### *Approximate nutritive values per portion*

**Calories 219**

| <b>Amount/portion</b> | <b>%DV</b> | <b>Amount/portion</b>  | <b>%DV</b> | <b>Amount/portion</b>   | <b>%DV</b> | <b>%DV</b>       | <b>%DV</b> |
|-----------------------|------------|------------------------|------------|-------------------------|------------|------------------|------------|
| <b>Total Fat</b> 18 g | <b>27%</b> | <b>Cholest.</b> 105 mg | <b>35%</b> | <b>Total Carb.</b> 10 g | <b>3%</b>  | <b>Vitamin A</b> | <b>68%</b> |
| Sat. Fat 6 g          | <b>31%</b> | <b>Sodium</b> 542 mg   | <b>23%</b> | Fiber 2 g               | <b>6%</b>  | <b>Vitamin C</b> | <b>12%</b> |
| <b>Protein</b> 7 g    |            |                        |            | Sugars 1 g              |            | <b>Calcium</b>   | <b>15%</b> |
|                       |            |                        |            |                         |            | <b>Iron</b>      | <b>7%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

**BAKED ACORN SQUASH**

Yield: 50 portions      Portion: ½ squash  
 Oven: 350°F      Bake: 30–40 minutes

| Ingredient        | Amount         | Procedure   |
|-------------------|----------------|---|
| Acorn squash      | 25             | Wash squash and cut in half lengthwise. Scrape out seeds. Place cut side down in shallow pans with a small amount of water.<br>Bake at 350°F for 20–25 minutes, or until just tender. (Squash may be steamed for 20 minutes). |
| Margarine, melted | 8 oz           | Place squash hollow side up.  |
| Salt              | 1 oz (1½ Tbsp) | Sprinkle cavities with margarine, salt, and brown sugar.  |
| Sugar, brown      | 12 oz          | Bake until sugar is melted, about 10–15 minutes.  |

*Approximate nutritive values per portion*

Calories 115

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV |
|----------------|-----|----------------|-----|------------------|-----|-----------|-----|
| Total Fat 4 g  | 6%  | Cholest. 0 mg  | 0%  | Total Carb. 21 g | 7%  | Vitamin A | 5%  |
| Sat. Fat 1 g   | 2%  | Sodium 242 mg  | 10% | Fiber 2 g        | 9%  | Vitamin C | 18% |
| Protein 1 g    |     |                |     | Sugars 4 g       |     | Calcium   | 5%  |
|                |     |                |     |                  |     | Iron      | 6%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Variations**
- **Acorn Squash with Sausage.** Place 4-oz sausage patty or 2 link sausages, partially cooked, in each cooked squash half. Continue baking until meat is done.
  - **Stuffed Acorn Squash.** Fill cooked squash with No. 12 dipper of the following mixture: 5 qt cooked rice, 4 lb chopped cooked meat, and 4 oz minced onion, sautéed in margarine and moistened with meat stock.

**SPAGHETTI SQUASH**

Yield: 50 portions      Portion: 6 oz  
 Oven: 350°F      Bake: 45–60 minutes

| Ingredient       | Amount                       | Procedure   |
|------------------|------------------------------|---|
| Spaghetti squash | 15 (approximately 3 lb each) | Wash squash and cut in half lengthwise. Scrape out seeds. Place cut side down in shallow pans with ½ inch water. Bake at 350°F for 45–60 minutes, or until squash is just tender when pricked with a fork.<br>Remove squash from water and cool slightly. With a fork scrape the soft flesh (lengthwise) into pastalike strands. Serve with melted butter or margarine or top with sauce. |

*Approximate nutritive values per portion*

Calories 91

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion   | %DV | %DV       | %DV  |
|----------------|-----|----------------|-----|------------------|-----|-----------|------|
| Total Fat 0 g  | 0%  | Cholest. 0 mg  | 0%  | Total Carb. 24 g | 8%  | Vitamin A | 158% |
| Sat. Fat 0 g   | 0%  | Sodium 9 mg    | 1%  | Fiber 4 g        | 15% | Vitamin C | 56%  |
| Protein 2 g    |     |                |     | Sugars 9 g       |     | Calcium   | 9%   |
|                |     |                |     |                  |     | Iron      | 7%   |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Note**
- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. •• for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Variations**
- **Spaghetti Squash with Clam Sauce.** Prepare Clam Sauce (p. 375) and serve over squash.
  - **Spaghetti Squash with Vegetable Sauce.** Prepare Vegetable Sauce (p. 387) and serve over squash.

## MASHED WINTER SQUASH

Yield: 50 portions

Portion: 3 oz

| Ingredient        | Amount                   | Procedure  |
|-------------------|--------------------------|--|
| Winter squash     | 15 lb (AP)<br>(10 lb EP) | Peel squash and cut into pieces.<br>Steam or boil until tender (p. 631).                                   |
| Milk, hot         | 1½ qt                    | Mash squash. Add milk and seasonings. Whip until light.<br>May be garnished with toasted slivered almonds. |
| Margarine, melted | 8 oz                     |  |
| Salt              | 2 Tbsp                   |  |
| Sugar, brown      | 8 oz                     |  |

### Approximate nutritive values per portion

Calories 103

| Amount/portion       | %DV | Amount/portion       | %DV | Amount/portion          | %DV |                  | %DV |                | %DV |
|----------------------|-----|----------------------|-----|-------------------------|-----|------------------|-----|----------------|-----|
| <b>Total Fat</b> 5 g | 8%  | <b>Cholest.</b> 4 mg | 1%  | <b>Total Carb.</b> 14 g | 5%  | <b>Vitamin A</b> | 34% | <b>Calcium</b> | 5%  |
| Sat. Fat 2 g         | 7%  | <b>Sodium</b> 316 mg | 13% | Fiber 3 g               | 10% | <b>Vitamin C</b> | 15% | <b>Iron</b>    | 2%  |
| <b>Protein</b> 2 g   |     |                      |     | Sugars 5 g              |     |                  |     |                |     |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

- Notes**
- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
  - Acorn, buttercup, butternut, hubbard, turbin or another winter squash variety may be used.
  - Seasonings for squash: allspice, basil, cinnamon, cloves, fennel, ginger, marjoram, nutmeg, oregano, rosemary, savory.
- Variations**
- **Baked Whipped Squash.** Mix cooked squash until smooth. Add 12 oz margarine, melted; 1 lb brown sugar; 1 Tbsp ground cinnamon; 1 tsp ground allspice; ½ tsp ground cloves; and 1 oz (1½ Tbsp) salt. Mix thoroughly. Scale into 12 × 20 × 2-inch pan. Bake in 350°F oven for 1 hour or until heated through. Cover with 12 oz miniature marshmallows and heat until marshmallows have browned slightly.
  - **Butternut Squash–Apple Casserole.** Cook 8 lb peeled, cored, and sliced apples, 12 oz margarine or butter, and 12 oz sugar until barely tender. Arrange in baking pans. Cover with mashed butternut squash (use 10 lb). Top with mixture of crushed cornflakes, chopped pecans, melted margarine, and brown sugar. Bake at 350°F for 30–40 minutes.

**SEASONED ZUCCHINI OR SUMMER SQUASH**

Yield: 50 portions

Portion: 3 oz

| <i>Ingredient</i>               | <i>Amount</i>               | <i>Procedure</i>  |
|---------------------------------|-----------------------------|---|
| Zucchini or other summer squash | 11–12 lb (AP)<br>(10 lb EP) | Wash squash and remove ends. Do not pare.<br>Cut into slices or spears.<br>Steam or simmer until tender (p. 631). |
| Margarine, melted               | 4 oz                        | Pour margarine over squash and sprinkle with salt and pepper.   |
| Salt                            | 1 Tbsp                      |   |
| Pepper, white                   | 1 tsp                       |   |

*Approximate nutritive values per portion*

Calories 29

| Amount/portion | %DV | Amount/portion | %DV | Amount/portion  | %DV | Amount/portion | %DV |
|----------------|-----|----------------|-----|-----------------|-----|----------------|-----|
| Total Fat 2 g  | 3%  | Cholest. 0 mg  | 0%  | Total Carb. 3 g | 1%  | Vitamin A      | 3%  |
| Sat. Fat 1 g   | 2%  | Sodium 152 mg  | 6%  | Fiber 1 g       | 3%  | Vitamin C      | 13% |
| Protein 1 g    |     |                |     | Sugars 2 g      |     | Calcium        | 1%  |
|                |     |                |     |                 |     | Iron           | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- 1 tsp garlic or onion salt may be substituted for part of salt.
- $\frac{1}{2}$  cup Parmesan cheese may be sprinkled over zucchini before serving.
- Seasonings for squash: Basil, chives, coriander, dill, garlic, ginger, marjoram, oregano, rosemary, savory, tarragon.

**Variations**

- **French Fried Zucchini.** See p. 654.
- **Zucchini Casserole.** Steam or parboil 8 lb sliced zucchini until tender-crisp. Drain. Combine one 46-oz can cream of chicken soup, 3 cups sour cream, 1 cup chopped green onions, and 1 oz shredded carrots. Combine with zucchini. Mix 1 lb 12 oz herb-seasoned bread crumbs and 8 oz melted margarine and spread half in a 12 × 20 × 2-inch counter pan. Pour zucchini mixture over crumbs. Top with remaining crumbs. Bake at 350°F for 30–40 minutes or until heated through. Other vegetables such as broccoli, asparagus, cauliflower, or French-cut green beans may be used in this casserole.
- **Zucchini and Summer Squash.** Wash and slice 5 lb zucchini and 5 lb yellow summer squash. Cook until just tender. Season with 8 oz melted margarine, salt and pepper to taste. Add 2 lb cherry tomatoes just before serving.
- **Zucchini and Tomato Casserole.** In 12 × 20 × 2-inch counter pan, layer 7 lb zucchini, 3 lb fresh tomatoes, peeled and chopped, and 1 lb chopped onion. Salt and pepper lightly. Sprinkle 1 lb grated cheddar cheese and 1 lb bacon, cooked and crumbled, over top. Cover with buttered bread crumbs. Bake covered at 400°F for about 1 hour, uncovered for the last 20 minutes.

**BAKED TOMATOES**

*Yield:* 50 portions      *Portion:* ½ tomato  
*Oven:* 400°F      *Bake:* 10–12 minutes

| <i>Ingredient</i>              | <i>Amount</i> | <i>Procedure</i>   |
|--------------------------------|---------------|--|
| Tomatoes, fresh<br>(5 oz each) | 25            | Wash tomatoes. Cut in halves.<br>Sprinkle each tomato with salt and pepper or seasoned salt. |
| Salt                           | 1 tsp         |  |
| Pepper, black                  | 1 tsp         |  |
| Margarine, melted              | 6 oz          | Combine margarine, bread crumbs, and onion.  |
| Bread crumbs                   | 2 oz          | Place 2 tsp mixture on each tomato half.   |
| Onion, finely chopped          | 6 oz          | Bake at 400°F for 10–12 minutes.   |

*Approximate nutritive values per portion***Calories 45**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 3 g  | 5%         | <b>Cholest.</b> 0 mg  | 0%         | <b>Total Carb.</b> 4 g | 1%         | <b>Vitamin A</b> | 5%         |
| Sat. Fat 1 g          | 3%         | <b>Sodium</b> 90 mg   | 4%         | Fiber 1 g              | 4%         | <b>Vitamin C</b> | 23%        |
| <b>Protein</b> 1 g    |            |                       |            | Sugars 2 g             |            | <b>Calcium</b>   | 0%         |
|                       |            |                       |            |                        |            | <b>Iron</b>      | 2%         |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Seasonings for tomatoes: basil, bay leaf, chili powder, garlic, marjoram, oregano, rosemary, tarragon, thyme.

**Variations**

- **Mushroom-Stuffed Tomatoes.** Add 2 lb sautéed mushrooms, sliced or chopped, to crumb mixture.
- **Broiled Tomato Slices.** Cut tomatoes in ½-inch slices. Salt, dot with margarine, and broil.
- **Spinach-Stuffed Tomatoes.** Wash medium-size fresh tomatoes. Remove core and part of the tomato pulp. Fill center with 2 oz Spinach Soufflé (p. 671). Sprinkle with buttered crumbs and Parmesan cheese. Bake at 350°F for about 1 hour.

**HERB ROASTED TOMATOES**

Yield: 50 portions

Portion: 3 halves

Oven: 350°F

| <i>Ingredient</i>   | <i>Amount</i>  | <i>Procedure</i>  |
|---|----------------|---|
| Plum tomatoes, halved lengthwise (stem and blossom blemish removed) | 14 lb          | Place tomatoes cut side up in a 12 × 20 × 2-inch pan. Brush with olive oil.                         |
| Olive oil   | 8 oz           |   |
| Salt  | 1 Tbsp         | Sprinkle tomatoes lightly with salt and pepper.   |
| Pepper, black   | 1½ tsp         |   |
| Parsley, chopped fresh  | 8 Tbsp (½ cup) | Mix herbs. Sprinkle half of herb mixture over tomatoes. Save remainder of herb mixture for garnish. |
| Basil, chopped fresh  | 8 Tbsp (½ cup) |   |
| Rosemary, finely chopped fresh                                      | 4 Tbsp (¼ cup) |   |
| Thyme, chopped fresh  | 4 Tbsp (¼ cup) |   |
|   |                | Bake tomatoes at 350°F until tender and slightly browned around the edges, 50–60 minutes.           |
| Parmesan cheese, freshly grated (optional)                          | 1 cup          | Garnish tomatoes with remaining herbs and parmesan cheese.  |

*Approximate nutritive values per portion***Calories 77**

| Amount/portion         | %DV       | Amount/portion         | %DV       | Amount/portion         | %DV       | %DV              | %DV       |
|------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------|-----------|
| <b>Total Fat</b> 5.6 g | <b>9%</b> | <b>Cholest.</b> 1.6 mg | <b>1%</b> | <b>Total Carb.</b> 6 g | <b>2%</b> | <b>Vitamin A</b> | <b>9%</b> |
| Sat. Fat 1 g           | <b>5%</b> | <b>Sodium</b> 189 mg   | <b>8%</b> | Fiber 1.5 g            | <b>6%</b> | <b>Vitamin C</b> | <b>43</b> |
| <b>Protein</b> 2 g     |           |                        |           | Sugars 3.5 g           |           | <b>Calcium</b>   | <b>4%</b> |
|                        |           |                        |           |                        |           | <b>Iron</b>      | <b>4%</b> |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Other herbs may be substituted for those in the recipe.
- A vegetable marinade may be substituted for the olive oil.
- If substituting dried herbs, reduce amount by two-thirds.

## BAKED ITALIAN TOMATOES AND ZUCCHINI

Yield: 50 portions

Portion: 4 oz

Oven: 325°F

| Ingredient                              | Amount          | Procedure   |
|---|-----------------|---|
| Plum tomatoes<br>(small size)           | 3 lb 12 oz (AP) | Submerge tomatoes in boiling water for a few seconds to loosen skins.<br>Peel tomatoes and core.<br>Cut tomatoes in half, from stem to flower end (long way).<br>Save for layering step.  |
| Marinara Sauce<br>(p. 572)              | 2 qt            | Layer ingredients in the following order in each of two 12 × 10 × 2-inch pans:<br>1. Marinara Sauce, 2 cups<br>2. Diced zucchini, 12 oz<br>3. Tomato halves, 12 oz<br>4. Mozzarella cheese, 1 lb<br>5. Parmesan cheese, 2 oz<br>Repeat steps 1, 2, and 3.<br>Bake covered for 30–40 minutes or until mixture reaches 165°F. |
| Zucchini, ½-inch dice                   | 3 lb (EP)       |   |
| Mozzarella cheese,<br>shredded          | 3 lb            |   |
| Parmesan cheese,<br>freshly shredded    | 8 oz            |   |
| Parsley, chopped<br>(fresh) (see Notes) | 1 oz            | Remove from oven and uncover.<br>Top each pan with 8 oz mozzarella cheese and 2 oz Parmesan cheese.<br>Sprinkle ½ oz parsley and ½ oz basil on each pan.<br>Bake uncovered for 10 minutes until cheese is melted and lightly browned.   |
| Basil, chopped (fresh)                  | 1 oz            |   |

### Approximate nutritive values per portion

Calories 128

| Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion           | %DV | %DV              | %DV |
|----------------------|-----|------------------------|-----|--------------------------|-----|------------------|-----|
| <b>Total Fat</b> 8 g | 12% | <b>Cholest.</b> 2.5 mg | 8%  | <b>Total Carb.</b> 6.3 g | 2%  | <b>Vitamin A</b> | 13% |
| Sat. Fat 4.5 g       | 23% | <b>Sodium</b> 319 mg   | 13% | Fiber 1.4 g              | 5%  | <b>Vitamin C</b> | 21% |
| <b>Protein</b> 8 g   |     |                        |     | Sugars 1.6 g             |     | <b>Calcium</b>   | 20% |
|                      |     |                        |     |                          |     | <b>Iron</b>      | 4%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Dried basil and dried parsley may be substituted for fresh. Use 2 Tbsp parsley and 1 Tbsp basil.
- Serve as a vegetable or with pasta for a nonmeat entree.
- 1 lb mushrooms (small whole or quartered) may be substituted for 1 lb of the zucchini.

**STIR-FRIED VEGETABLES**

Yield: 50 portions

Portion: 3 oz

| <i>Ingredient</i>                                  | <i>Amount</i>  | <i>Procedure</i>   |
|--|----------------|--|
| Cornstarch   | 2 oz           | Combine cornstarch and water. Set aside for last step.   |
| Water  | 1 cup          |  |
| Assorted vegetables<br>(see Notes for suggestions) | 5 lb 8 oz (EP) | Cut vegetables into uniform-size thin slices, strips, or diagonal slices to ensure quick cooking.<br>Pat dry before frying.  |
| Cooking oil  | 1 cup          | Combine oil, garlic, and ginger root in frying pan.<br>Heat to 350°F and cook slightly.<br>Remove ginger root and discard.   |
| Garlic, minced                                     | 2 cloves       |  |
| Ginger root, fresh, sliced                         | ½ tsp          |  |
| Water chestnuts, sliced, drained                   | 8 oz           | Add water chestnuts and prepared vegetables to heated oil.<br>Stir with long spatula in a folding motion.<br>Cook until vegetables are tender-crisp.                                     |
| Chicken Stock (p. 598)                             | 3 cups         | Combine stock and soy sauce.<br>Mix quickly into vegetables. Reduce heat.<br>Pour cornstarch mixture over vegetables. Cook and stir just until sauce thickens and vegetables are glazed. |
| Soy sauce  | ½ cup          |  |

*Approximate nutritive values per portion***Calories 63**

| Amount/portion       | %DV       | Amount/portion       | %DV        | Amount/portion         | %DV       | %DV              | %DV        |
|----------------------|-----------|----------------------|------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 5 g | <b>7%</b> | <b>Cholest.</b> 0 mg | <b>0%</b>  | <b>Total Carb.</b> 5 g | <b>2%</b> | <b>Vitamin A</b> | <b>3%</b>  |
| Sat. Fat 1 g         | <b>6%</b> | <b>Sodium</b> 238 mg | <b>10%</b> | Fiber 0 g              | <b>0%</b> | <b>Vitamin C</b> | <b>14%</b> |
| <b>Protein</b> 2 g   |           |                      |            | Sugars 0 g             |           | <b>Calcium</b>   | <b>2%</b>  |
|                      |           |                      |            |                        |           | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Select vegetables for contrast in color, shape, texture, and flavor. At least three vegetables should be selected. Cut vegetables into small enough pieces to cook quickly. Frozen vegetables should be thawed before stir-frying.
- Suggested vegetables: asparagus cut diagonally, broccoli or cauliflower florets, green beans, carrot strips or diagonal slices, celery slices, sliced fresh mushrooms, snow peas, onion rings, pepper strips (red, green, or yellow), zucchini or summer squash slices or sticks.
- Suggested combinations (total of 5 lb 8 oz): 1 lb 8 oz sliced carrots, 1 lb 8 oz broccoli florets, 1 lb 8 oz celery sticks, 8 oz mushroom slices, and 8 oz sliced onion; 1 lb 8 oz asparagus cut diagonally, 1 lb 8 oz zucchini slices, 1 lb 8 oz cauliflower florets, 8 oz sliced onions, and 8 oz fresh mushrooms; 1 lb 8 oz sliced celery, 1 lb 8 oz pea pods, 1 lb 8 oz julienne carrots, 8 oz green pepper strips, and 8 oz sliced fresh mushrooms.

**RATATOUILLE**

Yield: 50 portions      Portion: 4 oz

Oven: 300°F      Heat: 5 minutes

| <i>Ingredient</i>                       | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Vegetable oil                           | 1/3 cup       | Heat oil in tilting frypan.  |
| Onion, cut in wedges                    | 8 oz          | Add onion and garlic. Cook until tender-crisp.   |
| Garlic, minced                          | 1 clove       |  |
| Eggplant, peeled,<br>1-inch cubes       | 2 lb 8 oz     | Add eggplant. Sauté 2 minutes.   |
| Zucchini                                | 2 lb          | Add squash and peppers. Sauté 5 minutes or until vegetables are still crisp and brightly colored.                                |
| Green peppers, fresh,<br>1½-inch strips | 2 lb          |  |
| Tomatoes, canned,<br>diced              | 6 lb          | Add to vegetable mixture. Simmer for 5 minutes.<br>Scale into two 12 × 10 × 2-inch pans, 6 lb per pan.                           |
| Salt                                    | 2½ tsp        |  |
| Pepper, black                           | 1½ tsp        |  |
| Basil, dried, crumbled                  | 1 tsp         |  |
| Oregano, dried,<br>crumbled             | 1 tsp         |  |
| Monterey Jack cheese,<br>shredded       | 1 lb          | Sprinkle 8 oz cheese over each pan.<br>Heat in 300°F oven for 5 minutes to melt the cheese. Do not cover.<br>Serve with a spoon. |

*Approximate nutritive values per portion***Calories 73**

| Amount/portion       | %DV        | Amount/portion       | %DV        | Amount/portion         | %DV       | %DV              | %DV        |
|----------------------|------------|----------------------|------------|------------------------|-----------|------------------|------------|
| <b>Total Fat</b> 4 g | <b>7%</b>  | <b>Cholest.</b> 8 mg | <b>3%</b>  | <b>Total Carb.</b> 6 g | <b>2%</b> | <b>Vitamin A</b> | <b>7%</b>  |
| Sat. Fat 2 g         | <b>11%</b> | <b>Sodium</b> 246 mg | <b>10%</b> | Fiber 1 g              | <b>3%</b> | <b>Vitamin C</b> | <b>43%</b> |
| <b>Protein</b> 3 g   |            |                      |            | Sugars 2 g             |           | <b>Calcium</b>   | <b>8%</b>  |
|                      |            |                      |            |                        |           | <b>Iron</b>      | <b>3%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Notes**

- Sliced Japanese eggplant may be substituted for all or part of the cubed eggplant.
- Yellow summer squash may be substituted for some or all of the zucchini.

**SUMMER RATATOUILLE**

Yield: 50 portions

Portion: 4 oz

Oven: 350°F

| <i>Ingredient</i>                             | <i>Amount</i>   | <i>Procedure</i>  |   |
|---|-----------------|---|---|
| Eggplant, 1-inch cubes (unpeeled)             | 2 lb 12 oz (EP) | Put eggplant in colander. Sprinkle with salt and let set for 30 minutes. Rinse eggplant and drain thoroughly. Use eggplant in following step. |   |
| Salt  | 1 oz            |   |   |
| Olive oil                                     | 4 oz            | Heat oil in large frypan or steam-jacketed kettle. Sauté onions, garlic, and eggplant until tender, 10–12 minutes.                            |   |
| Onions, ¼-inch slice                          | 1 lb 6 oz (EP)  |   |   |
| Garlic, minced                                | 2½ oz (EP)      |   |   |
| Zucchini squash, ½-inch slice                 | 1 lb 12 oz (EP) | Add squash to onion-garlic-eggplant mixture. Sauté squash and peppers until heated through and most of the liquid is absorbed.                |   |
| Yellow summer squash, ½-inch slice            | 1 lb (EP)       |   |   |
| Red bell peppers, cut in 1-inch square pieces | 8 oz (EP)       |   |   |
| Green bell peppers, cut in 1½-inch strips     | 8 oz (EP)       |   |   |
| Tomatoes, fresh, quartered                    | 1 lb 8 oz (EP)  |   | Add tomatoes and spices. Stir to combine. Pan in 12 × 10 × 2-inch pans. Bake uncovered 20 minutes |
| Salt  | 1 Tbsp          |   |   |
| Pepper, black                                 | ½ tsp           |   |   |
| Red pepper, crushed                           | ¼ tsp           |   |   |
| Basil, fresh, coarsely chopped                | 1 oz            |   |   |
| Oregano leaves, dried                         | 1 tsp           |   |   |

*Approximate nutritive values per portion***Calories 44**

| Amount/portion         | %DV | Amount/portion       | %DV | Amount/portion         | %DV | Amount/portion   | %DV |
|------------------------|-----|----------------------|-----|------------------------|-----|------------------|-----|
| <b>Total Fat</b> 2.4 g | 4%  | <b>Cholest.</b> 0 mg | 0%  | <b>Total Carb.</b> 5 g | 2%  | <b>Vitamin A</b> | 4%  |
| Sat. Fat 0.3 g         | 2%  | <b>Sodium</b> 367 mg | 15% | Fiber 1.6 g            | 6%  | <b>Vitamin C</b> | 28% |
| <b>Protein</b> 1 g     |     |                      |     | Sugars 2 g             |     | <b>Calcium</b>   | 1%  |
|                        |     |                      |     |                        |     | <b>Iron</b>      | 2%  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

**Note**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

## VEGETABLE TIMBALE

*Yield:* 40 portions or 1 pan 12 × 20 × 2 inches      *Portion:* 3 oz  
*Oven:* 300°F      *Bake:* 2 hours

| <i>Ingredient</i>  | <i>Amount</i>  | <i>Procedure</i>   |
|--|----------------|--|
| Eggs   | 16 (1 lb 9 oz) | Beat eggs.   |
| Salt   | 2 Tbsp         | Add salt, margarine, and milk.   |
| Margarine, melted  | 5 oz           |  |
| Milk   | 1½ qt          |  |
| Spinach, chopped, frozen   | 3 lb           | Cook spinach (p. 631). Drain well. Add to egg mixture. Mix until well blended. |
| Pour into greased 12 × 20 × 2-inch pan. Set into another pan with 3 cups hot water in it.<br>Bake at 300°F for 2 hours. Test with a silver knife as for custard.<br>Cut 5 × 8.<br>Serve with 1 oz Cheese Sauce (p. 561). |                |  |

### *Approximate nutritive values per portion*

**Calories 84**

| <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i> | <i>%DV</i> | <i>Amount/portion</i>  | <i>%DV</i> | <i>%DV</i>       | <i>%DV</i> |
|-----------------------|------------|-----------------------|------------|------------------------|------------|------------------|------------|
| <b>Total Fat</b> 6 g  | <b>9%</b>  | <b>Cholest.</b> 80 mg | <b>27%</b> | <b>Total Carb.</b> 4 g | <b>1%</b>  | <b>Vitamin A</b> | <b>32%</b> |
| Sat. Fat 2 g          | <b>9%</b>  | <b>Sodium</b> 423 mg  | <b>18%</b> | Fiber 1 g              | <b>3%</b>  | <b>Vitamin C</b> | <b>7%</b>  |
| <b>Protein</b> 5 g    |            |                       |            | Sugars 2 g             |            | <b>Calcium</b>   | <b>10%</b> |
|                       |            |                       |            |                        |            | <b>Iron</b>      | <b>4%</b>  |

Percent Daily Values (%DV) are based on a 2000-calorie diet.

### Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Spinach, broccoli, brussels sprouts, asparagus, or any combination of these vegetables may be used.

### Variation

- **Chicken Timbale.** Use 32 eggs (3 lb 8 oz), 1 oz salt, 1 lb margarine, melted, 1 tsp white pepper, 12 oz bread crumbs, and 6 lb chopped cooked chicken. Mix melted margarine, bread crumbs, and milk. Cook for 5 minutes. Add beaten eggs, seasonings, and chicken. Bake as for Vegetable Timbale. Cut 6 × 8. Serve with Béchamel Sauce (p. 562).

**GRILLED OR ROASTED MARINATED VEGETABLES**

Yield: 50 portions

Portion: 3 oz

Oven: 400°F

| <i>Ingredient</i>                         | <i>Amount</i> | <i>Procedure</i>   |
|---|---------------|--|
| Vegetables (see suggestions listed below) | 12 lb (EP)    | Prepare vegetables per instructions (below).   |
| Marinade:                                 | 3 qt          | Marinate vegetables 10–15 minutes. Drain marinade from vegetables before grilling or roasting. <b>Save marinade.</b> Baste vegetables once or twice with marinade while grilling or roasting. Reserved marinade may be heated to 165°F and drizzled on vegetables when served.<br><br>(See grilling and oven roasting instructions below.) |
| Vegetable Marinade (p. 594)               |               |  |
| Balsamic Vinegar Marinade (p. 595)        |               |  |
| Vinaigrette Marinade (p. 596)             |               |  |
| Herb and Garlic Marinade (p. 596)         |               |  |

**GRILLING INSTRUCTIONS**

1. Clean grill grids thoroughly. Clean as often as necessary to keep vegetables from sticking.
2. Preheat grill grids until very hot. Place drained vegetables on grill. Turn often. Brush marinade on vegetables after each turn.
3. Grill vegetables until desired doneness. Serve warm or at room temperature.

**OVEN ROASTING INSTRUCTIONS**

1. Preheat oven to 400°F. Oven must be hot enough to caramelize the vegetables but not so hot as to dry them out.
2. Place vegetables on a lightly greased sheet pan in a single layer. Do not overcrowd or they will steam rather than roast. For large quantities of vegetables, roast separately and combine prior to service. For smaller quantities, put the slower cooking, hard vegetables to the outside of the roasting pan (vegetables will cook faster on the outside of the pan).
3. Turn vegetables often during roasting. If cooking different kind of vegetables on the same pan, remove the vegetables as they become tender. Brush marinade on vegetables after each turn.
4. Roast vegetables until desired doneness. Serve warm or at room temperature.

**VEGETABLES SUITABLE FOR GRILLING OR ROASTING**

|                    |  |
|--------------------|--|
| <b>Asparagus</b>   | Blanch thick stalks until barely tender, leave whole.  |
| <b>Green Beans</b> | Blanch until barely tender, leave whole.   |
| <b>Beets</b>       | Cut in quarters or in half (peeled or unpeeled). To reduce cooling time, blanch first until slightly tender. Peel blanched beets before roasting. Cooking time: 18–20 minutes.                                       |
| <b>Broccoli</b>    | Blanch until barely tender. May split stalks into halves.  |
| <b>Carrots</b>     | Slice into ¼ to ½-inch slices, 1 to 2-inch sections, or split in half lengthwise. Blanch until slightly tender. Cooking time: 18–20 minutes.   |
| <b>Cauliflower</b> | Blanch until barely tender. Cut into large florets.  |
| <b>Celery Root</b> | Cut away thick skin. Cut bulb in half. Cooking time: 18–20 minutes.  |
| <b>Corn</b>        | Cut across cob into 2-inch sections.   |
| <b>Eggplant</b>    | Slice ½ inch thick, cut round or lengthwise. For Japanese eggplant, slice or split in half lengthwise. To reduce the bitterness of some eggplant, salt lightly and allow to stand for 30 minutes. Rinse and pat dry. |
| <b>Fennel</b>      | Quarter. Blanch until slightly tender.   |
| <b>Leeks</b>       | Split large leeks in half lengthwise. Blanch until slightly tender.  |
| <b>Mushrooms</b>   | Leave whole or cut into thick slices or quarters. May easily overcook, so watch carefully during cooking. Grill or roast portabella mushrooms whole for sandwiches (remove the stem and use for vegetable stock).    |

|                      |  |
|----------------------|--|
| <b>Onions</b>        | Blanch until slightly tender. Leave whole or cut in half.  |
| <b>Parsnips</b>      | Slice into ¼ to ½-inch-thick slices, 1 to 2-inch sections, or split in half lengthwise. Blanch until slightly tender. Cooking time: 20–25 minutes.                                   |
| <b>Peppers, Bell</b> | Quarter and remove seeds, ribs, and stem.  |
| <b>Potatoes</b>      | Slice large potatoes ½ inch thick. Small potatoes can be left whole or cut in wedges. Blanch until slightly tender, 5–7 minutes. Cooking time: 18–20 minutes.                        |
| <b>Rutabagas</b>     | Quarter or slice into ½-inch-thick slices or wedges. Blanch until slightly tender. Cooking time: 18–20 minutes.  |
| <b>Squash</b>        | <i>Summer</i> —Slice small squash lengthwise in half. Larger squash may be cut into 1-inch-thick slices. <i>Hard Winter</i> —Slice into ½-inch wedges. Blanch until slightly tender. |
| <b>Tomatoes</b>      | Cut in half or leave whole. Sear quickly on the grill or broiler.  |
| <b>Turnips</b>       | Quarter or slice into ½-inch-thick slices or wedges. Blanch until slightly tender. Cooking time: 18–20 minutes.  |

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**Notes**

- Potentially hazardous food. *Food Safety Standards*: Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Vegetables may be roasted without first marinating. Follow the ratio: 1 lb vegetable, 1–2 oz olive oil, ½–1 tsp kosher salt, 1 Tbsp fresh finely chopped herbs (oregano, rosemary, sage, thyme). Combine vegetables, salt, and herbs in a bowl. Toss to coat. Follow roasting instructions.

**Variations**

- **Garlic and Fennel Seed Roasted Vegetables.** Do not use a marinade. Mix and set aside 3 Tbsp olive oil with 2 Tbsp crushed fresh garlic and 2 Tbsp toasted fennel seeds (see p. 592 for toasting spices). Toss vegetables in ½ cup olive oil, 1 oz salt, and 1 tsp black pepper. Roast vegetables according to instructions. When vegetables are *al dente*, remove from oven and toss with oil, garlic, and fennel seed mixture. Roast 10 minutes longer. Remove from oven and toss with 1 oz chopped fresh parsley and ¼ cup balsamic vinegar.
- **Mashed Potatoes and Roasted Vegetables.** Serve 5 oz Mashed Potatoes or Buttermilk Smashed Potatoes (p. •••) surrounded by 3–6 oz of roasted vegetables (not potatoes, unless sweet potatoes). Serve garnished with chopped fresh parsley. Drizzle Mashed Potatoes with olive or nut oil if desired. Serve for a nonmeat entree.
- **Sesame Roasted Vegetables.** Do not use a marinade. Mix and set aside 2 Tbsp sesame oil, 2 Tbsp crushed fresh garlic, 2 Tbsp crushed fresh ginger, and ⅓ cup soy sauce. Toss vegetables in ⅓ cup sesame oil, 1 oz salt, and 1 tsp black pepper. Roast vegetables according to instructions. When vegetables are *al dente*, remove from oven and toss with oil, garlic, ginger, and soy sauce mixture. Roast 10 minutes longer. Remove from oven and toss with 2 Tbsp toasted sesame seeds and ¼ cup rice vinegar (see p. 592 for toasting seeds).
- **Sherry Roasted Root Vegetables.** Select root vegetables from above list. Follow the ratio: 1 lb vegetable, 2 oz olive oil, 3 oz dry sherry, 1 tsp kosher salt, and 1 Tbsp fresh finely chopped thyme. Combine vegetables, salt, and thyme in a bowl. Toss to coat. Follow roasting instructions.





PART III

# *Planning the Menu and Special Events*

Chapter 16

Chapter 17

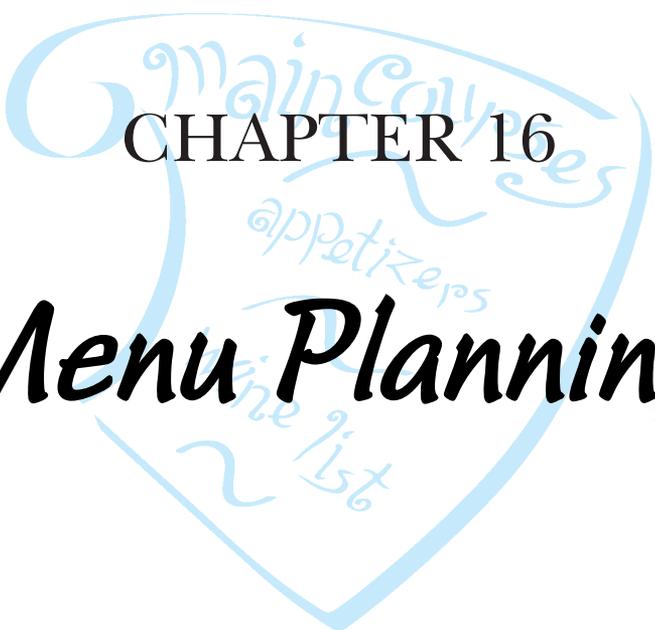
*Menu Planning*

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## CHAPTER 16

# Menu Planning

**F**ood eaten outside the home has become an integral part of the American lifestyle. Patrons expect to have food choices that are creative, exciting, and nutritious. Menu writers are challenged to plan innovative menus that support the goals of the organization and that cater to customer preferences.

A well-planned menu is the cornerstone of a successful foodservice and the focal point from which many activities start. An understanding of menu types, factors affecting menu planning, and planning procedures is important before menu writing can begin.

### TYPES OF MENUS

The menu is an outline of food items to be included in each meal or, in a broader sense, a total list of food items offered by a foodservice. Types of menus used in foodservices may be classified as static or set, cycle, or single use. Menus may be further categorized according to the degree of choice as selective or nonselective, and by the method of pricing.

*Static or set menus* include the same menu items every day, but with a variety of choices, the exact number depending on the type of foodservice. Most commercial foodservices use this type of menu, and an increasing number of hospitals have adopted the static or restaurant type menu.

*Single-use menus* are planned for a specific day or event and are not usually repeated in exactly the same

form. This type of menu is often used for holidays, special functions, or catering events.

A *cycle menu* is a carefully planned series of menus that offer different items from day to day for one week, two weeks, or other time period, after which the menus are repeated. The length of the cycle depends on the type of foodservice. A short cycle is appropriate for foodservices having a frequent clientele turnover, such as hospitals. If a short cycle is used for patient meals, a longer cycle is necessary for the employees' and visitors' foodservice. In extended care facilities the cycle usually is four to six weeks. Using a cycle with numbers of days not divisible by seven ensures that the same menu is not served on the same day of the week. Restaurants may prefer to use monthly or seasonal cycles or may use the same menu throughout the year. Many foodservices recognize seasonal changes by having spring, summer, autumn, and winter cycles.

Cycle menus save time for the planner and are effective tools for food and labor cost control, forecasting, and purchasing. Repetition of the same or nearly the same menu helps standardize preparation procedures and gives the employees an opportunity to become more efficient through repeated use of familiar recipes. Menus can become monotonous and repetitious if not carefully planned, however. Regardless of the cycle length, menus should be constantly reviewed and updated. Each day's menus should be analyzed shortly after service, and any production problems or adverse reactions by the clientele should be noted and

**TABLE 16.1** Types of menu patterns

| <i>Nonselective menu pattern</i>                                      |  |   |
|---|--|---|
| <i>Breakfast</i>  | <i>Lunch</i>   | <i>Dinner</i>                                     |
| Fruit   | Soup (optional)  | Soup (optional)                                   |
| Cereal  | Entree   | Entree  |
| Protein item  | Salad and/or vegetable   | Two vegetables (one may be potato or starch food) |
| Bread, butter or margarine  | Bread, butter or margarine   | Salad   |
| Beverage  | Fruit or other light dessert   | Bread, butter or margarine                        |
|   | Beverage   | Dessert   |
|   |  | Beverage  |
| <i>Selective menu pattern<sup>a</sup></i>                             |  |   |
| <i>Breakfast</i>  | <i>Lunch and dinner</i>  |   |
| Fruits: 2 or more juices, fresh fruit in season                       | Soups: 1 cream, 1 broth  |   |
| Cereals: cooked, choice of cold cereals                               | Entrees: at least 2 meats, 1 meatless, 1 meat extender, poultry or fish, and a cold plate                            |   |
| Entrees: eggs, bacon, ham, or sausage, potatoes, breakfast casserole  | Sandwiches: 1 hot, 1 or more cold  |   |
| Breads: toast, white and whole grain; one or more hot breads          | Rice or pasta: in addition to or as alternative to potatoes  |   |
| Beverages: coffee, decaffeinated coffee, tea, milk (whole and lowfat) | Vegetables: 3 or 4, including potatoes in some form  |   |
|   | Salads: 4 to 10, including entree, tossed green, vegetable, gelatin, fruit, cottage cheese, relishes                 |   |
|   | Breads: 2 to 3, including white and whole grain, 1 hot bread   |   |
|   | Desserts: 4 to 8, including 2-crust pie, soft pie, cake and or cookies, pudding, yogurt, ice cream or sherbet, fruit |   |
|   | Beverages: coffee, decaffeinated coffee, tea, milk (whole and low fat), fruit juice or fruit flavored drinks         |   |

<sup>a</sup>Menu variety may be increased or decreased to fit the demands of the foodservice.

corrected before the next cycle. The menu planner must allow flexibility for changes resulting from holidays, special occasions, leftover food, and inability to obtain specific food items for production.

*Selective menus* offer two or more items within each category. Foods from which the individual patron may choose a well-balanced meal should be included. Most commercial and noncommercial foodservices use this type of menu extensively. Table 16.1 gives a suggested pattern for a selective menu, using the same format for lunch and dinner.

*Nonselective menus* have a single item in each menu category. To ensure nutritional adequacy, foods from each of the basic food groups should be included. Table 16.1 gives a general pattern for a nonselective menu. A nonselective menu may be modified to include a limited selection; for example, two entrees may be offered or a choice of two vegetables may be given. A soup and salad may be offered as an alternative to an entree and vegetable for those who wish a lighter meal.

Menus may also be classified by method of pricing. *À la carte menus* price food items separately; the customer chooses menu items individually. *Table d'hôte menus* include the complete meal at a fixed price, and *du jour menus* are planned, written, and priced daily.

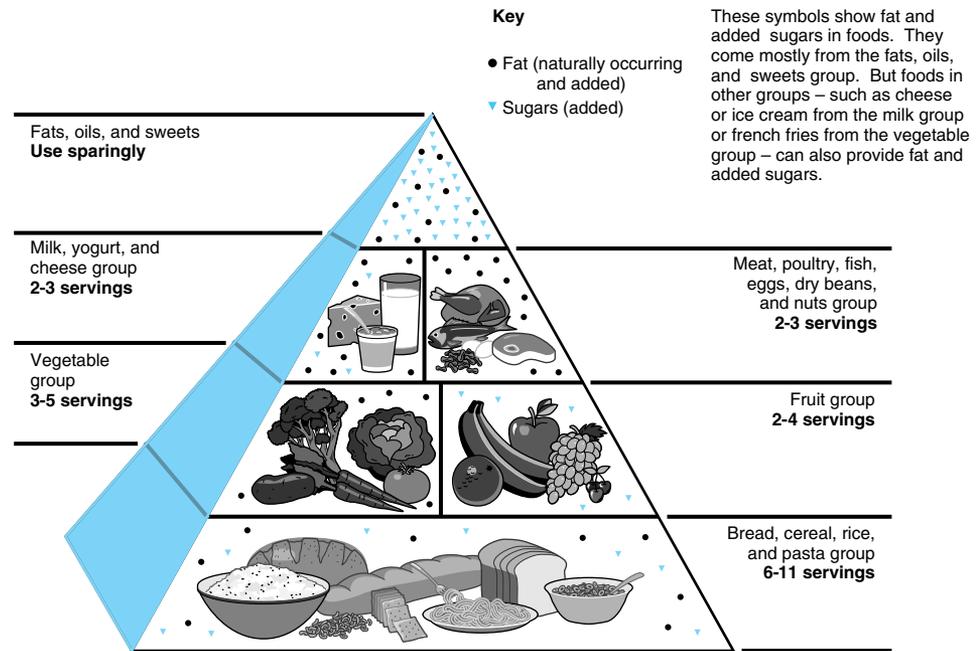
## FACTORS AFFECTING MENU PLANNING

The production and service of food begins with the menu, which determines the foods to be purchased, the personnel needed and their work schedules, and the equipment necessary for production and service of the food. The menu is closely tied to financial management and marketing and, in a new foodservice, influences the design of the kitchen and selection of equipment. The menu, however, must be one that meets clientele expectations and that can be produced within facility constraints and demands. A number of factors must be considered when planning a menu.

### Clientele

The menu planner must consider the makeup of the group to be served—age, gender, nutritional needs, food habits, and individual preferences. This is especially important if the foodservice offers a limited choice of food, as in some extended care facilities, child care centers, and retirement complexes. Menus for this type of foodservice are planned to meet the needs of

**FIGURE 16.1** Food Pyramid. U.S. Department of Agriculture and U.S. Department of Health and Human Services.



#### Looking at the Pieces of the Pyramid

The Food Guide Pyramid emphasizes foods from the five major food groups shown in the three lower sections of the Pyramid. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group cannot replace those in another. No one of these major food groups is more important than another – for good health, you need them all.

the majority of patrons, with enough flexibility to satisfy everyone. Planning menus for foodservices with a static population requires strict attention to the complete nutritional needs of the group. Such menus also must offer enough variety to minimize monotony.

The emphasis today is on good nutrition and healthful eating styles, so providing nutritionally adequate food selections that parallel customer expectations is necessary. Menus must reflect foods that allow clientele to follow the Dietary Guidelines for Americans established by U.S. Department of Agriculture and U.S. Department of Health and Human Services:

1. eat a variety of foods;
2. balance the food you eat with physical activity—maintain or improve your weight;
3. choose a diet low in fat, saturated fat, and cholesterol;
4. choose a diet with plenty of grain products, vegetables, and fruits;
5. choose a diet moderate in sugars;
6. choose a diet moderate in salt and sodium;
7. if you drink alcoholic beverages, do so in moderation.

The food pyramid (Figure 16.1) has been distributed widely and is used frequently by clientele.

Clients are increasingly more knowledgeable about new and different foods and desire greater variety and an opportunity to select foods representing new culinary styles. Ethnic, meatless, and regional

foods also are popular, and menus should incorporate choices from these categories.

Planning acceptable menus requires the menu planner to be aware of food preferences and periodically evaluate acceptance of foods and food combinations. Plate waste analysis, customer preference surveys, food usage data, meal census information, and informal interactions with clients are a few ways to assess menu acceptability.

Popular magazines, recently published cookbooks, and themes for new dining establishments reflect contemporary food interests of consumers and can be used as menu planning tools. Menu choices should include current dining trends; often slight adjustments or name modifications to existing recipes will satisfy clientele requirements for contemporary menu items.

## Type of Foodservice

Today, the type of foodservice is not as much of a limiting factor for the menu planner, since differences among various kinds of facilities are becoming less evident. For example, most college foodservices offer menu choices similar to commercial restaurants. Hospital menus for general diet patients may be no different than those from any other segment of the foodservice industry. School foodservice menus reflect offerings similar to foods available in the commercial market. Philosophy and specific limitations

of individual foodservices provide direction for the menu writer more than the type of foodservice.

## Financial Limitations

The budget plays a critical role in planning menus. The costs of food, labor, and supplies for menu items must be considered in relation to projected income and expenses. In some foodservices, a raw food cost allowance per meal or per day may be determined. Although the daily food cost may fluctuate, the cumulative average for a week or a month must stay within the daily allowance. Offering a high-priced item along with a popular low-cost item will help balance costs. This is especially true with buffets, or when food amounts are not restricted.

In commercial foodservices, the amount of money that can be spent on food is based on projected income from the sale of food. Food and labor costs are used in establishing the selling price, which often must be within a predetermined range, thus making the choice of menu items important. Forecasted need and menu mix in relation to cost must be considered.

## Food Availability

While most foods are available year-round, there may be differences in quality and price. Peak seasons for fresh fruits and produce should be known when planning menus. Seasonal price differences occur also for non-produce food products, such as fresh fish and poultry. Locally grown food products, often available at farmers markets, should be considered; they are usually very fresh, good quality, and reasonably priced.

## Production Capabilities

### Available Equipment

The type, size, and amount of food preparation, holding, and transporting equipment available is an important factor in planning menus that can be produced. Special attention should be given to oven capacity, number of grills or fryers, refrigerator and freezer facilities, number and size of steam-jacketed kettles and steamers, and availability and capacity of mixers. Certain combinations of menu items often must be avoided because of lack of production equipment or serving pans and dishes.

### Number and Experience of Employees

The person-hours of labor available and the efficiency and skill of employees are important factors to consider when deciding on the variety and complexity of the menu. Understanding the relationship between

menu and personnel will help the planner develop menus that can be prepared with the available staff.

## Distribution of Work

Menus should be planned to distribute the work evenly among the different areas of preparation. In determining a day's work load, the menu planner should consider not only one day's menu but also any preparation necessary for meals for the following day. Care should be exercised so menus are not planned that create an excessive work load for employees one day and underutilize them the next. To introduce variety in the menu, a limited number of foods requiring time-consuming processes may be included if combined with other food items that require minimum preparation. Some foods require last-minute cooking to ensure high quality. To avoid confusion and delayed meal service, the menu should be planned to balance items that may be prepared early and those that must be cooked just prior to serving.

## MENU PLANNING PROCEDURES

Menu planning follows no absolute rules as long as the menu writer satisfies the needs and demands of the clientele and the policies of the foodservice. It is suggested that menu planning be done without interruptions and that the following materials be available:

1. Menu forms as dictated by type and needs of the foodservice.
2. Standardized recipe file.
3. Current trade periodicals and other foodservice publications.
4. Menu suggestions lists (Appendix A).
5. Previous menus (if available).
6. Summaries of menu evaluation data.

## Key Points in Menu Planning

### Plan for Variety and Good Nutrition

1. Include a wide variety of foods from day to day to ensure adequate nutrients. Unless you provide a choice, avoid the same form of food on consecutive days; for example, meat loaf on one day and spaghetti and meatballs the next.
2. Include foods that will allow clientele to meet the Dietary Guidelines for Americans as established by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services (see p. 689 for guidelines).

3. Avoid repeating the same food on the same day of the week. For this reason, a short cycle where the days are divisible by seven is undesirable.
4. Vary the method of preparation. For example, serve vegetables raw or cooked, seasoned, stir-fried, marinated, or with a sauce.
5. Introduce new foods regularly and, on a selective menu, pair a new food with a familiar well-liked food.

### Plan for Eye Appeal

1. Try to visualize the appearance of the food on the plate.
2. Use at least one or two colorful foods on each menu.
3. Use colorful foods in combination with foods having little color.
4. When serving more than one vegetable, serve one green and one nongreen vegetable. Avoid serving vegetables that are the same color as the entree.
5. Vary the shapes of food.

### Plan for Contrast in Texture and Flavor

1. Offer crisp foods with soft foods.
2. Use strong- and mild-flavored foods together.
3. Balance light and heavy foods; for example, in a nonselective menu pair light desserts with hearty entrees.
4. Avoid repeating foods with similar cooking methods.
5. Avoid using the same herbs and spices in foods served together on the same plate.
6. Avoid serving very strong foods with delicate entrees.

### Plan for Consumer Acceptance

1. Include food combinations most acceptable to the clientele.
2. The completed menu should, if possible, have a predominance of familiar and well-accepted menu items, with the introduction of new or less well-liked foods spaced throughout the menu period.
3. In nonselective menus, it is important that the less popular foods be accompanied by some that are well liked by the majority of the clientele.
4. Periodically assess the food preferences of the consumers.

### Plan for Financial, Production, and Service Limitations

1. Include food combinations that can be prepared with available personnel and equipment.
2. Select menu items that will keep food costs within the budget allowance.

## Steps in Menu Planning

### Determine a Time Period

Plan menus for at least a week at a time, preferably longer. If a cycle menu is being planned, decide on the length of the cycle.

### Proceed Systematically

Select menu items systematically. Entrees are selected first because they are the central focus of a meal and form the framework of the menu plan. Other foods are then chosen that complement the entree.

**Entrees.** Select meat and other entrees for the entire cycle or length of time for which menus are being planned. If planning a week's menus only, choose entrees for a month or longer, then complete the menus as needed. In this way, an entree cycle can be developed that would simplify planning each week's menus. Since entrees usually are the most expensive food on the menu, cost can be controlled to a great extent through careful planning at this point. A balance between high- and low-priced items will average out the cost over the week or period covered by the cycle.

On a selective menu, offer at least one meat and a meatless entree, along with poultry and fish to complete the number of entrees required.

Be specific about method of preparation when recording the menu; for example, show pork chops as baked, stuffed, barbecued, breaded, or whatever method of preparation is desired.

**Soups and Sandwiches.** Plan soups and sandwiches at the same time as entrees if they are to be offered as a main dish in lieu of meat or other entree. On a selective menu, offer a cream soup and a stock soup. In a cafeteria, a variety of sandwiches may be offered, and these may not change from day to day.

**Vegetables.** Select vegetables that are compatible with the entrees. Potatoes, rice, or pasta may be included as one choice. On a selective menu, pair a popular vegetable with one that is less well liked.

**Salads.** If only one salad is to be offered, select one that complements or is a contrast in texture to the other menu items. On a selective menu, include a green salad and fruit, vegetable, and gelatin salads to complete the desired number. Certain salad items may be offered daily such as tossed salad, cottage cheese, or cabbage slaw; or a salad bar may be a standard menu feature. See p. 720 for salad bar suggestions.

**Breads.** Vary the kinds of breads offered or provide a choice of white or whole grain bread and a hot bread.

**Desserts.** If no choice is offered, plan a light dessert with a hearty meal and a rich dessert when the rest of the meal is not too heavy. On a selective menu, include a two-crust pie, a soft pie, cake, pudding, and gelatin dessert. Ice cream, yogurt, baked custard, and fruit may be offered daily.

**Breakfast Items.** Certain breakfast foods such as cooked and cold cereal, toast, and fruit juices may be standard. Variety may be introduced through a choice of entrees, hot breads, and fresh fruits.

**Beverages.** A choice of beverages usually is provided. Coffee, decaffeinated coffee, tea, and milk, including lowfat, usually are offered. Lemonade, soft drinks, fruit punch, and a variety of juices may be included also.

### Evaluate the Completed Menu

After the menu has been planned, check carefully to see if it has met the established criteria. Evaluate the menu again after the meals have been served. Make notations of satisfactory menus and difficulties encountered in production and service of the meals. If the cycle is to be repeated, desired alterations should be noted.

The responsibility of the menu planner does not end with the writing of the menu. The task is completed only when the food has been prepared and served and the reaction of the consumer noted.

## MENU PLANNING FOR DIFFERENT TYPES OF FOODSERVICE

### Elementary and Secondary Schools

#### National School Lunch Program

The National School Lunch Program (NSLP) is designed to provide nutritious, reasonably priced lunches to children in schools and residential child care centers, to contribute to a better understanding of good nutrition, and to foster good food habits. School foodservice is an integral part of the child's education.

The nutrition goals of the NSLP are designed to provide adequate calories and nutrients for specific age groups of children while reducing fat and saturated fat to recommended levels. The goals are based on the Recommended Dietary Allowances (RDA) ( $\frac{1}{3}$  RDA for lunch,  $\frac{1}{4}$  RDA for breakfast), children's calorie (energy) requirements, and the Dietary Guidelines for Americans (p. 689). USDA nutrient standards for the NSLP set target goals for calories, calcium, iron, protein, and vitamins A and C. Standards also specify

that no more than 30 percent of calories come from fat and less than 10 percent of the fat calories come from saturated fat. States are required to establish their own nutrient standards for carbohydrates, cholesterol, fiber, and sodium.

Three menu planning systems that meet federal guidelines are compared in Table 16.2. Enhanced Food-Based Menu Planning requires specific food group components in specific amounts for different established age/grade groups. Nutrient Standard Menu Planning (NSMP) uses computerized nutrient analysis of menus. This planning system uses a simplified menu pattern which requires that lunches include an entree and milk. Other food items may be added to the menu. When averaged over a week, the menus must meet the nutrient standards and calorie requirements for specific age/grade groups. NSMP and Assisted Nutrient Standard Menu Planning (Assisted NSMP) are exactly alike except an outside consultant or other agency performs all functions of menu planning and nutrient analysis.

Not represented in Table 16.2 is the Traditional Food-Based Menu Planning system, used since the National School Lunch Program was established in 1946. Although the Traditional Food-Based Menu Planning system is still an option, it is used infrequently because of the difficulty in complying with the Dietary Guidelines. This system was designed to provide over time, the RDA for key nutrients but without consideration for calorie needs or dietary fat.

To qualify for reimbursement, a school is required to use the framework specified in this table and to meet the minimum nutrition standard requirements, Tables 16.4 and 16.5. Other foods may be added to improve acceptability and to satisfy students' appetites.

An "offer versus serve" provision allows students to choose less than all the food items offered. However, they must select a specified minimum amount of food in order for the lunch to be reimbursed. Schools are required to implement the "offer versus serve" provision for senior high school students. The implementation of this provision in middle, junior high, and elementary schools is left to the discretion of the local school food authorities.

The cycle menu is used to some extent in school foodservices, and many schools are using selective menus in which students may select from two items of comparable nutritional value for part of the menu; for example, a student may have a choice of two vegetables and two fruits. Some schools offer multiple menus in which more than one complete menu that meets federal requirements is offered, such as a chef's salad or soup and sandwich meal. À la carte items are also provided in many schools. The more menu choices provided to students, the better their participation in the school foodservice programs.

**TABLE 16.2 Comparison of school foodservice menu planning systems**

|  | <i>Enhanced food-based menu planning</i>   | <i>Assisted nutrient standard menu planning (“Assisted NuMenus”)</i>   | <i>Nutrient standard menu planning (“NuMenus”)</i>   |
|--|--|--|--|
| <i>Meals are planned based on . . .</i>                            | Enhanced Meal Pattern (must meet nutritional standards)  | Required nutrient levels averaged over a school week   | Required nutrient levels averaged over a school week   |
| <i>Reimbursable lunch requirements under “offer vs. serve”</i>     | <p>Offer a minimum of 5 food items:</p> <ul style="list-style-type: none"> <li>• 1 meat/meat alt.</li> <li>• 2 vegetables/fruits</li> <li>• 1 grain/bread</li> <li>• 1 milk</li> </ul> <p>Senior high students must accept 3 food items.</p> <p>Students below senior high must accept 3 or 4 food items at the discretion of the School Food Authority.</p>                                     | <ul style="list-style-type: none"> <li>• Schools must offer students at least 3 menu items: an entree, fluid milk, and another menu item.</li> <li>• Students must select at least 2 of the 3 menu items; 1 of the 2 must be an entree.</li> <li>• If more than 3 menu items are offered as a meal unit, students may decline no more than 2 menu items of the meal unit (entree must be selected).</li> </ul> | <ul style="list-style-type: none"> <li>• Schools must offer students at least 3 menu items: an entree, fluid milk, and another menu item.</li> <li>• Students must select at least 2 of the 3 menu items; 1 of the 2 must be an entree.</li> <li>• If more than 3 menu items are offered as a meal unit, students may decline no more than 2 menu items of the meal unit (entree must be selected).</li> </ul> |
| <i>Reimbursable breakfast requirements under “offer vs. serve”</i> | <p>Offer a minimum of 4 food items:</p> <ul style="list-style-type: none"> <li>• 1 milk</li> <li>• 1 vegetable/fruit</li> <li>• 1 of the 3 following combinations: <ul style="list-style-type: none"> <li>1 meat/meat alt. AND 1 bread/bread alt.</li> <li>OR</li> <li>2 meat/meat alt.</li> <li>OR</li> <li>2 bread/bread alt.</li> </ul> </li> </ul> <p>Students must accept 3 food items.</p> | <ul style="list-style-type: none"> <li>• Schools must offer fluid milk as a beverage or on cereal or both. Must offer at least 2 side dishes.</li> <li>• Student may decline a maximum of 1 menu item out of the 3 or more required menu items offered.</li> </ul>   | <ul style="list-style-type: none"> <li>• Schools must offer fluid milk as a beverage or on cereal or both. Must offer at least 2 side dishes.</li> <li>• Student may decline a maximum of 1 menu item out of the 3 or more required menu items offered.</li> </ul>   |
| <i>Menu items credited toward nutrient standard requirements</i>   | Only USDA-approved foods count toward meeting meal pattern.  | All menu items count.  | All menu items count.  |
| <i>Computer needs</i>  | Not required   | Not required because nutrient analysis may be done by another school, a consultant, or a school food co-op.  | Required—District must have computer hardware and USDA approved nutrient analysis software.  |
| <i>Recordkeeping</i>   | <ul style="list-style-type: none"> <li>• Production records document quantities planned and served.</li> <li>• CN label or product analysis required for pre-prepared items.</li> <li>• Recipes and nutritional analysis of pre-prepared items.</li> </ul>   | <ul style="list-style-type: none"> <li>• Production records document quantities planned and served.</li> <li>• Nutrient analysis required at school level.</li> </ul>  | <ul style="list-style-type: none"> <li>• Production records document quantities planned and served.</li> <li>• Nutrient analysis required at school level.</li> </ul>  |

*continues*

**TABLE 16.2** *continued*

|                                    | <i>Enhanced food-based menu planning</i>  | <i>Assisted nutrient standard menu planning (“Assisted NuMenus”)</i>  | <i>Nutrient standard menu planning (“NuMenus”)</i>  |
|------------------------------------|---|---|---|
| <i>Age/grade groupings (lunch)</i> | <p>Three grade groups are required:</p> <ul style="list-style-type: none"> <li>• Preschool</li> <li>• K–6</li> <li>• 7–12</li> </ul> <p>Four grade groups are optional:</p> <ul style="list-style-type: none"> <li>• Preschool</li> <li>• K–3</li> <li>• 4–6</li> <li>• 7–12</li> </ul> <p><i>Brk Required</i></p> <p>Preschool</p> <ul style="list-style-type: none"> <li>• K–12</li> <li>• 7–12 (optional)</li> </ul> | <p>Opt. 1—Grade Groups:</p> <ul style="list-style-type: none"> <li>• Preschool</li> <li>• K–6 (optional: K–3 and 4–6)</li> <li>• 7–12</li> </ul> <p>Opt. 2—Age Groups:</p> <ul style="list-style-type: none"> <li>• 3–6</li> <li>• 7–10</li> <li>• 11–13</li> <li>• 14 and older</li> </ul> <p>Opt. 3—Create custom groups</p> <p><i>Brk Required</i></p> <ul style="list-style-type: none"> <li>• K–12</li> <li>• 7–12 (optional)</li> </ul> | <p>Opt. 1—Grade Groups:</p> <ul style="list-style-type: none"> <li>• Preschool</li> <li>• K–6 (optional: K–3 and 4–6)</li> <li>• 7–12</li> </ul> <p>Opt. 2—Age Groups:</p> <ul style="list-style-type: none"> <li>• 3–6</li> <li>• 7–10</li> <li>• 11–13</li> <li>• 14 and older</li> </ul> <p>Opt. 3—Create custom groups</p> <p><i>Brk Required</i></p> <ul style="list-style-type: none"> <li>• K–12</li> <li>• 7–12 (optional)</li> </ul> |
| <i>Meeting dietary guidelines</i>  | <ul style="list-style-type: none"> <li>• Schools must meet Dietary Guidelines. Nutrient analysis is optional.</li> <li>• State education agency will conduct nutrient analysis to determine if Dietary Guidelines are met.</li> </ul>   | <ul style="list-style-type: none"> <li>• Schools must meet Dietary Guidelines and are required to provide nutrient analysis at school level. Schools must document that they have served the recipes and menus used in the nutrient analysis.</li> <li>• State education agency will review nutrient analysis to determine if Dietary Guidelines are met.</li> </ul>  | <ul style="list-style-type: none"> <li>• Schools must meet Dietary Guidelines and are required to do nutrient analysis at school level.</li> <li>• State education agency will review nutrient analysis to determine if Dietary Guidelines are met.</li> </ul>  |
| <i>Advantages</i>                  | Requires minimal training and change for local personnel.   | Requires minimal training and change for local personnel.<br><br>Menus will comply with the DGA.  | Local district retains flexibility and control.<br><br>Menus will comply with the DGA.  |
| <i>Disadvantages</i>               | <p>School will not know if it is meeting the DGA until it is reviewed by state education agency.</p> <p>Length of education agency review will increase substantially to allow time to perform nutrient analysis.</p> <p>Due to length of time between reviews, problems could go uncorrected for long periods.</p>   | <p>Costs may be incurred to have an outside party perform nutrient analysis.</p> <p>If a food vendor performs nutrient analysis, there may be financial implications. For example, schools might be required to use specified products.</p> <p>Schools will lose some control and flexibility.</p>  | <p>Costs will be incurred for hardware and software.</p> <p>Personnel will need to spend time learning the software and setting up the system (i.e., entering local recipe and product data).</p>   |

Source: Kansas State Department of Education (KSDE) and USDA

Notes:

- DGA - Dietary Guidelines for Americans.
- NSMP - Nutrient Standard Menu Planning, which means planning menus that provide adequate nutrients to meet the Dietary Guidelines for Americans.
- NuMenus —USDA’s term for NSMP.
- Assisted NuMenus and Assisted NSMP—refers to nutrient analysis of school menus performed by another school, a consultant, or a school food co-op.
- Other menu planning systems may meet federal guidelines.

Many foods on the Suggested Menu Items listed in Appendix A are suitable for school lunches. Keep in mind the nutrition requirements, cost, labor and equipment restraints, and food preferences of the age group served. Adding options such as salad bars, special day celebrations, or ethnic and international food promotions allows the school foodservice operation to compete with the commercial food industry.

### School Breakfast Program

The importance of students eating a nutritious breakfast cannot be overemphasized. Breakfast furnishes fuel for the morning, when students do most of their learning. In 1975, Congress passed an amendment which made the School Breakfast Program (SBP) a permanent part of the Child Nutrition Act. All public and nonprofit private schools may participate in the SBP.

The School Breakfast Pattern for the various age groups is found in Table 16.3 on p. 696. To qualify for reimbursement, a school is required to use this framework and to meet the minimum requirements, but other foods may be added to help improve acceptability and to satisfy students' appetites. Offer versus serve is also available to any school in the SBP, whereby students can refuse some items comprising a school breakfast. School breakfast requires little additional labor from the school foodservice operation.

### Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) is designed to provide nutritious meals for children 12 years of age and younger. Children need well-balanced meals to meet their daily energy and nutritional requirements. To meet the nutritional needs, specified meal patterns are followed. The required portion sizes for young children differ slightly between CACFP and school nutrition programs. CACFP Meal Pattern requirements can be found in Table 16.6.

In planning food for children, their total daily food requirements should be considered. The combination of meals and snacks will vary according to the age group, their time of arrival at the center, and their length of stay. It is important that the planner consider the nutritional needs of the children, their food preferences, regional food habits, equipment, personnel, and other management functions.

Young children need nutritious foods at frequent intervals, but it is important to schedule the service of food to allow sufficient time between meals and supplements. Young children enjoy food they can handle easily. Finger food, snacks, and bite-size pieces are most popular. Banana slices, berries, dried peaches or pears, fresh fruit wedges, carrot and celery sticks, cheese cubes, and crackers are examples of finger foods.

Those responsible for foodservice in child care centers should provide the opportunity for children to learn about the foods they eat so they can begin to make wise, nutritious choices.

## Colleges and Universities

College and university foodservice menus are representative of the marked change in the college foodservice industry over the last decade. The college customer on most campuses has several menu options: board plan cafeterias, snack bars, specialty shops, food courts, convenience stores, vending operations, cash cafeterias, and fine dining restaurants. Commonplace, too, are catering operations that support social, athletic, and university events both on and off campus.

More than one menu type may be appropriate for these varied functions because the menu must support many objectives. For example, a serving area may provide traditional board, cash meals, and carry-out food options from a single location. The success of these complex operations is closely linked to the menu design and the ability of the menu writer to satisfy both facility and customer objectives.

The selective menu pattern in Table 16.1 may be used for designing a traditional cycle menu. With today's campus diner, however, the most successful menus offer extensive variety daily. Menus must be exciting and creative and reflect choices that parallel student preferences. Basing menu decisions on accurate food trend data is necessary.

Consideration for good nutrition is important for all menu writers but offers a special challenge when the customer is generally from a healthy population and often between 18 and 28 years old. Customers of this age are more apt to make choices based on impulse preference than are clientele from a population having health and dietary concerns. The menu, to be successful, must allow for customer satisfaction and at the same time reflect the principles of sound nutrition and quality nutritious food. Customer input is necessary for designing menus that allow this to happen. See p. 689 for the Dietary Guidelines for Americans.

The following section, "Commercial Foodservices," includes additional information appropriate to the college and university market.

## Commercial Foodservices

Menu planning for commercial foodservices varies according to the type and size of operation, its goals, and the expected check average. Menus range from the fast-food concept of a limited menu for high volume

**TABLE 16.3 Food-based menus meal plans**

|  | <i>Minimum quantities for enhanced food-based menus</i> |                  |                    |   |
|--|---|------------------|--------------------|---|
|  | <i>Required</i>   |                  |                    | <i>Option</i>   |
|  | <i>Ages 1–2</i>   | <i>Preschool</i> | <i>Grades K–12</i> | <i>Grades 7–12</i>  |
| <b>BREAKFAST</b>   |   |                  |                    |   |
| Milk ( <i>Fluid</i> )<br>(As a beverage,<br>on cereal or both)   | ½ cup   | ¾ cup            | 8 fl oz            | 8 fl oz   |
| Juice/ <i>Fruit/Vegetable</i><br>Fruit and/or vegetable;<br>or full-strength fruit<br>juice or vegetable juice | ¼ cup   | ½ cup            | ½ cup              | ½ cup   |
| Select <i>one</i> serving from each of the following components or <i>two</i> from one component:              |   |                  |                    |   |
| <i>Grains/Breads<sup>a</sup></i>   |   |                  |                    |   |
| One of the following<br>or an equivalent<br>combination:   |   |                  |                    |   |
| Whole grain or<br>enriched bread,<br>whole grain or<br>enriched biscuit/<br>roll, muffin, etc.                 | ½ serving   | ½ serving        | 1 serving          | 1 serving   |
| Whole grain, enriched<br>or fortified cereal   | ¼ cup or<br>⅓ oz  | ⅓ cup or<br>½ oz | ¾ cup or<br>1 oz   | ¾ cup or<br>1 oz<br><br><i>Plus an additional<br/>serving of one of<br/>the grains/breads<br/>above</i> |
| <i>Meat or Meat Alternates</i>   |   |                  |                    |   |
| Meat/poultry or fish   | ½ oz  | ½ oz             | 1 oz               | 1 oz  |
| Cheese   | ½ oz  | ½ oz             | 1 oz               | 1 oz  |
| Egg (large)  | ½   | ½                | ½                  | ½   |
| Peanut butter or other<br>nut or seed butters  | 1 Tbsp  | 1 Tbsp           | 2 Tbsp             | 2 Tbsp  |
| Cooked dry beans<br>and peas   | 2 Tbsp  | 2 Tbsp           | 4 Tbsp             | 4 Tbsp  |
| Nut and/or seeds<br>(as listed in program<br>guidance) <sup>b</sup>  | ½ oz  | ½ oz             | 1 oz               | 1 oz  |
| Yogurt (plain or<br>flavored, sweetened<br>or unsweetened) <sup>c</sup>  | 2 oz or<br>¼ cup  | 2 oz or<br>¼ cup | 4 oz or<br>½ cup   | 4 oz or<br>½ cup  |

<sup>a</sup> Grain/bread requirements are based on the weight of the enriched flour or whole grain in the product.

<sup>b</sup> No more than 1 oz of nuts and/or seeds may be served in any one meal.

<sup>c</sup> Frozen yogurt may not be counted.

*continues*

TABLE 16.3 continued

|   | <i>Minimum quantities for enhanced food-based menus</i>                   |   |  |  |  |
|---|---|---|--|--|--|
|   | <i>Required</i>   |   |  |  | <i>Option</i>  |
|   | <i>Ages 1–2</i>   | <i>Preschool</i>  | <i>Grades K–6</i>  | <i>Grades 7–12</i>   | <i>Grades K–3</i>  |
| <b>LUNCH</b>  |   |   |  |  |  |
| <i>Milk (as a beverage)</i>   | 6 fl oz   | 6 fl oz   | 8 fl oz  | 8 fl oz  | 8 fl oz  |
| <i>Meat or Meat Alternate</i><br>(quantity of the edible portion as served)   |   |   |  |  |  |
| Lean meat, poultry, or fish   | 1 oz  | 1½ oz   | 2 oz   | 2 oz   | 1½ oz  |
| Cheese  | 1 oz  | 1½ oz   | 2 oz   | 2 oz   | 1½ oz  |
| Large egg   | ½   | ¾   | 1  | 1  | ¾  |
| Cooked dry beans or peas  | ¼ cup   | ⅜ cup   | ½ cup  | ½ cup  | ⅜ cup  |
| Peanut butter or other nut or seed butters  | 2 Tbsp  | 3 Tbsp  | 4 Tbsp   | 4 Tbsp   | 3 Tbsp   |
| Yogurt (plain or flavored, unsweetened or sweetened)  | 4 oz or ½ cup   | 6 oz or ¾ cup   | 8 oz or 1 cup  | 8 oz or 1 cup  | 6 oz or ¾ cup  |
| The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:  |   |   |  |  |  |
| Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish).              | ½ oz = 50%  | ¾ oz = 50%  | 1 oz = 50%   | 1 oz = 50%   | ¾ oz = 50%   |
| <i>Vegetables/Fruits</i><br>(2 or more servings of vegetables or fruits or both)  | ½ cup   | ½ cup   | ¾ cup plus extra ½ cup over a week <sup>d</sup>                            | 1 cup  | ¾ cup  |
| <i>Grains/Breads</i><br>Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains. <sup>a</sup> | 5 servings per week <sup>d</sup><br><br>Minimum of ½ per day <sup>e</sup> | 8 servings per week <sup>d</sup><br><br>Minimum of 1 per day <sup>e</sup> | 12 servings per week <sup>d</sup><br><br>Minimum of 1 per day <sup>e</sup> | 15 servings per week <sup>d</sup><br><br>Minimum of 1 per day <sup>e</sup> | 10 servings per week <sup>d</sup><br><br>Minimum of 1 per day <sup>e</sup> |

Source: U.S. Department of Agriculture

<sup>d</sup> For the purposes of this chart, a week equals five days.<sup>e</sup> Up to one grains/breads serving per day may be a dessert.

**TABLE 16.4** Age group nutrient standards for NuMenus and Assisted NuMenus (1)

| <i>Nutrients and energy allowances</i>                   | <i>Ages 3–6</i> | <i>Ages 7–10</i> | <i>Ages 11–13</i> | <i>Ages 14 and above</i> |
|--|-----------------|------------------|-------------------|--------------------------|
| <b>SCHOOL BREAKFAST</b>                                  |                 |                  |                   |                          |
| Energy allowances/calories                               | 419             | 500              | 588               | 625                      |
| Total fat (as a percent of actual total food energy)     | (2)             | (2)              | (2)               | (2)                      |
| Saturated fat (as a percent of actual total food energy) | (3)             | (3)              | (3)               | (3)                      |
| Protein (g)  | 5.50            | 7.00             | 11.25             | 12.50                    |
| Calcium (mg)   | 200             | 200              | 300               | 300                      |
| Iron (mg)  | 2.5             | 2.5              | 3.4               | 3.4                      |
| Vitamin A (RE)   | 119             | 175              | 225               | 225                      |
| Vitamin C (mg)   | 11.00           | 11.25            | 12.50             | 14.40                    |
| <b>SCHOOL LUNCH</b>                                      |                 |                  |                   |                          |
| Energy allowance/calories                                | 558             | 667              | 783               | 846                      |
| Total fat (as a percent of actual total food energy)     | (2)             | (2)              | (2)               | (2)                      |
| Saturated fat (as a percent of actual total food energy) | (3)             | (3)              | (3)               | (3)                      |
| Protein (g)  | 7.3             | 9.3              | 15.0              | 16.7                     |
| Calcium (mg)   | 267             | 267              | 400               | 400                      |
| Iron (mg)  | 2.5             | 2.5              | 3.4               | 3.4                      |
| Vitamin A (RE)   | 158             | 233              | 300               | 300                      |
| Vitamin C (mg)   | 14.6            | 15.0             | 16.7              | 19.2                     |

Source: U.S. Department of Agriculture

(1) School week averages for age groups.

(2) Not to exceed 30 percent over a school week.

(3) Less than 10 percent over a school week. Grams of fat will vary depending on calories offered.

and quick service to the table d'hôte menu of a formal seated-service restaurant.

The basic rules of menu planning apply to commercial foodservices. Type of foodservice must be determined, financial goals decided, production and service capabilities analyzed, and labor needs addressed. Assessing clientele wants is especially important and should be assessed accurately, using proven research procedures.

Commercial customers make choices daily on what and where to eat and the amount of money they will spend. It is often not enough for the menu planner to follow all the rules that make production and service possible without special consideration for the role the menu plays in making the commercial foodservice operation successful. A few guidelines that should be followed in designing the commercial menu are:

- Decide what to serve and what to charge. Market research is necessary to assess accurately what customers will purchase.
- Design the presentation of the menu suitable to the operation. The layout and overall design should be

readable and attractive, and should support marketing goals.

- Determine the sequence of food items on the menu. A generally accepted sequence is appetizers or foods eaten first, then soups, entrees, and desserts. Within this order, salads, side orders, and beverages must be placed. Foods listed first within each category are selected most often so consideration should be given to this placement.
- Write the menu names to describe the foods offered accurately and to merchandise the food item and the operation. The importance of the menu to create atmosphere and serve as a marketing and advertising tool cannot be overemphasized.

## Hospitals

Although hospital menus may be more complex, the principles of meal planning for health care facilities are the same as those for other types of foodservices. Foods must be provided for many kinds of diets, ranging from liquid, ground, soft, or regular, to bland, low sodium,

**TABLE 16.5** Grade group nutrient standards for NuMenus, Assisted NuMenus, and food-based menu planning (1)

| <i>Nutrients and energy allowances</i>                   | <i>Preschool</i> | <i>Grades K–6</i> | <i>Grades 7–12</i> | <i>Option for Grades K–3</i> |
|--|------------------|-------------------|--------------------|------------------------------|
| <b>SCHOOL BREAKFAST</b>                                  |                  |                   |                    |                              |
| Energy allowances/calories                               | 388              | 554               | 618                |                              |
| Total fat (as a percent of actual total food energy)     | (2)              | (2)               | (2)                |                              |
| Saturated fat (as a percent of actual total food energy) | (3)              | (3)               | (3)                |                              |
| Protein (g)  | 5                | 10                | 12                 |                              |
| Calcium (mg)   | 200              | 257               | 300                |                              |
| Iron (mg)  | 2.5              | 3.0               | 3.4                |                              |
| Vitamin A (RE)   | 113              | 197               | 225                |                              |
| Vitamin C (mg)   | 11               | 13                | 14                 |                              |
| <b>SCHOOL LUNCH</b>                                      |                  |                   |                    |                              |
| Energy allowance/calories                                | 517              | 664               | 825                | 633                          |
| Total fat (as a percent of actual total food energy)     | (2)              | (2)               | (2)                | (2)                          |
| Saturated fat (as a percent of actual total food energy) | (3)              | (3)               | (3)                | (3)                          |
| Protein (g)  | 7                | 10                | 16                 | 9                            |
| Calcium (mg)   | 267              | 286               | 400                | 267                          |
| Iron (mg)  | 3.3              | 3.5               | 4.5                | 3.3                          |
| Vitamin A (RE)   | 150              | 224               | 300                | 200                          |
| Vitamin C (mg)   | 14               | 15                | 18                 | 15                           |

Source: U.S. Department of Agriculture

(1) School week averages for grade groups.

(2) Not to exceed 30 percent over a school week.

(3) Less than 10 percent over a school week. Grams of fat will vary depending on calories offered.

low carbohydrate, or fat restricted, with a wide range in caloric requirements. In addition, a cafeteria generally is available for hospital personnel and visitors.

Like college and university foodservices, hospitals are adopting more characteristics of the commercial foodservice. More emphasis is being placed on developing innovative menus and on offering new and creative food items. Many hospitals use catering and other services as revenue centers.

Cycle menus are widely used in health care facilities. The length of patient stay is an important factor in determining the length of the cycle. In an acute care hospital, where the average length of stay may be three to five days, a short cycle could be used. In an extended care facility a longer cycle would be more satisfactory. If a short cycle is used for patient meals, a longer cycle would be required for the employee cafeteria.

When developing a hospital meal pattern, the first step is to plan a regular or normal diet that will supply all food essentials necessary for good nutrition. This pattern then becomes the foundation for most diets required for therapeutic purposes and is

the core of all meal planning in a hospital of any type or size. Patients requiring other than a normal diet will receive various modifications of the regular diet to fit their particular needs.

In planning a normal or regular diet, meals should be planned for each day as a unit. Each day's menu then can be checked to be sure that all essential foods have been included. A suggested three-meal-a-day menu pattern for a normal diet is given in Table 16.1.

The selective menu adds much to the satisfaction of patients and also helps to prevent waste. Choices that appeal to various patients usually can be made available with little extra work, if careful planning is used in pairing items on the menu. The main items on the selective menu are the same as those on the general menu. Some items, such as the choice of meat and vegetables, may be the same as foods prepared for one of the modified diets or for the cafeteria. Other choices may be soup or fruit juice, or fruit or ice cream in place of a prepared dessert. On the dinner menu, choices of light or more hearty foods may do much to promote patient acceptance. Some hospitals

**TABLE 16.6** Child and adult care food program U.S. Department of Agriculture food chart

|  | <i>Age</i>                        |                                   |                                   |
|--|-----------------------------------|-----------------------------------|-----------------------------------|
|  | <i>1-2</i>                        | <i>3-5</i>                        | <i>6-12 Adults</i>                |
| <b>BREAKFAST</b>   |                                   |                                   |                                   |
| Fluid milk   | ½ cup                             | ¾ cup                             | 1 cup                             |
| Juice or fruit or vegetable  | ¼ cup                             | ½ cup                             | ½ cup                             |
| Bread or bread alternate   | ½ slice <sup>1</sup><br>(or ½ oz) | ½ slice <sup>1</sup><br>(or ½ oz) | 1 slice <sup>1</sup><br>(or ½ oz) |
| or cold dry cereal   | ¼ cup<br>(or ⅓ oz)                | ⅓ cup<br>(or ½ oz)                | ¾ cup<br>(or 1 oz)                |
| or cooked cereal   | ¼ cup                             | ¼ cup                             | ½ cup                             |
| <b>SNACK: SELECT TWO OF THE FOLLOWING FOUR COMPONENTS<sup>2</sup></b>          |                                   |                                   |                                   |
| Fluid milk   | ½ cup                             | ½ cup                             | 1 cup                             |
| Juice or fruit or vegetable  | ½ cup                             | ½ cup                             | ¾ cup                             |
| Meat or meat alternate   | ½ oz                              | ½ oz                              | 1 oz                              |
| or yogurt  | 2 oz<br>(or ¼ cup)                | 2 oz<br>(or ¼ cup)                | 4 oz<br>(or ½ cup)                |
| Bread, bread alternate, or cereal  | ½ slice <sup>1</sup>              | ½ slice <sup>1</sup>              | 1 slice <sup>1</sup>              |
| <b>LUNCH/SUPPER</b>  |                                   |                                   |                                   |
| Fluid milk   | ½ cup                             | ¾ cup                             | 1 cup                             |
| Meat or poultry or fish  | 1 oz                              | 1½ oz                             | 2 oz                              |
| or cheese  | 1 oz                              | 1½ oz                             | 2 oz                              |
| or cottage cheese, cheese food, or cheese spread                               | 2 oz (¼ cup)                      | 3 oz (⅔ cup)                      | 4 oz (½ cup)                      |
| or egg   | 1                                 | 1                                 | 1                                 |
| or cooked dry beans or peas  | ¼ cup                             | ⅔ cup                             | ½ cup                             |
| or peanut butter, soynuts, tree nuts, or seeds                                 | 2 Tbsp                            | 3 Tbsp                            | 4 Tbsp                            |
| or an equivalent quantity of any combination of the above meat/meat alternates | ½ oz = 50%                        | ¾ oz = 50%                        | 1 oz = 50%                        |
| Vegetables and/or fruits (2 or more)   | ¼ cup total                       | ½ cup total                       | ¾ cup total                       |
| Bread or bread alternate   | ½ slice <sup>1</sup>              | ½ slice <sup>1</sup>              | 1 slice <sup>1</sup>              |

Adapted from material supplied by the Kansas State Board of Education Nutrition Services.

<sup>1</sup> Or an equivalent serving of an acceptable bread alternate such as corn bread, biscuits, rolls, muffins, etc., made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain rice or macaroni or other pasta products.

<sup>2</sup> For snack, juice may not be served when milk is served as the only other component.

have adopted a selective menu similar to the table d'hôte menu of the commercial sector. The same menu is offered daily but with a wide enough variety of choices that the patient can select a different meal each day. Patients may order any food item on the menu unless it is restricted on their diets.

## Extended Care Facilities and Retirement Communities

For people residing in extended health care facilities and retirement communities, food satisfies basic emotional and physical needs.

Those persons planning meals for older adults should be aware of the problems peculiar to this age group. Their fixed habits and food preferences developed through many years may influence but should not determine entirely the meals planned for them. Healthy adults, regardless of age, need a well-balanced diet and, in planning the day's food, the basic pattern for the normal diet should be followed. Individual problems of the group members, such as difficulty in chewing, special dietary requirements, and their limited mobility and activity, must also be considered.

At least three well-planned meals should be served daily, with a hot food at each meal. The menu pattern is similar to that of the regular hospital diet (p. 688), with adjustments in portions and some modification for residents with individual eating prob-

lems. The caloric intake or quantity of food eaten usually is smaller because of lessened activity.

The daily food plan should include the following:

1. At least one food of good-quality protein at each meal—fish, poultry, lean meat, eggs, or cheese.
2. Milk offered at mealtime, with at least two 8 oz glasses a day for each person.
3. Four or more servings of fruits and vegetables, including a green leafy or yellow vegetable and a citrus fruit, such as grapefruit, orange, or some other good source of vitamin C. Although chewing may be difficult for some, raw vegetables or fruits should be included.
4. Four or more servings from the bread/cereal group, which includes bread, breakfast cereals, pasta, rice, and baked goods made with whole grain or enriched flour.

Additional foods containing fat, sweets, and flavoring add to the acceptance of meals. The food pyramid, Figure 16.1, provides additional guidelines for menu planning.

If a nonselective menu is used, some modification will add to the residents' acceptance of the food. Choice may be provided by offering certain menu items daily in addition to a set menu or through a choice of two items in each menu category for the dinner meal. Foodservice in this type of long-term facility offers opportunity for use of the eight-week or longer cycle.



## CHAPTER 17

# Planning Special Meals and Receptions

**F**or a variety of reasons foodservices are often responsible for planning special meals. The types of functions may include coffees, teas, receptions, brunches, buffets, banquets, and catered events on and off the premises. Regardless of the type of service provided, considerable planning is required to ensure a successful foodservice event.

### PLANNING RESPONSIBILITIES

Careful planning is important to the success of any special event. The major responsibilities of the foodservice staff in charge of a special meal or other function are as follows:

- Confer with representatives of the group to be served to determine the type of function or theme, date, time and place, number to be served, service desired, event's agenda, any special dietary needs of guests, budget range, and financial arrangements. Understanding the client expectations is important. For events off-premise, a site visit is recommended to clarify details such as electrical and water sources, guest access and traffic flow, catering access and staff parking, kitchen availability or staging area, and storage for supplies.
- Plan the menu with the client or client's representative. Provide creative ideas that harmonize with those of the client. Plan menus that can be produced with the resources available. If the event is off-premise, food that can be prepared ahead of time and transported easily should be planned. Duplicate copies of the menu plans should be signed and kept by the client and the foodservice director. This procedure confirms the agreement and may prevent a misunderstanding of details and avoid last-minute changes.
- Determine food quantities and estimated cost of food to be served. Criteria to consider when planning food quantities for events include the age of the guests, gender, any pre- and post-event functions, length of the event, and type of service (buffet, sit-down, etc.). A general guideline is to prepare 20 percent more food for events with 20 guests, 15 percent more for 50 guests, 10 percent more for 100 guests. Events with more than 100 guests generally require preparing 5–10 percent more food than the guaranteed number.
- Place food orders. It is important that orders for special or unusual foods be made early enough to ensure delivery.
- Prepare the dish and equipment list and make arrangements for obtaining any additional items needed. A list including the amount and kind of linen, dishes, silverware, glassware, serving utensils, and tables and chairs required should be compiled by the manager and arrangements made for assembling these at least one day before they are to be used. Success of a special event is often evaluated by the creative use of different sizes and shapes of dishes and the methods used to present the food to guests.
- Prepare work schedules. A detailed work schedule includes preparation, cooking, serving, room setup, and cleanup assignments. If workers are inexperienced, the schedule should indicate a time for each task, detailed procedures, and other special instructions. For a seated service luncheon or dinner,

assign personnel to the serving counter from which plates will be filled. Assign and instruct servers for dining room service. See pp. 710–713 for directions for table setting and service.

- Supervise the setup of the room and the preparation and service of food. Complete the setup approximately one hour before guests arrive. Give last-minute attention to plate garnishes and food presentation. See Exhibits VII, VIII, and IX in the color insert for examples of nicely garnished and attractively presented food.
- Supervise the dishwashing and cleanup of preparation and service areas.
- Prepare and keep on file a detailed report, including menu, number of guaranteed guests and actual attendance, quantity of food prepared and leftover amounts, income and expenses, and recommended changes and useful comments for service of similar events in the future. Record any unusual factors that may have affected consumption or attendance, for example, weather, gender of guests, or any unusual circumstances regarding the event.
- Follow up with the client after the event to evaluate the success from the customer's point of view. Record information that can be used for future events.

## RECEPTIONS AND TEAS

Receptions and teas may vary in degree of formality and may accommodate a few or many guests. The menu may be simple or elaborate and should be planned according to the type of event; the time of day; the number, age, and gender of guests to be served; and the money and labor available.

One or two beverages usually are offered, coffee and tea or coffee and punch. The menu may be limited to an attractive dessert, with nuts and mints, or it may include several kinds of sandwiches, cookies, or cakes. The following are suggested choices for a reception or tea:

### *Beverages:*

Coffee, tea, hot spiced tea or cider, punch, wine. See Tables 17.1 and 17.2 on pp. 714 and 716 for wine purchasing and selection guides. See p. 103 for nonalcoholic cocktails suggestions.

### *Breads:*

Open-face sandwiches spread with a variety of fillings and decorated attractively.  
Rolled, ribbon, checkerboard, or pinwheel sandwiches.

Nut bread or fruit bread sandwiches with cream cheese or marmalade filling, cut in squares, triangles, round, or oblong shapes.

Cheese wafers or cheese straws.

Miniature cream puffs filled with chicken or fish salad.

Petite biscuits with sliced meat or salad filling.

### *Dips:*

Dips with cheese, cream cheese, yogurt, or sour cream base. Served with crisp raw vegetables, fruits, and/or crackers and chips.

### *Cakes, cookies, and tarts:*

Petits fours or small decorated cupcakes.

Meringue shells with whipped cream and fruit fillings.

Small pecan or fruit tarts.

Small tea cookies that offer a variety of shapes, flavors, and colors.

### *Nuts and candies:*

Salted, toasted, or spiced nuts.

Candied orange or grapefruit peel.

Mints in pastel colors.

Figure 17.1 suggests a table arrangement for a reception or tea, using two lines of service and set up so that a guest may start by placing a beverage cup on a plate, then selecting food items. The silverware and napkin usually are last. Placing the cup on the plate first ensures adequate space for both food and beverage. If only one or two food selections are offered, beverages may be served last. Use Figure 17.1 as a guide, but start with plates and end with the beverage or beverages.

The table covering, centerpiece, tea service, silverware, and serving dishes should be attractive, and the food should be colorful and interestingly arranged. To prevent a crowded appearance, there should be a limited amount of silverware, china, napkins, and food on the table when the serving begins. A small serving table with extra china and silverware near the tea table is a convenience. Replacements of small dishes and appointments are brought on trays from the kitchen. If two beverages are served, they are placed at either end of the table. Cookies, sandwiches, and other foods should be arranged so they do not appear crowded. It is best to use small serving plates and replace them frequently so there is an assortment of food at all times. Arrangements should be made for people to pour the beverages, and employees or hostesses should be assigned to replenish the tea table and to take empty plates from guests.

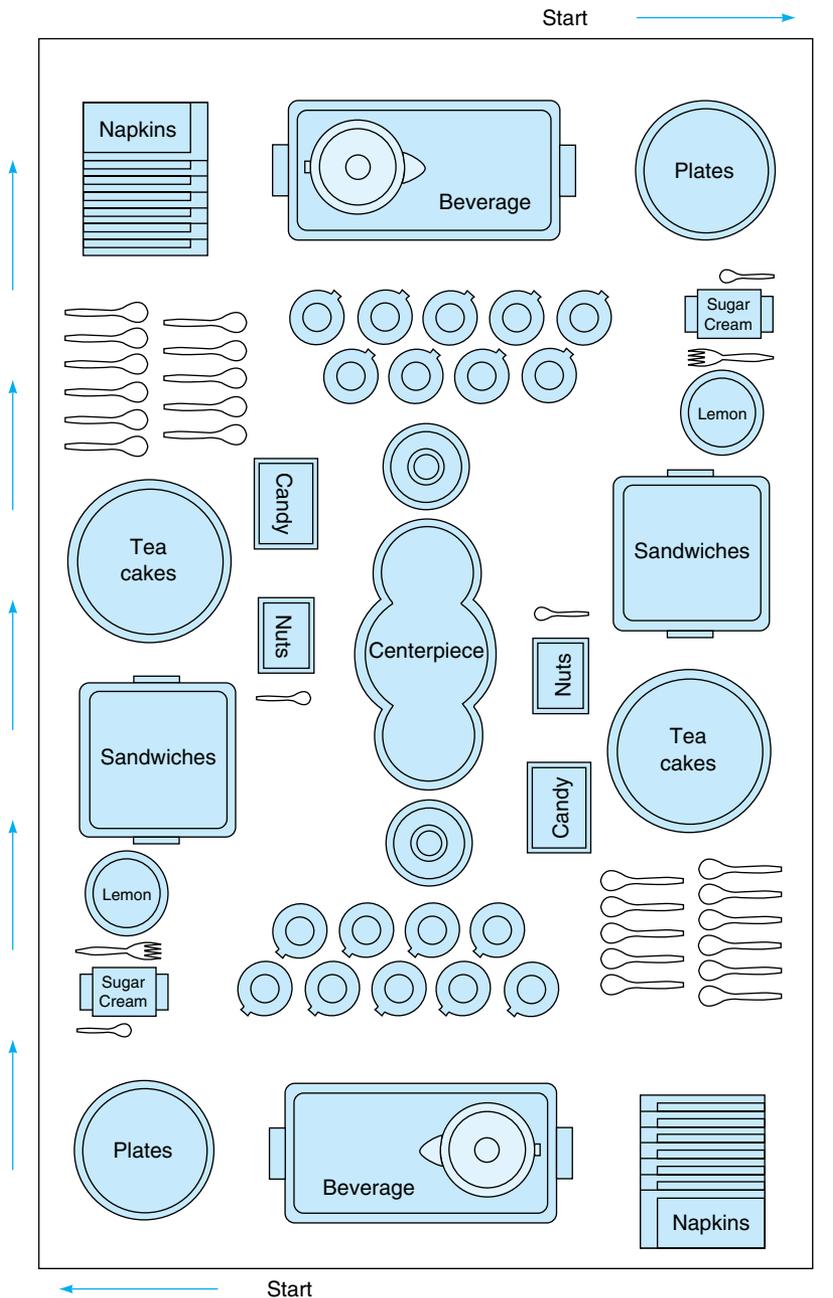


FIGURE 17.1 Table arrangement for a reception or tea.

## COFFEES AND BRUNCHES

Coffees and brunches are easy and popular ways to entertain a few or many guests. An ample supply of hot, fresh coffee is necessary, and an alternate choice of tea and/or decaffeinated coffee may be offered. Flavored coffees and teas are popular beverage choices. One or more hot breads are served, and the menu may be expanded to include fresh fruit or juice. A fruit

tray, with bite-size pieces of fresh fruit arranged on a silver or other appropriate tray, is an attractive centerpiece and an interesting addition to a coffee hour or brunch.

Brunch, a meal combining breakfast and lunch, usually includes a wider variety of food than does a coffee. The menu may consist of foods normally served at breakfast or may resemble a luncheon menu, depending partly on the hour of service. It may be quite simple, consisting of fruits, hot breads, and coffee; or it

may be a more substantial meal that will replace lunch. The food usually is placed on a buffet table for self-service, but may be served to guests seated at tables. Brunch often starts with fruit juice or sparkling wines served to guests before they go to the buffet table. The main entree may be one or several that are typical of breakfast, such as eggs in some form, bacon, ham, sausage, or a breakfast casserole; or a luncheon-type entree of chicken, turkey, or fish. An assortment of breads usually is offered. A dessert may be served if the meal is scheduled late in the morning, but it should be light. Suggested foods for coffee hours and brunches are as follows:

#### *Fruits and juices:*

- Orange, pineapple, or tomato juice.
- Fresh fruit cup or fresh berries.
- Melon wedges, fruit kebobs.
- Orange juice, champagne punch.

#### *Fruit trays:*

- Fresh pineapple chunks, banana wedges, orange sections, fresh strawberries, kiwi fruit, mangos, carambola (star fruit).
- Apple slices, honeydew melon wedges, kiwi fruit, and frosted grapes.
- Plums or bing cherries, pear slices, cantaloupe wedges, green grapes, and cheese cubes.

#### *Entrees:*

- Canadian bacon, grilled ham, sausage patties on apple rings.
- Small biscuits with ham slice.
- Scrambled eggs, egg and sausage casserole, omelets.
- Cheese and broccoli strata, quiche, cheese soufflé, crepes, broiled or grilled chicken breast on rice or pasta.

#### *Breads:*

- Small pecan or orange rolls, scones, kolaches, toasted English muffins or bagels with marmalade and/or cream cheese.
- Coffee cake, Danish pastry.
- Small doughnuts or doughnut holes, cinnamon puffs.
- Small nut or fruit bread sandwiches.

#### *Desserts:*

- Fresh pineapple and berries, ambrosia, sherbet.
- Strawberry-sour cream crepes, fruit and cheese platters.
- Cookies or small cakes.

## **BUFFET DINNERS AND LUNCHEONS**

Buffet dinners and luncheons provide a means of serving relatively large groups of people with a minimum of service personnel. The ability to offer a variety of foods makes buffets popular.

The steps to planning a buffet include theme development and menu planning, tables and space arrangement, food presentation, and service. The steps are not independent of each other and so must be considered together.

### **Menu Planning**

The number of selections offered may depend on preparation time, space on the buffet table, and the equipment available for preparation and service. Client or guest expectations also must be considered. At a minimum, food selections on a buffet should be two or three entrees (beef, poultry, and if a third, fish, shellfish, or pork), one nonmeat entree, one or two starches (potato, pasta, rice), one or two vegetables (green and nongreen), two or three salads, relishes, hot bread, dessert, and beverage.

Plan a menu that is easy for guests to serve themselves. For example, avoid foods that are soft and runny on the plate. Foods that require extra silverware, such as bread and butter spreaders and cocktail forks, usually are not served.

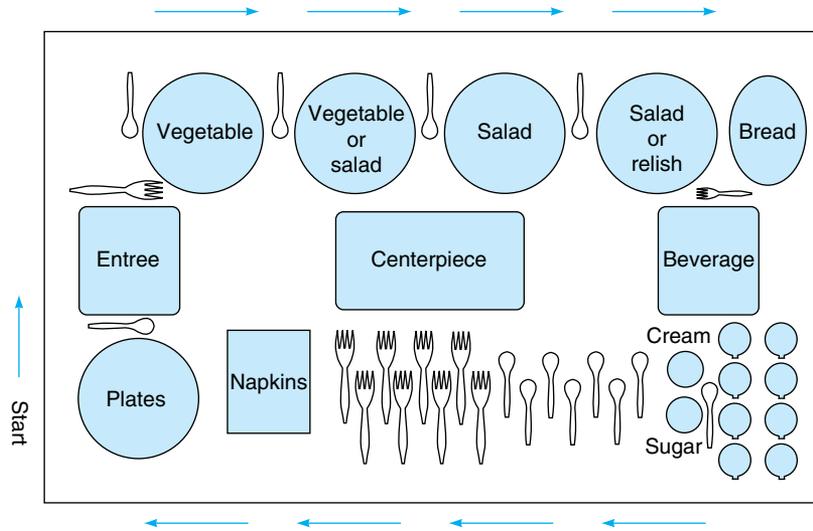
Plan hot foods that hold well and serve easily. Rare meat, delicate pasta such as capellini, and French fries do not hold well on a buffet line. Select instead foods that will hold their quality when held hot such as braised meat, large roasts, rigatoni pasta, and baked potatoes.

Choose foods that have different cooking methods, colors, and textures. Avoid serving a creamed vegetable with sauced meat items, strong-flavored vegetables with delicate entrees, or deep-fried potatoes with fried vegetables.

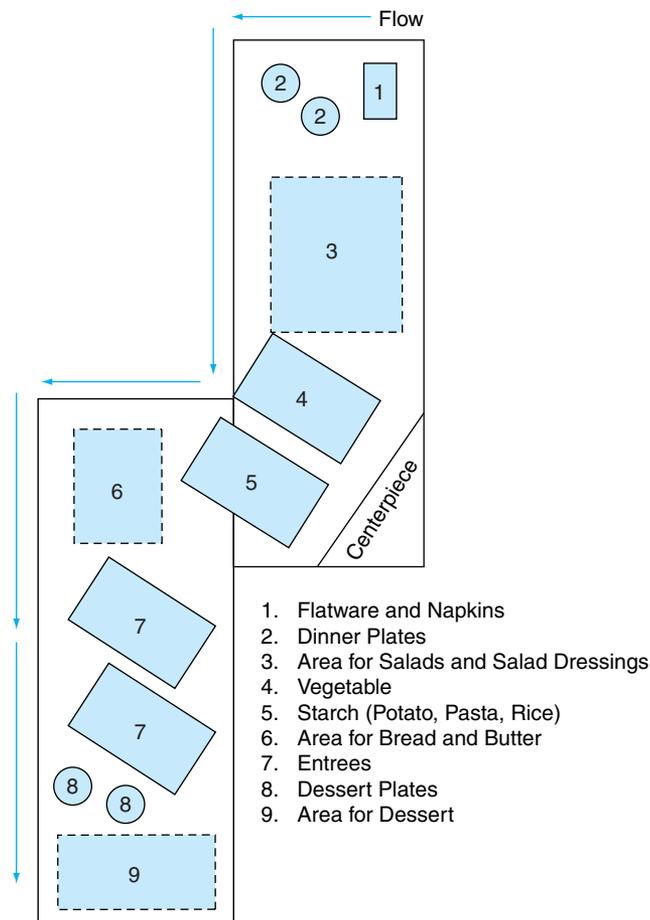
Balancing expensive items with popular less-expensive items will help achieve financial goals. Foods appropriate for buffets may be selected from the Suggested Menu Items in Appendix A. Consider religious customs when planning the menu. See Appendix E for food customs of several religions.

### **Table and Space Arrangement**

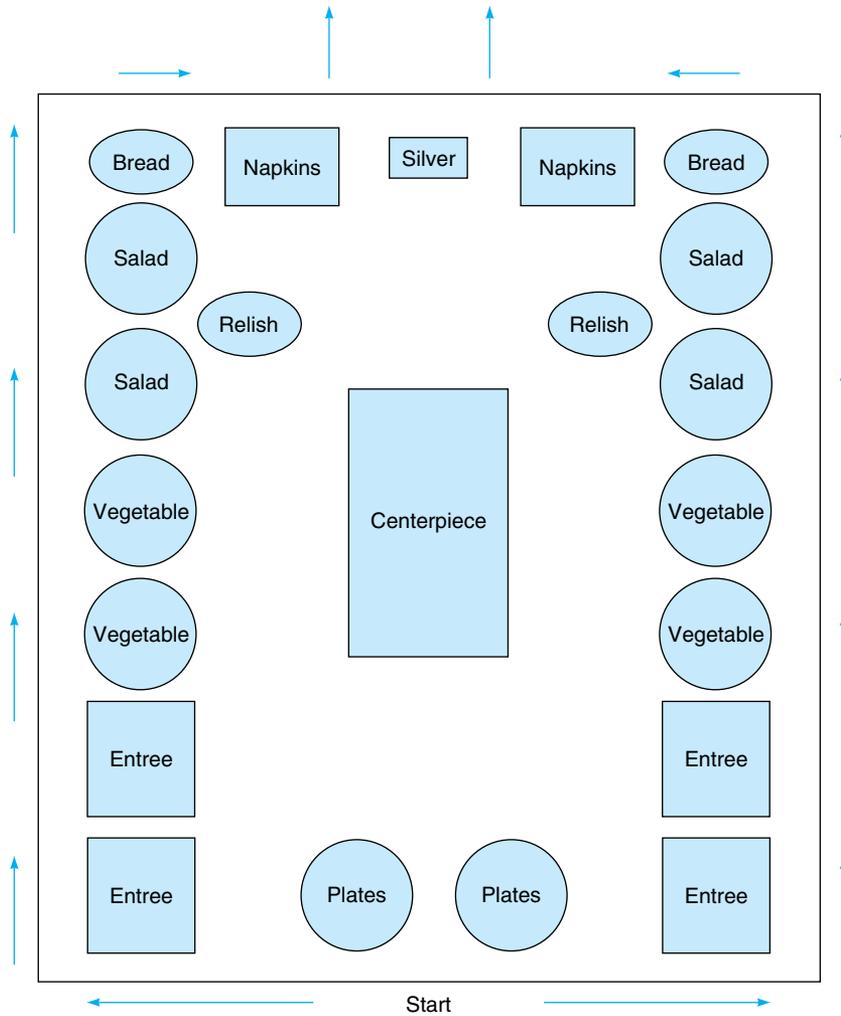
Buffet tables and food items may be arranged in several ways. Figures 17.2 and 17.3 illustrate a buffet arrangement with one service line. A double line, as shown in Figures 17.4 and 17.5, will speed service but



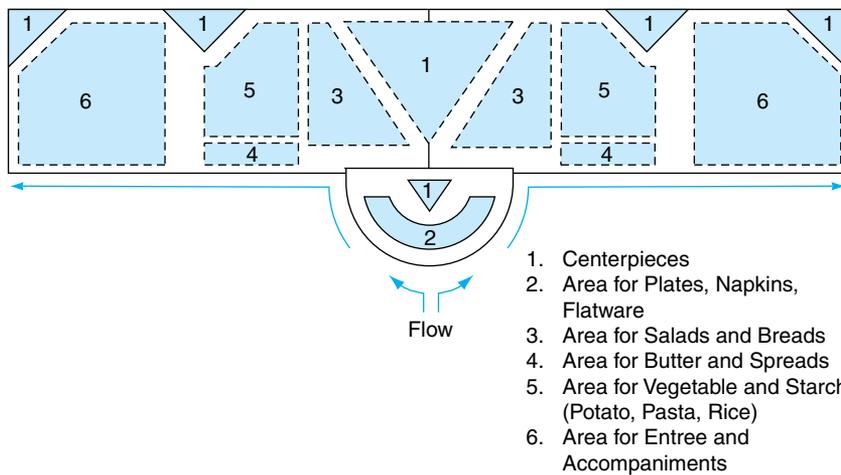
**FIGURE 17.2** Table arrangement for buffet service, single line. Beverages may be served at tables. Desserts may be served from a dessert table or to guests at the individual tables. Suitable for serving very small numbers.



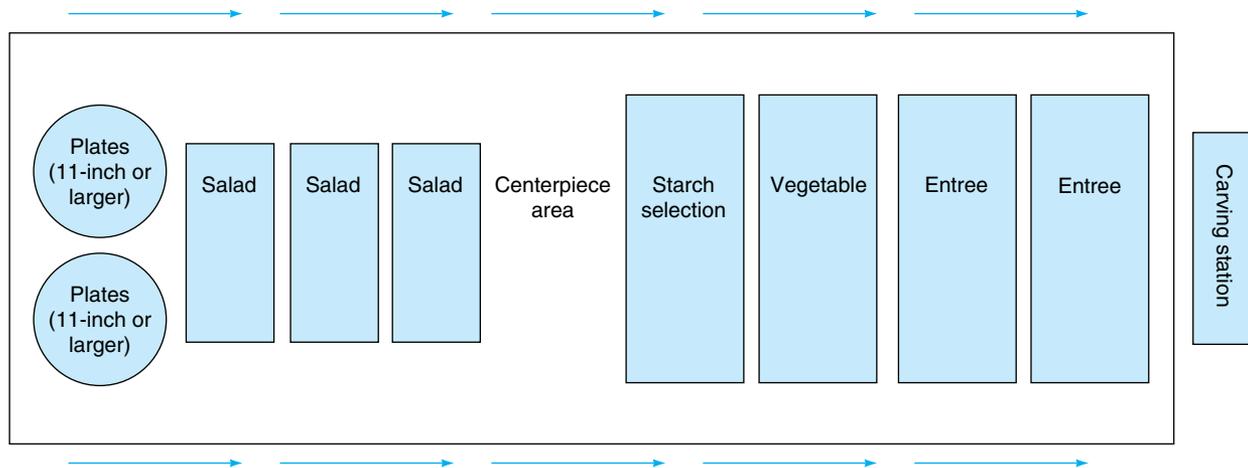
**FIGURE 17.3** Table arrangement for buffet service, single serving line using two 8 feet x 30 inch tables. Shorter tables may be used if desserts are served to guests or served from a separate table. This straight-line arrangement is suitable for serving 50 or less people.



**FIGURE 17.4** Table arrangement for buffet service, double line. Beverages may be served at tables. Desserts may be served from a dessert table or to guests at the individual tables. Suitable for serving small numbers.



**FIGURE 17.5** Table arrangement for buffet service, double serving line using one side of two 8 feet x 30 inch tables and a small 30-inch-radius half-round table. Small tables may be added to each end if dessert is served. Arrangement is suitable for serving 150 people.



**FIGURE 17.6** Double straight-line service for a buffet serving large numbers. Guests serve themselves from either side of a single line of food items. Napkins, silverware, bread and butter, and beverages are usually placed at each table. Desserts may be served at a separate table or individually to each guest.

requires more space and duplicate serving dishes. Figure 17.6 illustrates a straight-line simple buffet arrangement, used when large groups serve themselves from both sides of the table. For a large group requiring a more elaborate buffet, it is advisable to set up several serving stations, each serving different food items. A typical four-station buffet for serving 200 people includes:

*Salad station (round 72-inch table):* Salad plates, several salads, fresh fruit, bread and butters/spreads, salad dressings, and crackers and cheeses.

*First entree station (two serpentine tables arranged in an S shape):* Plates, display cooking station (stir-fry perhaps), chaffing pans for entree accompaniments (pasta, rice, sauces), antipasto, breads, and butter/spreads.

*Second entree station (see Figure 17.3 for table requirement):* Plates, carving station, chaffing pans for entree accompaniments (vegetables, potatoes/starches), sauces, breads, and butter/spreads.

*Dessert station (see Figure 17.5 for table requirement):* Plates, desserts and dessert sauces, cups and saucers, coffee/tea, and beverage condiments (sugar cubes, sweeteners, cream, whipped cream, citrus peel, cinnamon sticks, cinnamon, nutmeg, chocolate shavings).

All tables should include at least one centerpiece. Beverages other than coffee and tea should be served by the wait staff or at another table.

## Food Presentation and Service

The success of a buffet meal depends not only on the quality of food, but also on the attractiveness of the

buffet table. Visual appeal may be increased by placing trays and chaffing dishes at an angle to the table, raising trays on one or two corners so they slant toward guests, and displaying food at different levels. Interesting colors may be introduced in the table covering, the serving dishes, the food, and the decorations. When arranging food on serving pieces, consider varying the height by adding an attractive garnish that is taller than the food being served. Arranging foods in attractive patterns creates a pleasing visual effect. Texture variations are appealing. Open spaces on serving platters enhance food displays. See Exhibits VIII and IX in the color insert for table and garnish ideas.

When arranging foods and other items on the buffet table consider *flow* of people through the line: The order of food should be logical. A generally accepted procedure is to arrange the food in the same order as if it were a served meal. Placing condiments and side dishes near the food they will accompany is suggested. Panning foods together that are intended to be served together is a presentation style that enhances food appeal and helps guests select food items more quickly. For example, chicken breasts, rice pilaf, and grilled vegetables could be placed together in the same chaffing pan.

Using an 11-inch plate is satisfactory for most buffets. If using a smaller plate, then consider placing salad plates alongside the salads. If dessert is served on the buffet table, then plates should be placed on the buffet table near the desserts. Desserts may be placed on a separate table from which guests will later serve themselves. An attractive dessert table will make a lasting impression on guests.

Make room between serving pans for ease of serving and for changing pans of food. Adequate *spacing*

will be achieved when approximately one linear foot of space is allowed for each item on the buffet.

Buffets can become messy if foods are placed out of guests' *reach*. If possible, avoid placing food so guests must reach over other food items; however, when placing food behind other food is unavoidable, use care to put messy serving items to the front of the table. Elevating the food to the back of the table will help reduce drips and spills and also adds to the attractiveness of the food display. Elevation can be achieved by draping tablecloths or napkins over different-size cans or boxes.

*Centerpieces* and *decorations* add to the visual appeal of a buffet table and can be used to carry out a menu theme. Both should be sized appropriately for the space and not interfere with the service of the food.

*Labeling* food items that are unusual or not easily recognized is recommended. Because some people are allergic to nuts, it is advisable to identify products that contain nuts.

## BANQUET SERVICE

Although table service for banquets in hotels and many other commercial foodservices may be elaborate, a simplified service may be the most practical for foodservices in which only an occasional banquet is served. The discussion of table setting and plate service that follows is intended primarily for this type of facility.

### Preparation of the Dining Room

Tables and chairs should be arranged to allow adequate space for serving after the guests are seated. Chairs should be placed so that the front edge of each touches or is just below the tablecloth. If there is to be a head table, it should be placed so that it is easily seen by the guests, with a podium and microphone available for the program. Audiovisual equipment, if needed, should be properly placed and adjusted. Serving stands, conveniently placed, facilitate service. Such provisions are especially important when the distance to the kitchen or staging area is great.

### Setting the Tables

**Tablecloth.** Tablecloths generally are used for banquets, although place mats make an attractive table setting when the finish of the table top permits and the meal is informal. Place the cloth on the table so that the center lengthwise fold falls exactly in the middle of the table and the four corners are an equal distance from the floor. The cloth should extend 6–12

inches over the table top and should not touch the chair seat.

**The Cover.** The plate, silverware, glasses, and napkin to be used by each person are known as the cover (see Figure 17.7). Consider 20 inches of table space as the smallest permissible allowance for each cover; 25–30 inches is better. Place all silverware and dishes required for one cover as close together as possible without crowding.

**Silverware.** Place knives, forks, and spoons about 1 inch from the edge of the table and in the order of their use (see Figure 17.7). Some prefer to place the salad or dessert fork next to the plate as the menu dictates. If the menu requires no knife, omit it from the cover. When cocktail forks are used, they are placed at the extreme right of the cover. If a butter spreader is used, lay it across the upper right side of the bread and butter plate, with the cutting edge toward the center of the plate. It may be placed straight across the top of the plate or with the handle at a convenient angle. Dessert silverware often is not placed on the table when the cover is laid, except when the amount of silver required for the entire meal is small or when it is necessary to simplify the service. If a dessert fork is used, it is sometimes placed in the area above the dinner plate so the guest will use it for the final course.

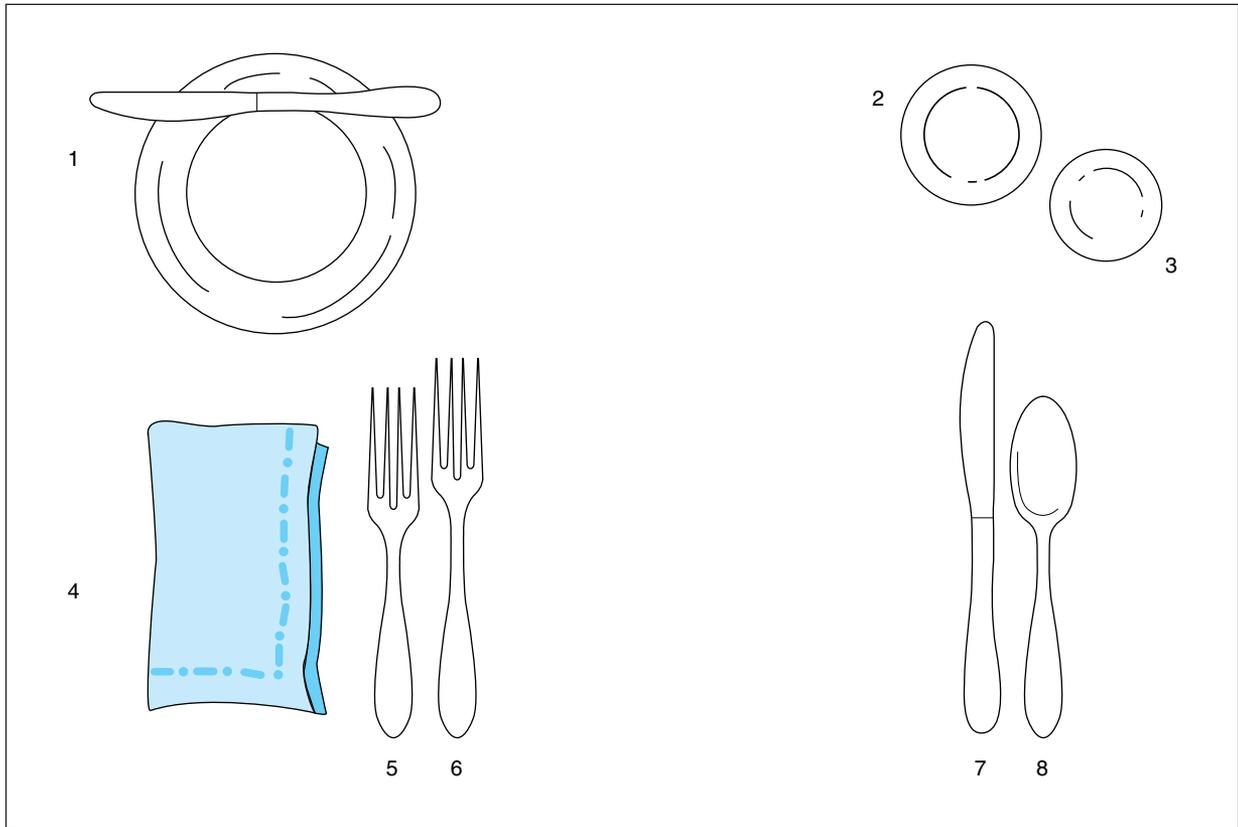
**Napkin.** Place the napkin at the left of the fork with the loose corner at the lower right and the open edges next to the edge of the table and the plate. It may be placed between the knife and fork if space is limited, and it may be folded into an accordion shape and placed upright.

**Glasses.** Place the water glass at the tip of the knife or slightly to the right. Goblets and footed tumblers often are preferred for luncheon or dinner and should be used for a formal dinner. Wine glasses are placed to the right of and slightly below the water glass.

**Bread and Butter Plate.** Place the bread and butter plate at the tip of the fork or slightly to the left.

**Salt and Pepper.** Salt and pepper shakers should be provided for every six covers. They should be placed parallel to the edge of the table and in line with sugar bowls and creamers.

**Decorations.** Some attractive decorations should be provided for the center of the table. A centerpiece should be low so the view across the table will not be obstructed. Candles should not be used in the daytime unless the lighting is inadequate or the day is dark. When used, they should be the sole source of light. Do



**FIGURE 17.7** Cover for a served meal: (1) bread and butter plate, with butter knife; (2) water glass; (3) wine glass; (4) napkin; (5) salad fork; (6) dinner fork; (7) knife; (8) teaspoon.

not mix candlelight and daylight or candlelight and electric light. Tall candles in low holders should be high enough so that the flame is not on a level with the eyes of the guests. If place cards are used, they are set on the napkin or above the cover.

## Seating Arrangement

The guest of honor, if a woman, usually is seated to the right of the host; if a man, to the right of the hostess. At banquets and public dinners, a man is seated to the left of his partner. Customs for seating guests may be different in countries other than the United States.

## Service Counter Setup for Served Meals

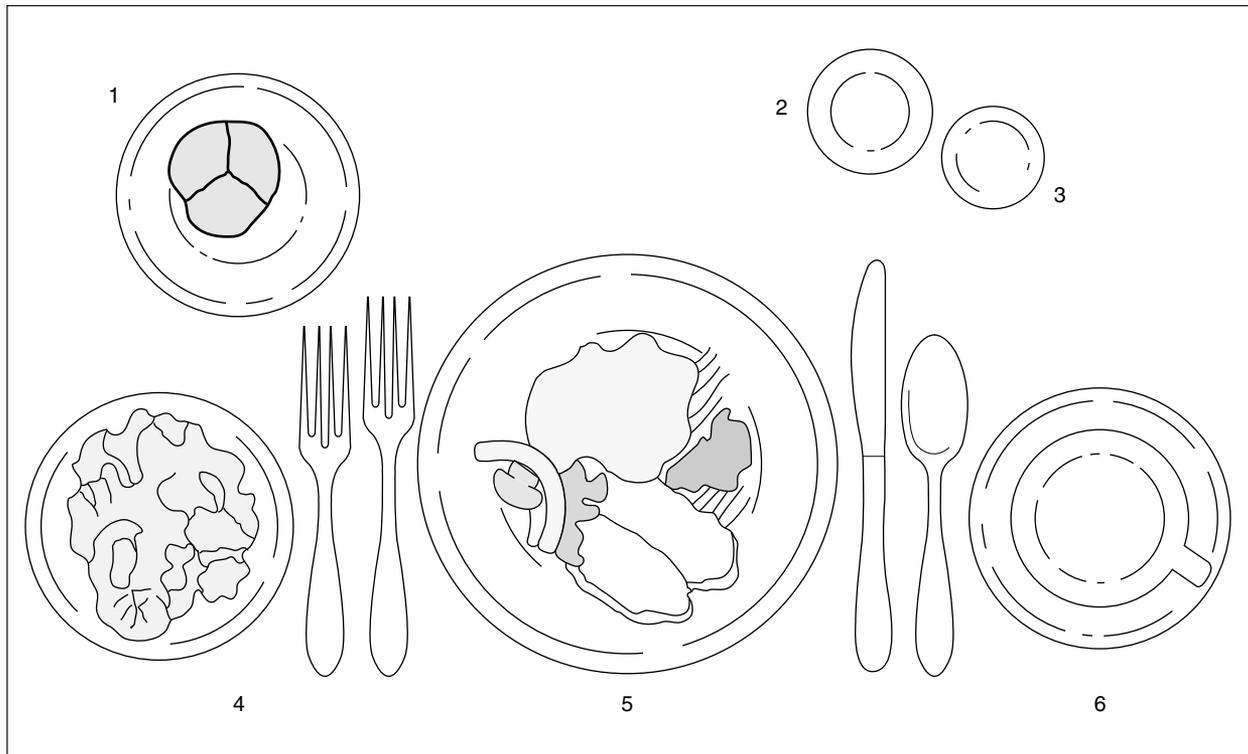
Food should be served from hot counters or hot holding equipment. Some provision also must be made for keeping plates and cups hot. For serving 50 plates or less, the plan should provide one person to serve each food item. Such an arrangement for serving is termed a setup. For 60–100 persons, two setups should be

provided to hasten service. For more than 100 persons, it is well to provide additional setups.

Food is placed on the hot counter in the following order: meat, potato or substitute, vegetables, sauces, and garnish. The supervisor should demonstrate the size of portions to be given and their arrangement on the plate. There should be a checker at the end of the line to remove with a damp cloth any food spots from the plate and to check the plate for completeness, arrangement, and uniformity of servings. The importance of standardized servings and food arrangement can hardly be overemphasized; these factors can determine the enjoyment of the guests and the financial success or failure of a meal.

## Table Service

1. Service personnel should report to the supervisor to receive final instructions at least 15 minutes before the time set for serving the banquet.
2. If the salad is to be on the table when the guests arrive, it should be placed there by the service personnel not more than 15 minutes before serving



**FIGURE 17.8** Placement of food and cover for a served meal: (1) bread and butter plate; (2) water glass; (3) wine glass; (4) salad plate; (5) dinner plate; (6) cup and saucer. The salad is placed at the left of the fork when salad and beverage are both served with the main course. If space does not permit, place salad plate at tip of fork and bread and butter plate, if used, above the dinner plate.

time. It should be placed to the left of the fork (Figure 17.8). If space does not permit this arrangement, place the salad plate at the tip of the fork and the bread and butter plate, if used, directly above the dinner plate between the water glass and the salad plate. If the salad is to be served as a separate course, it is placed between the knife and the fork, then removed before the main course is served.

3. Place creamer beside the sugar bowl.
4. Place relishes on the table, if desired.
5. For small dinners, the first course may be placed on the table before dinner is announced. For large banquets, however, it is best to wait until the guests are seated. Hot soups or plated appetizers are served after the guests are seated. A first course of beverages and appetizers may be offered as the guests arrive in the reception area.
6. Place butter on the right side of the bread and butter plate. If no bread and butter plate is used and the salad is to be on the table when guests arrive, the butter may be placed on the side of the salad plate. This procedure is often necessary where dishes and table space are limited. Butter may also be arranged on a serving plate and passed.
7. Place glasses filled with ice water on the table just before guests are seated.
8. When the guests are seated, service personnel line up in the kitchen for trays containing the first course. A general rule is to schedule one waiter for each one to two tables and one busperson for every two tables. It is helpful if two persons work together, one carrying the tray and the other placing the food. Place the cocktail glasses, soup dishes, or canapé plates on the service plates, which are already on the table.
9. Serve food from the guest's left with the left hand. Serve beverages from the guest's right with the right hand. Proceed counterclockwise.
10. Serve the head table first, progressing in order to the other tables. To minimize the disruption of guests, it is preferable to have the head table the one farthest from the kitchen entrance.
11. When the guests have finished the first course, service personnel remove the dishes from the right.
12. For the main course, plates may be brought to the dining room on plate carriers or on trays holding several plates and set on tray stands. Each worker serves the plates to a specified group of guests.

An alternate method often is used in serving large groups. A tray of filled plates is brought from the kitchen by bus personnel to a particular station in the dining room, from which the plates are served. The dining room service personnel remain at their stations during the serving period.

13. Place the plate 1 inch from the edge of the table with the meat nearest the guest.
14. As soon as a table has been served with dinner plates and salad, specially appointed workers should follow immediately with rolls. Coffee may be served at this time or with dessert.
15. Place the coffee cups at the right of the spoons with the handles toward the right at about the 5 o'clock position. If the coffee is served with the main course, the cup and saucer may be placed on the table with the rest of the cover. If it is served with the dessert only, the cups are not placed on the table until the dessert is served.
16. Serve rolls at least twice. Offer them from the left at a convenient height and distance. Plates or baskets of rolls may be placed on the table to be passed by the guests.
17. Refill water glasses as necessary. If the tables are crowded, it may be necessary to remove the glasses from the table to fill them. Handle the glass near the base.
18. Refill coffee cups as necessary. Do not remove cups from table when filling.
19. At the end of the course, remove all dishes and food belonging to that course. Remove dishes from the guest's right.
20. If the silverware for the dessert was not placed on the table when the table was set, take in on a tray and place at the right of the cover.
21. Serve desserts two at a time and in the same order that the plates were served. Place the dessert in front of the guest in the most attractive manner. For example, place cheesecake wedges so the tip is pointing toward the guest.
22. If possible, clear the table except for decorations before the program begins. The handling of dishes should cease before the program starts.

## STYLES OF SERVICE

The style of service will have an impact on the menu items and on the equipment and labor required to serve the meal. Following are some common styles of service.

**American or Plate Service.** Food items are placed on plates and delivered to guests. An attractive place-

ment of food and garnish is important. Basic service rules for American service include:

- Serve food from the guest's left with the left hand (remember to leave on left). Serve women first and proceed counterclockwise. If the host or hostess is known, begin to his or her right.
- Serve beverage from the guest's right with the right hand.
- Clear dishes from the guest's right (remember to remove on right). Do not stack dishes or scrape plates in sight of guests.

**Buffet.** Food is prepared in the kitchen and arranged in serving pans for guests to serve themselves or to be served by service personnel. Appetizers, soups, and salads may be served at guests' tables prior to going through the buffet.

**English.** Platters of food are placed in front of the host or hostess who places the food on individual plates. Whole pieces of food may be cut by the host or hostess. A waiter generally receives the filled plates and delivers them to the guests.

**Family Service.** Food is placed in bowls and platters on each table. Guests serve themselves.

**French.** Food is partially prepared in the kitchen and finished in the dining room in view of the guests. A variation of the French style is to carve or serve fully cooked food from a cart at table side.

**Russian.** Individual portions of food are transferred by a waiter from a platter to the guest's plate.

## WINE AND BAR SERVICE

Alcoholic beverages are often a part of special-event menus. Following are some basic guidelines for pairing wine with food and for setting up a bar.

### Wine and Food Pairings

No hard and fast rules exist for selecting wines to serve with various foods. Generally accepted practice and the personal taste and experience of the client should be considered when selecting wines. Table 17.1 provides guidelines for pairing food with some commonly requested wines. Table 17.2 gives the amount of wine in different-size bottles.

**TABLE 17.1 Wine and food pairing guide**

|                                      |  | <i>Appetizers<br/>(light)</i> | <i>Cheese<br/>(mild)</i> | <i>Cheese<br/>(strong)</i> | <i>Pasta<br/>(light)</i> |
|--------------------------------------|--|-------------------------------|--------------------------|----------------------------|--------------------------|
| <b>WHITE WINES (DRY)</b>             | Chablis (light bodied)                                 | X                             | X                        |                            | X                        |
|                                      | Sauvignon Blanc (medium bodied)                        | X                             | X                        |                            | X                        |
|                                      | Fume Blanc (medium bodied)                             |                               | X                        |                            | X                        |
|                                      | Pinot Blanc (medium bodied)                            |                               | X                        |                            |                          |
|                                      | Chardonnay (full bodied)                               |                               | X                        | X                          |                          |
| <b>WHITE WINES (SLIGHTLY SWEET)</b>  | Johannisberg Riesling (light bodied)                   | X                             |                          |                            |                          |
|                                      | Gewürztraminer (light bodied)                          | X                             | X                        |                            |                          |
|                                      | Chenin Blanc (medium bodied)                           | X                             | X                        |                            | X                        |
|                                      | Liebfraumilch (medium bodied)                          | X                             | X                        |                            |                          |
| <b>WHITE WINES (SWEET)</b>           | Sauternes (medium bodied)                              |                               |                          | X                          |                          |
| <b>RED WINES</b>                     | Gamay-Beaujolais (light bodied)                        | X                             | X                        |                            | X                        |
|                                      | Pinot Noir (medium bodied)                             |                               | X                        |                            |                          |
|                                      | Merlot (medium bodied)                                 |                               | X                        | X                          |                          |
|                                      | Zinfandel (medium bodied)                              |                               |                          | X                          |                          |
|                                      | Cabernet Sauvignon (full bodied)                       |                               |                          | X                          |                          |
| <b>ROSE WINES</b>                    | White Zinfandel and other “blush” wines (light bodied) | X                             | X                        |                            | X                        |
| <b>SPARKLING WINES AND CHAMPAGNE</b> | Brut   | X                             |                          |                            |                          |
|                                      | Asti Spumante  |                               |                          |                            |                          |
| <b>FORTIFIED DESSERT WINES</b>       | Port   |                               | X                        |                            |                          |
|                                      | Sherry   | X<br>(before dinner)          |                          |                            |                          |

TABLE 17.1 continued

| <i>Pasta<br/>(robust)</i> | <i>Beef</i> | <i>Lamb</i> | <i>Pork/<br/>Veal</i> | <i>Ham</i> | <i>Poultry</i> | <i>Seafood<br/>(heavy<br/>sauce)</i> | <i>Seafood<br/>(light or<br/>no sauce)</i> | <i>Fruits/<br/>Desserts</i> |
|---------------------------|-------------|-------------|-----------------------|------------|----------------|--------------------------------------|--|-----------------------------|
|                           |             |             | X                     |            | X              |                                      | X  |                             |
|                           |             |             | X                     | X          | X              |                                      | X  |                             |
|                           |             |             | X                     |            | X              |                                      | X  |                             |
| X                         |             |             | X                     | X          | X              | X                                    | X  |                             |
| X                         |             | X           | X                     |            | X              | X                                    |  |                             |
|                           | X           |             | X                     | X          | X              |                                      | X  | X                           |
|                           |             |             |                       |            | X              |                                      |  |                             |
|                           |             |             | X                     | X          | X              |                                      | X  |                             |
|                           |             |             | X                     | X          | X              |                                      | X  |                             |
|                           |             |             |                       |            |                |                                      |  | X                           |
|                           | X           |             | X                     | X          | X              |                                      | X  | X                           |
| X                         | X           | X           | X                     | X          | X              | X                                    |  |                             |
|                           | X           |             |                       |            |                |                                      |  |                             |
| X                         | X           | X           | X                     |            | X              |                                      |  |                             |
|                           | X           |             |                       |            |                |                                      |  |                             |
|                           |             |             | X                     | X          | X              | X                                    | X  | X                           |
|                           |             |             |                       |            |                |                                      |  | X                           |
|                           |             |             |                       |            |                |                                      |  | X (fruits)                  |
|                           |             |             |                       |            |                |                                      |  | X                           |
|                           |             |             |                       |            |                |                                      |  | X<br>(after<br>dinner)      |

**Note** • Serving temperatures: dry whites and roses, 44°–54°F; light-bodied reds, 50°–55°F; medium-bodied to full-bodied reds, 55°–65°F; sweet wines, 41°–47°F; sweet fortified wines (port), room temperature; sparkling wines, 41°–47°F.

**TABLE 17.2** Wine purchasing guide

| Size                       | Volume (ounces) | Servings per container <sup>a</sup> |          |
|----------------------------|-----------------|-------------------------------------|----------|
|                            |                 | Dinner                              | Cocktail |
| 187.5 milliliters (split)  | 6.35            | 2                                   | 2–3      |
| 375 milliliters (half)     | 12.7            | 4                                   | 4–6      |
| 750 milliliters (standard) | 25.4            | 8                                   | 8–12     |
| 1 liter                    | 33.8            | 11                                  | 12–14    |
| 1.5 liters (magnum)        | 50.7            | 16                                  | 20–25    |
| 3 liters                   | 101.4           | 32                                  | 40–50    |
| 4 liters                   | 135.2           | 43                                  | 52–64    |

<sup>a</sup> Number of servings per container is based on dinner portion size 3–3½ oz, cocktail portion size 2–2½ oz. If larger glasses are used, adjustment in the servings per container will need to be made.

**TABLE 17.3** Guidelines for stocking a bar

| Item                           | Approximate stocking quantities for 50 people <sup>a</sup> | Item                        | Approximate stocking quantities for 50 people <sup>a</sup> |
|--------------------------------|--|-----------------------------|--|
| <b>LIQUOR</b>                  |  | <b>MIXERS</b>               |  |
| Beer, regular                  | 18 cans  | Cola                        | 12 cans  |
| Beer, light                    | 36 cans  | Diet cola                   | 12 cans  |
| Beer, nonalcoholic             | 3 cans   | Non-cola, clear             | 6 cans   |
| Bourbon                        | ½ bottle   | Diet non-cola, clear        | 3 cans   |
| Gin                            | 1 bottle   | Club soda                   | 3 liters   |
| Rum                            | ½ bottle   | Gingerale                   | 3 liters   |
| Scotch                         | ½ bottle   | Tonic                       | 6 liters   |
| Vermouth, dry                  | 1 partial bottle   | Blood mary mix <sup>b</sup> | 2 quarts   |
| Vermouth, sweet                | 1 partial bottle   | Orange juice                | 1 gallon   |
| Vodka <sup>b</sup>             | ½ bottle   | Cranberry juice             | 1 quart  |
| Whiskey                        | ½ bottle   | Grapefruit juice            | 1 quart  |
| Wine, white (chardonnay)       | 3 bottles  | <b>GARNISHES</b>            |  |
| Wine, blush (white zinfandel)  | 1–2 bottles  | Celery sticks               |  |
| Wine, red (cabernet sauvignon) | 1–2 bottles  | Cherries with stems         | 8 ounces   |
|                                |  | Lemons                      | 5  |
|                                |  | Limes                       | 3  |
|                                |  | Oranges                     | 3  |
|                                |  | Stuffed green olives        | 6 ounces   |

<sup>a</sup> Quantities are generous. For bars located close to replenishment stock, the recommended quantity can be reduced.

<sup>b</sup> For morning events increase the vodka and bloody mary mix and the orange juice.

Champagne, sparkling wine, or fruit schnapps may be added for events such as receptions and weddings.

*Note:* For each guest estimate one mixed drink, one beer, or two glasses of wine per hour. For guests not drinking alcoholic beverages, have available three or four cans of soda or sparkling water. Plan 10 oz mixer, two to three glasses, and 1 lb ice per person.

## Bar Service

Bars should be stationed so guests see them upon arrival. The location should be away from the dining area and buffet.

The number of bars and bartenders should be based on the number of guests. A general guideline is one bar per every 100 people with no more than two bartenders per bar. For 50 people, one bartender is usually adequate. The volume expected and type of beverages served should be consid-

ered when deciding when to add additional bars or bartenders.

The kind of liquor and amount of bar stock depends on the type and length of function and the guests being served. Table 17.3 provides general guidelines for stocking a bar. Glassware should be appropriate for the beverages being served.

State and local laws regarding alcohol service must be followed. Know the laws and educate employees about the laws before serving alcohol.

## APPENDIX A

# Suggested Menu Items

### APPETIZERS

See p. 73.

### ENTREES

#### Meat

##### Beef

Roast  
Chuck  
Corned beef  
Pot roast  
Rib eye  
Standing rib  
Sauerbraten  
Smoked beef brisket  
Steak  
Broiled or grilled  
Club  
Filet mignon  
Sirloin  
T-Bone  
Chicken-fried steak  
Country-fried steak  
Pepper steak  
Spanish steak  
Steak teriyaki  
Ground beef  
Bacon-wrapped beef  
Cheeseburger pie  
Chuck wagon steak  
Salisbury steak  
Meat loaf  
Meatballs  
Italian  
Swedish  
Spanish  
With spaghetti

Beef with pasta or rice  
Beef on noodles  
Beef, pork, and noodle  
casserole  
Beef stroganoff on  
noodles  
Chipped beef and  
noodles  
Chop suey on rice  
Creole spaghetti  
Hungarian goulash  
Pasta, beef, and tomato  
casserole  
Spaghetti and meat-  
balls  
Spanish rice  
Other beef entrees  
Beef birds  
Beef liver, braised  
Grilled with onions  
With bacon  
Beef pot pie  
Beef stew  
With vegetables  
With biscuits  
Chili con carne  
Creamed beef on  
biscuits or baked  
potato  
Creamed chipped beef  
on toast or baked  
potato  
Fajitas

Green chili stew  
Kabobs  
Lasagna  
Pizza  
Stir-fried beef  
With broccoli  
With sugar snap peas  
Stuffed peppers  
Taco salad casserole

##### Veal

Veal birds  
Veal cacciatore  
Breaded veal cutlets  
Veal New Orleans  
Veal Parmesan  
Veal piccata  
Veal scallopine

##### Lamb

Roast leg of lamb  
Broiled lamb chops  
Lamb stew  
Curried lamb with rice

##### Pork

Pork chops  
Breaded  
Baked  
Barbecued  
Chili seasoned  
Deviled

With dressing  
Stuffed  
Pork cutlets, breaded  
Pork roast, loin  
Garlic and peppercorn  
Herbed  
Jeweled  
Teriyaki glazed  
With dressing  
Pork roast, fresh ham  
Spareribs  
Barbecued  
Sweet-sour  
With dressing  
With sauerkraut  
Other pork entrees  
Stir-fried pork  
Sweet and sour pork  
Pork and noodle  
casserole  
Pork (cured)  
Bacon  
Frankfurters  
Barbecued  
Cheese-stuffed  
Ham  
Baked glazed  
Grilled slices  
Ham balls  
Ham loaf  
Ham patties  
With cranberries

With pineapple  
Creamed ham on  
spoonbread or  
biscuits  
Plantation shortcake  
Black beans and ham  
on rice  
Ham and cheese  
quiche  
Scalloped potatoes  
and ham  
Sausage  
Gravy on biscuits  
Patties or links  
With acorn squash  
And egg bake  
Rolls  
Scrapple

## Poultry

### *Chicken (quarters or pieces)*

Barbecued  
Cantonese  
Cacciatore  
Fricassee  
Fried  
Deep-fat  
Oven-fried  
Pan-fried  
Herb baked  
Italian baked  
Parmesan  
Poached  
Stewed  
With dumplings  
Tahitian

### *Chicken Breast (grilled or broiled)*

Cheese-stuffed  
With tomato basil sauce  
Curried  
Dijon  
Herb marinated  
Sesame mustard  
Tarragon  
With tomato sauce

### *Chicken (using diced meat)*

Brunswick stew  
Chicken à la king or  
creamed  
On biscuits  
On chow mein noodles  
On spoonbread

In patty shell  
Chicken crepes  
Chicken pot pie  
Chow mein  
Hot chicken salad  
Chicken and noodles  
Chicken rice casserole  
Chicken and snow peas  
on rice  
Chicken tetrazzini  
Chicken and vegetable  
stir-fry  
Scalloped chicken  
Singapore curry  
Spaghetti with chicken  
sauce  
Sweet-sour chicken  
Szechwan chicken  
Cornish game hens,  
orange glazed

### *Turkey*

Roast, with dressing  
Steaks, grilled  
Lime tarragon  
Scalloped turkey  
Turkey à la king  
Turkey with  
dumplings  
Turkey tetrazzini

## Fish and Shellfish

### *Fin Fish*

Fillets  
Baked  
Breaded  
Deep-fat fried  
Grilled  
Lemon baked  
Poached  
Fillet of sole amandine  
Herb marinated fish  
steak  
Lemon rice-stuffed cod  
Salmon  
Baked (whole)  
Loaf  
Poached  
Scalloped  
Scallops  
Tuna  
À la king  
And noodles  
Broiled  
Scalloped

### *Shellfish*

Deviled crab  
Scalloped oysters  
Caribbean shrimp  
Creole shrimp  
Oriental shrimp and  
pasta  
Pasta with clam sauce  
Pasta with shrimp sauce  
Seafood quiche  
Shrimp fried rice  
Shrimp Peel  
*See also* Entree Salads

## Meatless Entrees

### *Vegetable*

Black beans  
and couscous  
Cuban and rice  
and tortilla  
Broccoli and cheese  
casserole  
Broccoli and rice au gratin  
Cheese and broccoli strata  
Cheese pizza  
Mushroom soufflé  
Quiche  
Leek and roasted  
pepper  
Mushroom  
Spinach  
Vegetable  
Sicilian rice and  
vegetables  
Spinach cheese crepes  
Spinach lasagna  
Lasagna florentine  
Spinach soufflé  
Tofu, broccoli Szechwan  
and vegetables jambalaya  
stir-fry  
sweet-and-sour  
Vegetable chow mein  
Vegetable fajita  
Vegetable paella  
Vegetable timbale

### *Pasta, Rice, and Grains*

Baked ziti with four  
cheeses  
Barley and vegetable  
medley  
Curried rice, beans, and  
vegetable pilaf  
Garden pasta  
Ginger rice

Grains and beans  
Jalapeño rice  
Macaroni and cheese  
Orzo pilaf  
Pasta primavera  
Pasta with vegetable sauce  
Polenta  
Quesadillas  
Red beans and rice  
Roasted portabella  
mushroom on orzo  
pilaf  
Roasted vegetables

### *Cheese and Eggs*

Cheese balls on  
pineapple slice  
Cheese and broccoli strata  
Cheese soufflé  
With cheese sauce  
With mushroom sauce  
Eggs à la king  
Frittata  
Goldenrod eggs  
Hot stuffed eggs  
Nachos  
Omelet  
Baked  
Chinese  
Mushroom and cheese  
Spanish  
Quesadillas  
Quiche  
Scotch woodcock  
Risotto  
Swiss broccoli pasta  
Tomato cilantro rice  
Vegetarian spaghetti

## Sandwich Entrees

### *Cold Sandwiches*

Bacon, lettuce, tomato  
Cheese salad  
Chicken pocket  
Chicken salad  
Club sandwich  
Egg salad  
Ham  
With cheese  
Ham salad  
Pork loin  
Sliced turkey  
Submarine  
Tuna salad  
Turkey club hoagy

**Hot Sandwiches**

Bacon and tomato on bun  
 With cheese sauce  
 Beef  
 Barbecued  
 French dip  
 Roast beef  
 Bierocks  
 Chicken cutlet  
 Chili dog  
 Chimichangas  
 Crab salad  
 Croissant with sautéed  
 garden vegetables  
 Fajitas  
 Grilled sandwiches  
 Cheese  
 Corned beef and Swiss  
 on rye  
 Ham and cheese

Hamburgers  
 Barbecued  
 With cheese  
 Hot meat and cheese  
 Hot tuna grill  
 Meat loaf  
 Nacho dog  
 Patty melt  
 Quesadillas  
 Roast pork  
 Tacos  
 Tuna melt  
 Turkey, hot  
 And Swiss on whole  
 wheat  
 Western

**Salad Entrees**

Chef's salad bowl  
 Seafood chef salad

Chicken or turkey salad  
 Crunchy  
 Curried  
 Fruited  
 Mandarin  
 And bacon  
 With orange-avocado  
 Chicken and pasta salad  
 Cottage cheese salad  
 Crab salad  
 Pasta salad  
 Italian pasta salad  
 Pasta and crab salad  
 Salad plates  
 Chicken and pasta salad  
 plate  
 Deli plate  
 Fruit salad plate  
 Marinated chicken and  
 fresh fruit

Salmon, poached  
 Shrimp tortellini salad  
 plate  
 Tuna pasta salad plate  
 Shrimp salad  
 Rice  
 Tortellini  
 Stuffed tomato salad  
 Taco salad  
 Tomato cottage cheese  
 salad  
 Tuna salad

**ENTREE ACCOMPANIMENTS**

**Pasta, Rice,  
 and Cereals**

Baked cheese grits  
 Barley casserole  
 Broccoli and cheese  
 casserole  
 Broccoli rice au gratin  
 Couscous  
 Fettuccine  
 With pesto sauce  
 Grilled vinaigrette  
 Herbed  
 Noodles  
 Buttered  
 Romanoff  
 Orzo  
 Lemon  
 Pilaf  
 Pasta wheels with  
 vegetables  
 Penne with garlic  
 Polenta  
 Quinoa pilaf  
 Rice  
 With black-eyed peas  
 Buttered  
 Curried  
 Fried  
 With almonds

Ginger rice stir-fry  
 Green  
 Mexican  
 Pilaf  
 Primavera  
 Risotto  
 Silician with vegetables  
 Toasted herb  
 Tomato  
 See also Meatless Entrees

**Potatoes**

**White Potatoes**

Au gratin  
 Baked  
 With toppings  
 French  
 Herbed  
 Lyonnaise  
 Stuffed  
 Creamed  
 Croquettes  
 Duchess  
 Fried  
 French fried  
 Hashed brown  
 Lyonnaise  
 Mashed  
 New potatoes

Buttered  
 Creamed  
 Creamed with peas  
 Lemon seasoned  
 In mustard  
 Paprika seasoned  
 Parmesan  
 Roasted  
 O'Brien  
 Oven-browned  
 Potato pancakes  
 With applesauce  
 Potato salad, hot or cold  
 Rissole  
 Romanoff  
 Rosettes  
 Scalloped  
 With onion  
 Shoestring  
 Sour cream

**Sweet Potatoes**

Baked  
 Candied or glazed  
 With almonds  
 With apples  
 Mashed  
 Soufflé

**Starchy Vegetables**

**Corn**

On the cob  
 Creamed  
 O'Brien  
 Pudding  
 Scalloped  
 Succotash

**Beans**

Baked beans  
 Bean ragout  
 Black beans and couscous  
 Grains and beans  
 Lima beans  
 Baked  
 Seasoned  
 Ranch style beans  
 Red beans and rice  
 Spicy black beans

**Squash**

Baked acorn  
 Mashed butternut or  
 hubbard  
 With apples  
 Seasoned spaghetti  
 squash

## VEGETABLES

### Green Vegetables

#### *Asparagus*

Seasoned  
Creamed  
With cheese or  
hollandaise sauce  
Vinaigrette

#### *Broccoli*

Seasoned  
With almonds  
With crumb butter  
With lemon butter  
With cheese sauce  
With hollandaise sauce

#### *Brussels Sprouts*

Seasoned

#### *Cabbage*

Seasoned  
Au gratin  
Hot slaw  
Polonaise  
Scalloped

#### *Celery*

Seasoned  
Creamed with almonds  
Creole  
With carrots amandine

#### *Green Beans*

Seasoned  
With almonds  
With dill  
With mushrooms

Casserole  
Creole  
Herbed  
Southern style  
Spanish

#### *Peas*

Seasoned  
With almonds  
With lemon-mint butter  
With mushrooms  
With carrots  
With cauliflower  
With new potatoes  
With pearl onions  
With turnips

#### *Spinach*

Seasoned  
With egg or bacon  
Creamed  
Soufflé  
Wilted

#### *Zucchini*

Seasoned  
Casserole  
With tomato

### Other Vegetables

#### *Beets*

Seasoned  
Julienne  
Harvard  
Hot spiced  
With orange sauce  
In sour cream  
Pickled

#### *Carrots*

Seasoned  
With parsley  
Candied or glazed  
Mint glazed  
Lyonnaise  
Marinated  
Savory  
Sweet-sour  
With celery  
With peas

#### *Cauliflower*

Seasoned  
With almonds  
Creamed  
French fried  
With cheese sauce  
With peas

#### *Eggplant*

Baked  
Creole  
French fried  
Parmesan  
Ratatouille  
Sautéed  
Tomato bake

#### *Mushrooms*

Broiled  
French fried  
Marinated  
Sautéed

#### *Onions*

Seasoned  
Au gratin

Baked  
Casserole  
Creamed  
French fried

#### *Parsnips*

Seasoned  
Browned  
Glazed  
With carrots

#### *Rutabagas*

Seasoned  
Mashed  
With potatoes

#### *Summer Squash*

Seasoned  
With zucchini

#### *Tomatoes*

Baked  
Broiled  
Herb Roasted  
Stewed  
Stuffed  
With mushrooms  
With spinach

#### *Turnips*

Seasoned  
Mashed  
With peas  
See p. 678 for suggested  
combinations for stir-  
fried vegetables.

## SALADS AND RELISHES

### Vegetable Salads

Salad bar  
Mixed green  
Tossed vegetable  
Tossed greens and fruit  
Hawaiian tossed  
Marinated garden salad  
Vegetable collage

#### *Asparagus*

Marinated

#### *Beans*

Brown bean  
Garbanzo bean  
With pasta  
Triple bean

Cauliflower bean  
Oriental bean

#### *Cabbage*

Cole slaw  
Creamy cole slaw  
Green pepper slaw

#### *Carrots*

Carrifruit  
Carrot celery  
Carrot raisin  
Marinated carrots

#### *Cauliflower*

Cauliflower-broccoli  
Creamy cauliflower

**Cucumbers**

Sliced cucumbers and onions  
Sliced cucumbers and tomatoes  
German cucumbers

**Green Beans**

Marinated green beans

**Potatoes**

Potato salad  
Sour cream potato salad  
Hot potato salad

**Spinach**

Spinach-cheese  
Spinach-mushroom

**Tomatoes**

Marinated  
Sliced  
Sliced with cucumbers  
Tomato Basil

**Fruit Salads**

Acini de pepe  
Ambrosia fruit

Waldorf  
Apple-cabbage  
Apple-carrot  
Spiced apple  
Grapefruit orange  
With apple  
With avocado  
Frozen fruit  
Tossed greens with fruit

**Gelatin Salads**

Perfection  
Tomato aspic  
Applesauce  
Apple cinnamon swirl  
Arabian peach  
Autumn salad  
Blueberry  
Boysenberry mold  
Cranberry apple  
Cranberry mold  
Cucumber soufflé  
Frosted cherry  
Frosted lime  
Jellied Waldorf  
Lemon cream  
Pineapple cheese  
Ribbon gelatin

Sunshine  
Swedish green top  
Under-the-sea

**Pasta and Rice Salads**

Garbanzo and pasta  
Dilled rice  
Macaroni  
Italian pasta  
*See also* Salad Entrees

**Relishes****Fruit**

Buttered apples  
Cantaloupe or watermelon chunks  
Cranberry relish  
Cranberry sauce  
Baked  
Grapes, green or red  
Pineapple, broiled  
Spears  
Salsa  
Spiced fruit  
Apples  
Crabapples

Pears  
Peaches

**Vegetables**

Broccoli florets  
Carrot curls or sticks  
Marinated carrots  
Cauliflower florets  
Celery sticks  
Stuffed celery  
Cherry tomatoes  
Green pepper rings or sticks  
Marinated mushrooms  
Radishes  
Tomato slices or wedges  
Turnip sticks or slices  
Zucchini sticks or slices

**Miscellaneous**

Cucumber and Melon Salsa  
Olives, green, ripe, stuffed  
Pickles  
Beet  
Corn relish  
Dill  
Sweet  
Watermelon

**SOUPS****Stock soups**

Beef alphabet  
Beef barley  
Beef noodle  
Beef rice  
Creole beef  
French onion  
Hearty beef vegetable  
Mexican beef  
Minestrone  
Vegetable beef  
Julienne  
Vegetable  
Brunswick stew  
Chicken bouillon  
Chicken gumbo  
Chicken noodle  
Chicken rice

Chicken with spaetzle  
Pepper pot  
Turkey vegetable  
Tomato barley  
Tomato bouillon  
Tomato rice  
Manhattan clam or fish chowder

**Cream Soups**

Broccoli cheese soup  
Cheese soup  
Chicken velvet  
Cream of:  
Asparagus  
Broccoli  
Cauliflower  
Celery

Chicken  
Mushroom  
Mushroom barley  
Potato  
Potato and roasted pepper  
Spinach  
Tomato  
Vegetable

**Chowders**

Clam (New England)  
Corn  
Fish  
Potato  
Vegetable  
Oyster stew

**Bean and Lentil Soups**

Black bean  
Navy bean  
Chili con carne  
Chili spaghetti  
Garden chili  
White chili  
Lentil soup  
Lentil and black bean  
Split pea soup

**Chilled Soups**

Gazpacho  
Vichyssoise

## DESSERTS

### Cakes

Angel food  
 Chocolate  
 Frozen filled  
 Yellow  
 Chiffon  
 Cocoa  
 Orange  
 Walnut  
 Cupcakes  
 White, with variations  
 Yellow, with variations  
 Applesauce  
 Banana  
 Boston cream pie  
 Burnt sugar  
 Carrot  
 Chocolate  
 Coconut lime  
 Dutch apple  
 Fruit cake  
 Fudge  
 German chocolate  
 Lady Baltimore  
 Lazy daisy  
 Marble  
 Pineapple cashew  
 Pineapple upside-down  
 Poppy seed  
 Pound cake  
 Praline  
 Pumpkin  
 Jelly roll  
 Chocolate roll  
 Ice cream roll  
 Pumpkin cake roll  
 Gingerbread

### Cookies

#### Drop Cookies

Butterscotch  
 Butterscotch pecan  
 Chocolate  
 Coconut macaroons  
 Chocolate chip  
 Gingersnaps  
 Jumbo chunk chocolate  
 Molasses  
 Oatmeal

Peanut butter  
 Peanut butter chocolate  
 chip  
 Peanut  
 Snickerdoodles  
 Sugar  
 Whole wheat sugar

#### Bar Cookies

Brownies  
 Butterscotch squares  
 Coconut pecan bars  
 Date bars  
 Dreamland bars  
 Oatmeal date bars  
 Marshmallow krispie  
 squares

#### Pressed, Molded, and Rolled Cookies

Butterscotch refrigerator  
 cookies  
 Butter tea cookies  
 Chocolate tea cookies  
 Christmas wreath cookies  
 Coconut cookies  
 Crisp ginger cookies  
 Filled cookies  
 Frosty date balls  
 Oatmeal crispies  
 Pinwheel cookies  
 Rolled sugar cookies  
 Sandies  
 Thimble cookies

### Pies

#### Fruit Pies

Apple  
 Crumb  
 Sour cream  
 Apricot  
 Berry  
 Cherry  
 Gooseberry  
 Peach  
 Pineapple  
 Raisin  
 Rhubarb  
 Custard

#### Soft Pies

Chiffon  
 Chocolate  
 Lemon  
 Strawberry  
 Cream  
 Banana  
 Butterscotch  
 Chocolate  
 Coconut  
 Date  
 Fruit-glazed  
 Nut cream  
 Pineapple  
 Custard  
 Coconut  
 Frozen mocha almond  
 Ice cream  
 Lemon  
 Pumpkin  
 Praline  
 Pecan  
 Cream cheese

### Frozen Desserts

#### Sundaes and Parfaits

Caramel sundae  
 Hot fudge sundae  
 Peanut butter sundae  
 Strawberry sundae  
 Chocolate parfait  
 Strawberry parfait

#### Ice Cream

Butter brickle  
 Chocolate  
 Chocolate chip  
 Chocolate almond  
 Coffee  
 Lemon custard  
 Peach  
 Pecan  
 Peppermint  
 Pistachio  
 Strawberry  
 Toffee  
 Vanilla  
 Frozen yogurt

#### Sherbet

Cranberry  
 Lemon  
 Lime  
 Orange  
 Pineapple  
 Raspberry

### Puddings and Other Desserts

Cream puddings  
 Banana  
 Butterscotch  
 Chocolate  
 Coconut  
 Pineapple  
 Tapioca  
 Vanilla  
 Custard, baked  
 Caramel  
 Rice  
 Bread pudding  
 Floating island  
 Baked date pudding  
 Lemon cake pudding  
 Christmas pudding  
 (steamed)  
 Cream puffs  
 Eclairs  
 Ice cream puff  
 Orange cream puffs with  
 chocolate filling  
 Baked apples  
 Apple dumplings  
 Apple crisp  
 Fruit crisp  
 Fruit cobbler  
 Apple  
 Apricot  
 Cherry  
 Peach  
 Plum  
 Fruit and cheese  
 Strawberry shortcake  
 Bavarian creams  
 Apricot  
 Pineapple  
 Strawberry  
 Russian cream  
 Cheese cake  
 With fruit glaze

## GARNISHES

### Yellow-Orange

#### *Cheese and Eggs*

Cheese, grated, strips  
Egg, hard-cooked or sections  
Deviled egg halves  
Riced egg yolk

#### *Fruit*

Apricot halves  
Cantaloupe balls  
Lemon wedges, slices  
Orange section, slices  
Peach slices  
Peach halves with jelly  
Spiced peaches

#### *Vegetables*

Carrots, rings, shredded, strips  
Banana peppers

#### *Sweets*

Peanut brittle, crushed  
Sugar, yellow or orange

#### *Miscellaneous*

Coconut, tinted

#### *Flowers*

Carnations  
Daisies  
Dandelion  
Day lilies  
Nasturtium  
Pansies  
Rose petals  
Snapdragons  
Squashblossoms

### Red/Pink

#### *Fruit*

Cherries  
Cinnamon apples  
Cranberries  
Plums  
Pomegranate seeds  
Red raspberries

Marachino cherries  
Strawberries  
Watermelon cubes, balls

#### *Vegetables*

Beets, pickled, julienne  
Beet relish  
Red cabbage  
Red peppers, rings, strips, shredded  
Pimiento, chopped, strips  
Red radishes, sliced, roses  
Cherry tomatoes  
Tomato wedges, slices, broiled

#### *Sweets*

Red jelly: currant, cherry, loganberry, raspberry  
Red sugar

#### *Miscellaneous*

Paprika  
Tinted coconut  
Stuffed olives  
Cinnamon drops (red hots)

#### *Flowers*

Carnations, mini  
Geranium  
Rose petals  
Nasturtiums

### Green

#### *Fruit*

Avocado  
Frosted grapes  
Green plums  
Honeydew melon  
Kiwi fruit  
Lime slices or wedges  
Maraschino cherries  
Mint jelly

#### *Vegetables*

Broccoli florets  
Celery

Endive  
Green pepper strips, chopped  
Green onions  
Lettuce cups  
Lettuce, shredded  
Mint leaves  
Nasturtium leaves  
Parsley, sprig, chopped  
Spinach leaves  
Watercress  
Zucchini sticks, slices

#### *Miscellaneous*

Capers  
Coconut, tinted  
Olives  
Pickles, burr gherkins, strips, fans, rings  
Sunflower seeds  
Pistachios

### White

#### *Fruit*

Apple rings  
Grapefruit sections

#### *Vegetables*

Cauliflower florets  
Celery cabbage  
Celery curls, hearts, strips  
Cucumber rings, strips, wedges, cups  
Mashed potato rosettes  
Onion rings  
Onions, pickled  
White radishes

#### *Miscellaneous*

Almonds  
Popcorn  
Sliced hard-cooked egg white  
Parmesan cheese  
Shredded coconut  
Marshmallows  
Powdered sugar  
Whipped cream

#### *Flowers*

Carnations  
Daisies  
Geranium  
Lilacs  
Pansies  
Rose petals  
Snapdragons  
Violets

### Brown/Tan

#### *Breads*

Croustades  
Croutons

#### *Miscellaneous*

Chocolate, shredded or shaved  
Cinnamon  
Dates  
French-fried cauliflower  
Mushrooms  
Nutmeats  
Nut-covered cheese balls  
Potato chips  
Toasted coconut

#### *Flowers*

Pansies

### Black

Caviar  
Prunes  
Spiced prunes  
Raisins, currants  
Ripe olives  
Rye croutons  
Truffles

### Blue/Purple

Bachelor Buttons  
Chive flowers  
Chrysanthemum  
Geraniums  
Pansies  
Lavender  
Lilacs  
Violets

## EDIBLE FLOWERS

Edible flowers may be stored in a little cold water for 1–2 days. Dry with paper towel before using.

If using flowers other than those listed, make sure they are not poisonous. Call the local extension office for information.

If edible flowers are used as an ingredient rather than a garnish, sample the flowers first to make sure they compliment the other foods used. See p. 732 for the taste of edible flowers.

## APPENDIX B

# Use of Herbs and Spices in Cooking

| <i>Herb or spice (dry)</i>    | <i>Equivalents<br/>(tsp per oz)<br/>(approx.)</i> | <i>Description</i>   |
|-------------------------------|---|--|
| Allspice, ground              | 15  | Flavor resembling blend of cloves, cinnamon, and nutmeg.   |
| Anise seed                    | 15  | Warm licoricelike and mildly fennel-like taste.  |
| Basil leaves                  | 40  | Anise, clove, and mintlike. Blends well with oregano, parsley, rosemary, thyme, sage, and saffron.                                 |
| Bay leaf, crumbled            | 47  | Also known as <i>laurel</i> . Strong distinctive flavor.   |
| whole                         | 136 (leaves)                                      |  |
| Caraway seed                  | 13  | Dill and aniselike flavor.   |
| Cardamom, ground              | 19  | Pungent, lemony flavor. Essential to Indian cookery.   |
| Cayenne (red) pepper          | 16  | Hot, Also known as <i>red pepper</i> .   |
| Celery seeds                  | 15  | Slightly bitter with a celerylike flavor.  |
| Chervil leaves                | 90  | Delicate flavor of parsley and mild anise.   |
| Chili powder                  | 12  | Distinctive flavor in Mexican cookery.   |
| Snipped chives (freeze-dried) | 140   | Mild onion and garlic flavor.  |
| Cilantro leaves               | 45  | Assertive sage-citrus flavor. Use sparingly.   |
| Cinnamon, ground              | 20  | Distinctive flavor in baked goods. Essential ingredient in <i>curry</i> spice blends, <i>Chinese five-spice powder</i> .           |
| Cloves, ground                | 16 (ground)<br>17 (whole)                         | Strong aromatic spice. Commonly found in spice mixtures including <i>curry</i> and <i>bouquet garni</i> .                          |
| Coriander, ground             | 20  | Citruslike aroma and mild mint flavor. An essential ingredient in <i>curry</i> , <i>garam masala</i> , and <i>pickling spice</i> . |
| Cumin                         | 17 (ground)<br>13 (seed)                          | Potent spicy flavor that tends to dominate food.   |
| Curry Powder                  | 14  | Used in Mexican, North African, and Indian dishes. Use sparingly.  |
| Dill                          | 13 (seed)<br>28 (weed)                            | Distinctive flavor in Indian cuisine.  |
| Fennel, seed                  | 14  | Mild licorice flavor. Common in Italian and Swedish cookery.   |
| Ginger, ground                | 15  | Spicy and pungent.   |
| Mace                          | 15  | The lacy covering of the nutmeg seed. Flavor more delicate than nutmeg.  |
| Majoram                       | 20 (ground)<br>57 (leaves)                        | Subtly minty and sweet, similar to oregano.  |
| Mint                          | 50  | Essential in Italian cooking.  |
| Mustard                       | 9 (seed)<br>16 (ground)                           | Popular in Middle Eastern cooking.   |
| Nutmeg                        | 14  | Pungent and slightly bitter.   |
| Oregano                       | 18 (ground)<br>45 (leaf)                          | Warm and spicy. Blends well with mace, cardamom, cinnamon, cloves, and ginger.   |
| Paprika                       | 14  | Minty and sweet. Similar but stronger than oregano.  |
| Parsley flakes                | 14  | Sweet capsicum flavor.   |
| Pepper, black                 | 95  | Mild, sweet in flavor.   |
|                               | 15  |  |

|                   |                             |   |
|-------------------|-----------------------------|---|
| Pepper, red       | 14 (ground)<br>16 (crushed) | Used to season Mexican dishes. Add in small quantities.   |
| Pepper, white     | 13                          | Comes from the same pod as black pepper but the outer shell is removed. Milder, more delicate flavor than black pepper. |
| Pickling spice    | 15                          | Spice mixture.  |
| Poppy seed        | 11                          | Sweet-nut flavor. Best if toasted before use.   |
| Poultry seasoning | 14                          | Herb and spice mixture.   |
| Pumpkin pie spice | 16                          | Spice mixture.  |
| Rosemary          | 30 (leaves)                 | Spicy, strong, pinelike. Use sparingly.   |
| Saffron           | 40                          | Expensive spice used to impart a golden color and distinctive flavor to foods. Often used in Spanish rice dishes.       |
| Sage, rubbed      | 23                          | Strong flavored with a camphorlike taste. Blends well with rosemary, thyme, parsley, oregano, and bay leaf.             |
| Savory            | 20                          | Slightly peppery, sharp and clovelike. Use sparingly.   |
| Sesame seed       | 14                          | Distinctive flavor develops if toasted prior to use. Often used in Middle Eastern and Asian cooking.                    |
| Tarragon leaves   | 50                          | Spicy, aromatic, and sharp. Essential to French cooking.  |
| Thyme             | 20 (ground)<br>40 (leaves)  | Spicy and clovelike. Use sparingly.   |
| Tumeric           | 12                          | Used in small amounts to add a saffronlike color to foods. Used to flavor many African dishes.                          |

**Notes**

- Spices should be stored in cool (68°F) and dry (humidity 60% or less) environment. Cool storage (32°–45°F) is recommended for paprika, red pepper, chili powder, allspice, cloves, parsley flakes, dill, marjoram, and cumin. Generally, spices should not be held for longer than 3 months. All spices should be kept tightly closed and measured with dry utensils and away from steam.
- Spices and herbs can be creatively combined to enhance the flavor of foods. The art of skillfully adding the right amount of seasonings is basic to successful cookery. Both low-sodium and low-calorie foods can be made more interesting by the addition of spices and herbs.

**FRESH HERB USAGE*****Arugula (Roquette)***

eggs  
lamb  
pasta  
poultry  
salads  
soufflés  
soups

***Baby Dill***

butters  
dressings  
eggs  
fish  
meat  
poultry  
salads  
sauces  
soups  
vegetables

***Basil***

eggs  
fish  
meat

pesto  
pizza  
poultry  
rice  
salads  
spaghetti sauce  
tomatoes  
vegetables

***Bay Leaves***

marinades  
meats  
poultry  
sauces  
soups  
stew

***Chervil***

bread  
eggs  
fish  
poultry  
salads  
soups  
vegetables

***Chives***

butters  
cheese  
eggs  
fish  
meat  
potatoes  
poultry  
salads  
sauces  
soups  
vegetables

***Cilantro***

fish  
meat  
poultry  
salads  
salsa

***Epazote***

chilies  
corn  
pork  
squash

tomatoes

***Italian Parsley***

fish  
pasta  
potatoes  
poultry  
rice  
vegetables

***Lemongrass***

curries  
fish  
salsa  
soups  
vinaigrettes

***Marjoram***

fish  
meat  
omelettes  
pork  
poultry  
salads  
soups

**Mint**

curries  
fruit  
lamb  
potatoes  
poultry  
salads  
soups

**Opal Basil**

fish  
pesto  
poultry  
salads  
vegetables  
vinegars

**Oregano**

fish  
lamb  
meat  
pasta sauce

pizza  
poultry  
vegetables

**Rosemary**

bread  
lamb  
pizza  
pork sausages  
potatoes  
soup  
stews  
vegetables

**Sage**

bread  
pork  
poultry  
sausages  
stuffings  
vegetables

**Savory**

beans  
chowders  
fish  
meat  
pork  
potatoes  
poultry  
vegetables

**Sorrell**

eggs  
fish  
pork  
poultry  
salads  
soufflés  
soups

**Tarragon**

cheese  
eggs

meat  
poultry  
vegetables  
vinegars

**Thyme**

cheese  
chowders  
eggs  
fish  
meat  
potatoes  
poultry  
salads  
vegetables

**Upland Cress**

salads  
sandwiches  
soups

## REGIONAL FLAVORINGS

**African**

Anise  
Cinnamon  
Coriander  
Cumin  
Mint  
Saffron

**Chinese**

Anise  
Cinnamon  
Cloves  
Fennel  
Garlic  
Ginger  
Red Pepper  
Sesame  
Soy Sauce

**French**

Chives  
Fines herbs  
Garlic  
Marjoram  
Rosemary  
Shallots  
Tarragon  
Thyme

**German**

Caraway seed  
Dill seed  
Nutmeg  
Onion  
Paprika  
Rosemary

**Greek**

Bay leaf  
Cinnamon  
Fennel  
Garlic  
Lemon  
Mint  
Oregano

**Hungarian**

Caraway  
Cinnamon  
Dill  
Paprika  
Poppy seed

**Indian**

Anise  
Cardamom  
Celery seed  
Coriander

**Cumin**

Curry  
Garlic  
Ginger  
Nutmeg  
Red pepper

**Indonesian**

Caraway  
Cinnamon  
Cloves  
Curry  
Garlic  
Ginger  
Nutmeg  
Red pepper

**Italian**

Basil  
Fennel  
Garlic  
Marjoram  
Oregano  
Pepper  
Sage

**Mexican**

Achiote

Chile pepper  
Cilantro  
Coriander  
Cumin  
Garlic  
Lime  
Oregano  
Red pepper  
Sweet pepper

**Spanish**

Anise  
Bay leaf  
Cinnamon  
Cumin  
Garlic  
Paprika  
Parsley  
Saffron

**Swedish**

Allspice  
Bay leaf  
Dill  
Cardamom  
Cinnamon  
Mustard  
Nutmeg

## Herb and Spice Usage for Different Categories of Food

| <i>Spice</i>        | <i>Appetizers</i>                          | <i>Soups</i>                                     | <i>Meat</i>                                  | <i>Seafood</i>                            | <i>Poultry</i>                   | <i>Vegetables</i>                                     |
|---------------------|--|--|--|---|----------------------------------|---|
| <b>ALLSPICE</b>     | Steamed Shrimp, Liver Paté                 | Cream Soups, Split Pea, Oyster Bisque            | Ham, Pork, Gravy, Marinade, Spiced Beef      | Oyster Stew, Shellfish, Poached Fish      | Quail, Duck, Goose, Pheasant     | Squash, Sweet Potatoes, Carrots                       |
| <b>ANISE</b>        | Oysters Rockefeller                        | Fish Chowder, Chicken Soup                       | Veal, Hungarian Goulash, Beef Marinade       | Red Snapper, Lobster                      | Chicken, Duck, Quail             | Cabbage, Leeks  |
| <b>BASIL</b>        | Cheese, Seafood                            | Minestrone, Clam Chowder                         | Beef Stew, Lamb, Spareribs, Beef Marinade    | Lobster, Shrimp, Squid, Swordfish         | Chicken, Turkey Stuffing, Quiche | Sweet Peppers, Eggplant, Potatoes, Zucchini, Tomatoes |
| <b>BAY LEAF</b>     | Paté de Foie Gras                          | Onion, Bean, Vegetable, Lobster Bisque           | Beef Stew, Broth, Beef Marinade              | Seafood Stew, Poached Fish, Bouillabaisse | Chicken Pot Pie, Gravy, Marinade | Pickled Vegetables, Ratatouille, Green Beans          |
| <b>BLACK PEPPER</b> | Paté                                       | Gazpacho, Lentil, Minestrone                     | Steak, Hamburger, Gravy, Pork, Beef Marinade | Poached Fish, Marinade, Calamary          | Fried Chicken Batter, Duck       | All Vegetables  |
| <b>CARAWAY</b>      | Cheese Spreads, Muenster Cheese            | Borscht, Cream Soups                             | Pork, Meatloaf, Sauerbraten                  | Shrimp, Crab                              | Duck, Goose                      | Cabbage, Carrots, Potatoes, French Fries              |
| <b>CARDAMOM</b>     | Pickled Herring                            | Chicken Soup, Fish Soup                          | Lamb, Meatloaf, Hamburger                    | Trout, Mussels                            | Roast Chicken                    | Sweet Potatoes, Fried Eggplant                        |
| <b>CELERY SEED</b>  | Canapés, Cheese Dips, Shrimp Cocktail      | Chicken, Potato, Vegetable, Lentil, Fish Chowder | Beef Stew, Pot Roast, Ham, Grilled Beef      | Tuna, Shrimp, Oyster Stew                 | Eggs, Omelettes, Stuffing        | Potatoes, Cauliflower, Corn Relish                    |
| <b>CHIVES</b>       | Cream Cheese, Canapés, Stuffed Mushrooms   | Chicken Soup, Vichyssoise                        | Pork, Gravy, Lamb                            | Salmon, Oysters                           | Omelettes, Quiche                | Cucumbers, Baked Potatoes, Potato Pancakes            |
| <b>CILANTRO</b>     | Ceviche, Guacamole, Salsa                  | Hot & Sour Soup                                  | Chili con Carne, Beef Stew                   | Poached Fish, Steamed Fish                | Chicken                          | Onion, Tomatoes, Chili Peppers                        |
| <b>CINNAMON</b>     | Fresh Fruit                                | Lamb Soup  | Pork, Ham, Beef Stew, Lamb                   |   | Fruit Stuffing for Game          | Sweet Potatoes, Carrots, Squash                       |
| <b>CLOVES</b>       | Spiced Fruit                               | Beef Noodle, Beef Vegetable, Cream of Tomato     | Ham Glaze, Beef Stew, Gravy                  |   | Cornish Hen, Duck, Gravy, Stock  | Boiled Onions, Sweet Potatoes, Carrots                |
| <b>CORIANDER</b>    | Corn Pudding                               | Cream of Chicken, Hot & Sour Soup, Consommé      | Pork, Ham, Spareribs, Marinade               | Poached Fish, Steamed Fish                | Chicken, Duck                    | Sweet Potatoes, Scalloped Potatoes, Braised Celery    |
| <b>CUMIN</b>        | Nachos, Cheese, Salsa                      | Seafood Gumbo, Chili-Bean                        | Chili con Carne, Sausage, Pork Stew          | Fried Shrimp Batter, Deviled Crab         | Chicken Stew, Chicken Croquettes | Sauerkraut, Chili Peppers, Beans                      |
| <b>DILL</b>         | Sour Cream Dips, Deviled Eggs, Shrimp Paté | Borscht, Lobster Bisque, Tomato                  | Veal, Grilled Lamb, Pork                     | All Seafood                               | Chicken, Omelettes               | Cucumbers, Potatoes, Green Beans, Braised Cabbage     |
| <b>FENNEL</b>       | Shrimp Cocktail, Oysters Rockefeller       | Creamed Fish Soup, Fish Chowder                  | Italian Sausage, Pork, Meatloaf              | All Seafood (especially grilled)          | Stuffing, Chicken Stew           | Sautéed Mushrooms, Spinach, Cabbage                   |
| <b>GARLIC</b>       | Dips, Escargot                             | Vegetable, Oxtail                                | Beef, Roast Lamb, Meatballs                  | All Seafood, Marinade                     | Chicken, Quail, Pheasant         | Green Beans, Zucchini, Potatoes                       |
| <b>GINGER</b>       | Shrimp, Cheese                             | Beef Vegetable, Beef Noodle, Hot & Sour Soup     | Spareribs, Pork, Marinade                    | All Seafood                               | Duck, Poultry Glaze              | Sweet Potatoes, Carrots, Stir-Fry Vegetables          |

## Herb and Spice Usage for Different Categories of Food—continued

| <i>Sauces</i>                             | <i>Salads</i>                                | <i>Dressings</i>                    | <i>Breads</i>                                 | <i>Pastas &amp; Grains</i>                   | <i>Desserts</i>                       | <i>Beverages</i>                             |
|---|--|-------------------------------------|---|--|---------------------------------------|--|
| Barbecue, Sweet Cream, Creole             | Fruit Salad                                  | Fruit Dressing                      | Pancakes, Waffles, Muffins                    | Rice   | Spice Cake, Angel Food Cake, Pies     | Mulled Wine, Tea, Rum Drinks                 |
| Tomato                                    |  | Orange Vinaigrette                  | Honey Buns, Sweet Rolls, Fritters             |  | Spice Cake, Cookies, Candy            | Lemonade, Cordials, Espresso, Hot Milk Punch |
| Barbecue, Pesto, Tomato                   | Vegetable Salad, Seafood Salad, Tomato Salad | Italian, Russian, Vinaigrette       | Pesto Bread, Zucchini Muffins                 | Rotini, Rice, Linguini, Spaghetti            |                                       | Carrot Juice, Tomato Juice                   |
| Béchamel, Creole, Tomato, Barbecue        |  | Vinaigrette                         |   |  |                                       |  |
| Tomato, Barbecue, Curry                   | Green Salad                                  | Vinaigrette, Mayonnaise             |   | Carbonara, Fried Rice, Pasta                 |                                       | Tomato Juice                                 |
| Lemon, Butter, Cream                      | Coleslaw, Potato Salad                       | Mayonnaise, Vinaigrette             | Biscuits, Rye Bread, Corn Muffins             | Risotto                                      | Cookies, Seed Cakes                   | Kümmel                                       |
| Curry, Spiced Yogurt                      | Fruit Salad                                  | Oriental Dressing                   |   | Risotto, Rice Pilaf                          | Ice Cream, Cakes, Pastries, Apple Pie | Coffee, Tea, Glögg, Spiced Wine              |
| Cream, Creole, Tomato                     | Tuna Salad, Potato Salad, Macaroni Salad     | Mayonnaise                          | Biscuits, Breads, Rolls                       | Pasta  | Pastries                              | Tomato Juice                                 |
| Tomato, Cream, Hollandaise                | Green Salad, Potato Salad, Macaroni Salad    | Green Goddess, Thousand Island      | Buttermilk Bread, Bread Spreads, Potato Rolls | Pasta  |                                       |  |
| Yogurt Sauce, Tomato, Curry               |  | Mexican Dressing                    | Herb Bread                                    | Lentils, Mexican Green Rice, Chinese Noodles |                                       |  |
| Custard Sauce, Yogurt Sauce, Sweet & Sour | Fruit Salad                                  | Fruit Dressing                      | Rolls, French Toast, Breads                   | Curried Rice, Risotto                        | Apple Pie, Chocolate Cakes, Cookies   | Coffee, Cider, Mulled Wine, Hot Chocolate    |
| Béchamel, Raisin Sauce, Curry             |  | Fruit Dressing                      | Cinnamon Bread                                |  | Chocolate, Gingerbread, Mincemeat     | Fruit Punch, Mulled Wine                     |
| Curry, Cream                              | Potato Salad                                 |                                     | Honey-Wheat Bread, Corn Bread                 | Orzo   | Pastries, Cookies, Cakes              | Pineapple Juice, Grapefruit Juice            |
| Barbecue, Spiced Yogurt                   | Bean Salad                                   | Spanish Dressing                    | Jalapeño Bread, Corn Bread                    | Rice   |                                       | Kümmel                                       |
| Mustard Sauce, Cream, Cucumber Sauce      | Macaroni Salad, Potato Salad, Shrimp Salad   | Dill Cream, Mayonnaise, Vinaigrette | Rye, Pumpernickel, Bread Spreads              | Rice, Pasta                                  |                                       |  |
| Cream, Curry                              | Potato Salad, Shrimp Salad                   | Mayonnaise, Vinaigrette, Mustard    | Cracker, Rolls, Bread Sticks                  | Risotto Rice                                 | Apple Pie, Candy, Pound Cake          |  |
| Tomato, Garlic Butter                     | Green Salad                                  | Mayonnaise, Vinaigrette, Italian    | Garlic Bread, Bread Spreads, Focaccia         | Linguini, Spaghetti                          |                                       |  |
| Curry, Soy Sauce, Sweet & Sour            |  |                                     | Pastries                                      | Couscous, Rice                               | Gingerbread, Pudding, Apple Pie       | Mulled Wine, Tea, Ginger Beer                |

## Herb and Spice Usage for Different Categories of Food

| <i>Spice</i>        | <i>Appetizers</i>                   | <i>Soups</i>                         | <i>Meat</i>                                | <i>Seafood</i>                          | <i>Poultry</i>                                   | <i>Vegetables</i>                                 |
|---------------------|-------------------------------------|--------------------------------------|--|---|--|---|
| <b>MACE</b>         | Liver Paté, Cheese                  | Vichyssoise                          | Sausage                                    | Potted Shrimp, Oyster Stew              | Creamed Chicken, Cornish Hens                    | Rutabaga, Spinach, Asparagus, Sweet Potatoes      |
| <b>MARJORAM</b>     | Fried Cheese, Paté, Anchovies       | Consommé, Bean, Corn, Split Pea      | Lamb, Hamburger, Pork, Veal                | Baked Fish, Seafood Breading            | Chicken Stuffing, Eggs                           | Zucchini, Tomato, Carrots, Peas, Lima Beans       |
| <b>MINT</b>         | Cucumber-Yogurt Dip                 | Fruit Soup, Split Pea                | Lamb Stew, Venison                         |   | Marinade   | Peas, Potatoes, Cucumbers                         |
| <b>MUSTARD</b>      | Deviled Eggs, Meatballs, Ham Spread | Creamed Seafood                      | Ham Glaze, Beef, Sausage, Cold Meat        | Baked Fish, Crab                        |  | Baked-Mashed Potatoes, Cabbage, Sauerkraut        |
| <b>NUTMEG</b>       | Fruit                               | Mushroom Soup                        | Pot Roast, Meatloaf, Ham                   |   | Fried Chicken Batter, Turkey Stuffing            | Spinach, Carrots, Sweet Potatoes, Braised Cabbage |
| <b>OREGANO</b>      | Fried Cheese, Paté, Salsa Meatballs | Corn Soup, Vegetable Soup, Consommaé | Pork, Veal, Lamb, Hamburger                | Seafood Breading, Baked Fish            | Chicken Stuffing                                 | Zucchini, Tomatoes, Carrots, Green Beans          |
| <b>PAPRIKA</b>      | Deviled Eggs, Nachos, Potted Cheese | Minestrone, Seafood Soup, Chowder    | Goulash, Veal, Sausage, Meatloaf           | Seafood Breading, Baked Fish, Shellfish | Chicken Stuffing                                 | Potatoes, Cabbage, Mushrooms, Cucumbers           |
| <b>PARSLEY</b>      | Canapés, Deviled Eggs               | Vegetable Soup, Chicken Soup         | Meatballs, Hamburger, Veal                 | Shellfish, Baked Fish                   | Chicken  | Zucchini, Potatoes, Tomatoes, Green Beans         |
| <b>POPPY SEED</b>   | Cheese                              |                                      |  | Broiled Fish, Tuna Casserole            | Turkey Stuffing                                  | Green Beans, Onions, Tomatoes                     |
| <b>RED PEPPER</b>   | Deviled Eggs                        | Hot & Sour Soup                      | Sausage                                    | Crab Cakes, Shrimp                      | Omelettes, Chicken                               |   |
| <b>ROSEMARY</b>     |                                     | Consommé                             | Lamb, Pork, Venison, Meatballs, Marinade   | Baked Fish, Shrimp                      | Chicken, Quail, Pheasant, Goose, Cornish Hen     | Eggplant, Turnips, Squash, Potatoes               |
| <b>SAFFRON</b>      |                                     | Chicken Soup, Fish Soup              | Lamb                                       | All Seafood                             | Chicken Stew, Scrambled Eggs                     |   |
| <b>SAGE</b>         | Cheese, Country Paté                | Consommé, Minestrone                 | Sausage, Ham, Lamb, Veal, Venison          | Seafood Stuffing, Trout                 | Stuffing, Quail, Duck, Goose, Pheasant           | Acorn, Squash                                     |
| <b>SAVORY</b>       | Goat Cheese                         | Lentil, Bean, Split Pea              | Stuffing, Veal, Gravy, Hamburger, Meatloaf | Baked Fish, Sea Bass                    | Stuffing, Chicken, Turkey, Eggs                  | Onions, Peas, Green Beans, Navy Beans             |
| <b>SESAME</b>       | Hummus Dip                          |                                      | Beef, Pork, Hamburger, Lamb                | Baked Fish, Shrimp, Scallops            | Chicken  | Vegetable Stir-Fry, Green Beans                   |
| <b>TARRAGON</b>     | Mushroom Caps                       | Turtle Soup, Fish Chowder            | Steak, Beef Stew, Marinade                 | Lobster, Shrimp                         | Cornish Hens, Marinade, Chicken, Eggs, Omelettes | Mushrooms, Stuffed Tomatoes                       |
| <b>THYME</b>        |                                     | Oxtail, Consommé                     | Sauerbraten, Pork, Lamb, Marinade          | Baked Fish, Seafood Stuffing            | Stuffing, Chicken, Fried Chicken Batter          | Potatoes, Tomatoes Zucchini                       |
| <b>TURMERIC</b>     | Deviled Eggs                        | Chicken Noodle, Lentil               |  | Shrimp, Scallops                        | Chicken, Eggs                                    |   |
| <b>WHITE PEPPER</b> | Veal Paté                           | Consommé, Vichyssoise                |  | Baked Fish                              | Chicken, Turkey                                  | Potatoes  |

## Herb and Spice Usage for Different Categories of Food

| <i>Sauces</i>                                  | <i>Salads</i>                                  | <i>Dressings</i>                                    | <i>Breads</i>                     | <i>Pastas &amp; Grains</i> | <i>Desserts</i>                              | <i>Beverages</i>                    |
|--|--|---|-----------------------------------|----------------------------|--|-------------------------------------|
| Chicken Cream, Béchamel                        |  |   |                                   |                            | Chocolate, Vanilla Pudding, Gingerbread      | Wassail, Chocolate Drinks           |
| Barbecue, Tomato, Butter                       | Cucumber-Yogurt Salad                          | Oil & Vinegar, French, Italian                      | Bread Sticks, Pizza, Herb Bread   | Spaghetti, Pasta Orzo      |  |                                     |
| Sweet Sauce, Yogurt Sauce, Mint Sauce          | Cucumber Salad                                 | Fruit Dressing, Yogurt Dressing, Cranberry Dressing | Minted Yogurt Bread               | Bulgar, Orzo               | Candy, Chocolate                             | Iced Tea, Mint Julep, Hot Chocolate |
| Cheese, Sour Cream, Lemon-Mustard Yogurt Sauce | Coleslaw                                       | Vinaigrette, Mayonnaise, Rémoulade                  |                                   |                            |  |                                     |
| Cream Mushroom Sauce, Béchamel                 |  | Creamy Dressings                                    | Cinnamon Rolls                    | Tortellini, Ravioli        | Rice Pudding, Custard Cakes, Soufflés        | Egg Nog, Brandy Alexander, Punch    |
| Barbecue, Tomato, Butter                       | Tomato & Onion Seafood Salad                   | Oil & Vinegar, French, Italian                      | Cheese Bread, Pizza, Bread Sticks | Pasta, Rice, Ravioli       |  |                                     |
| Barbecue, Cream, Yogurt                        |  | French, Russian                                     | Garlic Bread, Muffins             | Lasagne, Rice, Orzo        |  |                                     |
| Tartar Sauce, Béarnaise, Tomato                | Tuna or Egg Salad, Macaroni Salad, Green Salad | Mayonnaise, Italian, Ranch, Vinaigrette             | Garlic Bread                      | Pasta, Orzo                |  |                                     |
| Curry, Butter                                  | Fruit Salad                                    | Oil & Vinegar, Blue Cheese                          | Rolls, Breads, Crackers           | Egg Noodles, Rice          | Cakes, Cookies Pastry Filling, Apple Strudel |                                     |
| Barbecue, Tomato-Anchovy                       |  | Mayonnaise, Thousand Island                         | Pizza, Corn Muffins               | Rice, Tabbouleh            |  | Tomato Juice, Bloody Mary           |
| Tomato, Cheese                                 | Cold Beef Salad                                | Vinaigrette   | Spoon Bread, Herb Bread, Pizza    | Pasta, Lentils             |  |                                     |
| Seafood Saffron, Vegetable Cream, Tomato       |  |   | Rolls, Biscuits, Sweet Breads     | Rice, Risotto, Orzo        | Cakes, Rice Pudding, Cookies                 |                                     |
| Tomato   |  | Herb Dressing                                       | Sage Bread, Rolls                 | Risotto, Fettuccine        |  |                                     |
| Tomato, Horseradish                            |  |   | Savory Rolls, Herb Bread          | Lentils, Egg Noodles       |  |                                     |
| Hoisin Sauce, Peanut Sauce                     | Green Salad                                    | Mayonnaise, Tahini Dressing                         | Buns, Rolls, Waffles, Breads      | Egg Noodles, Rice, Bulgar  | Cookies, Pie Pastry, Pecan Pie               |                                     |
| Rémoulade, Béarnaise, Tartar, Mustard Sauce    | Shrimp Salad, Tomato Salad                     | Mayonnaise, Vinaigrette, Green Goddess              | Herb Bread                        | Pasta, Orzo                | Rhubarb Compote                              |                                     |
| Tomato, Thyme Pesto                            |  | Vinaigrette   | Bread Spreads, Herb Rolls         | Pasta, Rice                |  | Mulled Wine                         |
| Cream, Yogurt Caper Sauce, Satay               | Egg Salad                                      | Mayonnaise, Creamy Dressings                        | Breads                            | Rice, Egg Noodles          |  |                                     |
| Béchamel Cream                                 |  | Mayonnaise, Vinaigrette                             |                                   | Rice, Egg Noodles          |  | Vegetable Juice                     |

From McCormick Food Service Division.

**Edible Flowers**

| <i>Edible flowers</i> | <i>Taste</i>      | <i>Description</i>  |
|-----------------------|-------------------|---|
| Bachelor's Buttons    | Bland             | Pink, white, blue, and purple. 1-inch flowers.                  |
| Carnations, Mini      | Bland to Bitter   | Wide variety of colors.   |
| Chive Blossoms        | Mild onion        | Blue to lavender ball shaped. 1-inch diameter on a 3-inch stem. |
| Daisies               | Bland             | White or yellow petals with a yellow center. 1-inch diameter.   |
| Nasturtiums           | Radish and Pepper | Orange, yellow, rust, or red flowers. 1-inch diameter.          |
| Pansies               | Bland             | Flat, multi-colored flowers. 1–2 inches diameter.               |
| Roses, Mini           | Rose              | Orange, red, pink, yellow.                                      |
| Snapdragons           | Slightly bitter   | Yellow, pink, red, orange, white. Peanut shaped.                |
| Violas                | Bland             | Purple and yellow flowers. Dime sized.                          |

**Natural Spice Blends****BOUQUET GARNI**

|                 |        |
|-----------------|--------|
| Whole Marjoram  | 4 Tbsp |
| Whole Thyme     | 3 Tbsp |
| Parsley         | 2 Tbsp |
| Ground Bay Leaf | ¼ tsp  |

**GARAM MASALA**

|                     |         |
|---------------------|---------|
| Ground Coriander    | 7 Tbsp  |
| Ground Cumin        | 10 Tbsp |
| Ground Cinnamon     | 4 tsp   |
| Ground Cardamon     | 4 tsp   |
| Ground Black Pepper | 2 tsp   |
| Ground Cloves       | 2 tsp   |
| Ground Mace         | 2 tsp   |
| Ground Bay Leaf     | ½ tsp   |

**QUATRE-EPICES**

|               |        |
|---------------|--------|
| Black Pepper  | 7 Tbsp |
| Ground Nutmeg | 8 tsp  |
| Ground Cloves | 4 tsp  |
| Ground Ginger | 4 tsp  |

**FINES HERBES**

|          |        |
|----------|--------|
| Parsley  | 3 Tbsp |
| Chives   | 3 Tbsp |
| Chervil  | 1 Tbsp |
| Tarragon | 1 Tbsp |

**HERBES DE PROVENCE**

|                |        |
|----------------|--------|
| Whole Thyme    | 4 Tbsp |
| Whole Marjoram | 8 tsp  |
| Basil Leaves   | 8 tsp  |
| Fennel Seed    | 4 tsp  |
| Rosemary       | 4 tsp  |
| Sage Leaves    | 4 tsp  |

From McCormick Food Service Division.

## APPENDIX C

# *Potentially Hazardous Foods*

A potentially hazardous food is any food that can support rapid bacterial growth and cause foodborne illness. Foods excluded from the definition are those with a pH below 4.6 (acid foods) and those below a water activity (aw) of 0.85 (dried, salted, or sugared foods). Examples of potentially hazardous foods are listed below.

- Beans (cooked)
- Bread dressing or stuffing
- Cheese (soft, unripened, and ripened hard cheeses that have been cut or opened)
- Cream-filled products
- Custards
- Eggs and egg products
- Fish and shellfish
- Garlic (fresh garlic in oil products)
- Gravies
- Meat and meat products
- Milk and milk products
- Onions, reconstituted
- Pasta (cooked)
- Pastries (meat, cheese, and cream-filled)
- Pies (meat, fish, poultry, cream, custard, pumpkin)
- Potatoes (cooked)
- Poultry
- Rice (cooked)
- Sauces (hollandaise, cream)
- Seed sprouts
- Squash, winter (cooked)
- Soups (creamed and broth)
- Tofu



## APPENDIX D

# Evaluating Food for Quality

### CRITERIA FOR EVALUATING FOOD PRODUCTS DURING PREPARATION AND SERVICE

#### Taste

- (a) Seasonings are balanced.
- (b) Food production methods are appropriate.
- (c) Appropriate quality of ingredients are used.
- (d) Flavor profile of the finished product is characteristic of ingredients.

#### Proper cooking and holding

- (a) Food Science principles are followed.
  - Meats, poultry, and fish are cooked just until correct end-point temperatures are reached.
  - Vegetables are bright.
  - Starches are cooked just until done (*al dente*).
  - Sauces are smooth and have the correct consistency.
- (b) HACCP principles are followed.

#### Presentation

- (a) Portion sizes are correct and uniform.
- (b) Foods are presented or arranged in an attractive manner.
- (c) Foods being served together are complimentary in color, texture, consistency, form, and methods of preparation.

#### Serving temperature

- (a) Hot foods are served hot (warmed plates when possible).
- (b) Cold foods are served cold (chilled plates/bowls when possible).

### EXAMPLES OF QUALITY STANDARDS FOR SELECTED FOOD PRODUCTS

#### Bread

- *Banana Bread* The top should be slightly rounded, pebbly, with a shallow crack down the middle section, and with a medium brown tender crust. The bread should have an even grain, free from tunnels, a light and tender texture with a moist, beige-colored crumb and dark brown banana flecks. The flavor should be sweet and mild with a characteristic banana flavor.
- *Muffins* The crust should be crisp, shiny, pebbly, and golden brown. The top should be rounded but not peaked. The volume should be large when compared to weight. The crumb should be moist, light, and tender with a slightly coarse, even grain and no tunnels. Flavor should be slightly sweet and characteristic of the nuts, fruit, spices, and other flavorings used.
- *French Bread* The crust should be crisp, smooth, tender, and relatively thin with an even, golden brown color. The loaf should be symmetrically shaped. The grain should be fine and even with uniform thin cell walls. The crumb color should be creamy white and the texture moist, soft, elastic, and resilient with a nutlike flavor.

#### Desserts

- *White Cake* The crust should be thin, soft, and a uniform golden brown. A slightly rounded top should be smooth and free from cracks. The grain should have small, uniform, and evenly distributed

thin-walled cells. The crumb should be resilient, soft, and velvety. The cake should be light, tender, and moist. The flavor should be delicately sweet and well blended.

- *Cherry Pie Crust:* Texture should be crisp, flaky, tender. Both crusts should be rolled thin. The appearance of the top crust should be blistered with a soft luster. The color should be light and golden, with brown deepening slightly toward the edges. The flavor is pleasantly bland with a characteristic flavor depending on proportion of salt and kind of fat used.

*Cherry Pie Filling:* Cherries should be a rich, bright, shiny, red color in a transparent, smooth, thickened sauce. Whole cherries should be obvious. Fruit filling should ooze out gently from between the crusts when served. The pie should have a sweet-tart flavor, characteristic of red sour cherries.

## Entrees

- *Beef Pot Pie* The pastry top crust should be golden brown, crisp, and flaky. The vegetables should be bright and colorful and the meat a characteristic brown. Bite-size pieces of meat and vegetables should be tender but not mushy. The vegetables and meat should be evenly distributed in a smooth, medium thick, beef-flavored sauce that flows slowly when spooned onto a plate. The beef and vegetables flavors should be characteristic and seasonings balanced.
- *Chili* The color of the ground beef and beans should be a deep red-brown tomato color with the meat and beans mixed evenly throughout the mixture. The meat should be moist, not dry or crumbly, and the beans tender yet firm. The size of the meat pieces should be the same as the beans or a little smaller. The flavor should be distinct with meat, tomatoes, chili powder, and other seasonings well blended. The chili should be a thick sauce consistency that flows easily when ladled into a bowl.
- *Lasagna* The top should have tomato red color. The layers should be distinctive with alternating layers of meat mixture, pasta, and cheese. The noodles should be tender yet hold their shape. The spicy tomato-beef flavor of the meat mixture should blend well with the cheeses and pasta. Lasagna servings should hold their shape with the layers identifiable.

## Soups

- *Beef Rice Soup* The transparent brown beef broth stock should possess body and may have a slight sheen due to dispersed fat globules from the meat. The browned stew meat should be tender with a distinct beef flavor. The bite-size celery, finely chopped onions, and rice should be tender yet firm enough to hold their shape. Flavor should be a blend of the characteristic flavors of the ingredients and seasonings.
- *Cream of Vegetable Soup* The thin white sauce base should be an off-white opaque color, with the characteristic color of the vegetables distributed throughout. The soup should be smooth, coating a spoon lightly. The vegetables should be finely chopped, retaining a slightly crisp but tender bite. The flavor should be mild with a blend of the characteristic flavors of the ingredients and seasonings.

## Vegetables/Starches

- *Scalloped Potatoes* The potato slices should be uniform in size, about 2 inches in diameter and  $\frac{1}{8}$  inch thick. A creamy white sauce that contains tender, very finely chopped onions should cling to the tender yet firm, white, slightly opaque potatoes. The served product should form a barely rounded mass that spreads slightly. The mild potato flavor should be pleasant and blend with the delicate mild cooked flavor of the sauce. Seasonings should enhance the flavor of the potato-sauce mixture.
- *Harvard Beets* The product should possess a deep-toned red color, with the beet slices having a tender yet firm texture, round shape, and smooth surface. The sauce should be a flowing gelatinous glaze with deep, red translucence. The beets should be evenly glazed and readily discernable. Flavor should be well blended and mildly sweet with a slightly sour sensation.

Product standards help production personnel visualize what a quality product should represent in terms of color, consistency, flavor, form, and texture. Descriptors for all categories may not be applicable to every product.

## APPENDIX E

# *Food Customs of Different Religions*

### **Catholics**

Abstain from eating meat on Ash Wednesday, Good Friday, and all Fridays during Lent.

### **Church of Jesus Christ of the Latter Day Saints (Mormon)**

Do not drink beverages with caffeine or alcohol.

### **Hindus**

Do not eat beef. Do not drink alcoholic beverages.

### **Jews**

Abstain from pork or fish without scales or fins. Some Jews may eat only kosher foods. Leavened bread,

products containing leavened bread, or cereal products that could ferment may not be eaten during Passover.

### **Muslims**

Do not eat pork. Do not drink alcoholic beverages.

### **Protestant sects (some)**

Do not drink alcoholic beverages.

### **Seventh-Day Adventists**

Do not eat meat.



# Glossary of Menu and Cooking Terms

**à la** (ah lah) French. In the manner of.

**à la carte** (ah lah cart´) French. On the menu, but not part of a meal, usually prepared as ordered and individually priced.

**à la king** French. Served in cream sauce containing green pepper, pimiento, and mushrooms.

**à la mode** (ah lah mohd´) French. When applied to desserts, means with ice cream. *À la mode, boeuf*, a well-larded piece of beef cooked slowly in water with vegetables, similar to braised beef.

**al dente** (al den´ tay) Italian. The point in cooking pasta at which it is still fairly firm to the bite. The term is sometimes used interchangeably with tender crisp when referring to vegetables.

**allemande** (ahl mahnd´) French. A smooth yellow sauce consisting of white sauce with the addition of cream, egg yolk, and lemon juice.

**allumette** A small matchstick cut,  $\frac{1}{8} \times \frac{1}{8} \times 1-2$  inches.

**amandine** Served with almonds.

**amaranth** Small grain about the size of a poppy seed. High in protein. Doubles when cooked in liquid.

**antipasto** (ahn tee pahs´ toe) Italian. Appetizer; a course consisting of relishes, vegetables, fish, or cold cuts.

**AP** As purchased weight. The weight of an item before trimming or other preparation (as opposed to edible portion weight, or EP).

**appetizer** A small portion of hot or cold food usually served as a first course.

**aromatics** Herbs and spices used to enhance the flavor and fragrance of food.

**arroz** (ah ros´) The Spanish-American word for rice.

**aspic** A jellied meat juice or liquid held together with gelatin.

**au gratin** (oh grah´ ton) French. Made with crumbs, scalloped. Often refers to dishes made with cheese sauce.

**au jus** (oh zhu´) French. Meat served in its natural juices or gravy.

**bake** To cook in the oven by dry heat.

**barbecue** To cook on a grill or spit over hot coals, or in an oven, basting intermittently with a highly seasoned sauce.

**bar-le-duc** (bahr luh dük´) French. A preserve made of currants and honey. It frequently forms a part of the cheese course.

**barley** Grain low in gluten and high in protein. Quadruples when cooked in liquid.

**baron** Double sirloin of beef.

**baste** To moisten meat while roasting to add flavor and to prevent drying of the surface. Melted fat or meat drippings may be used for basting.

**batch cooking** Dividing the estimated amount needed into smaller quantities and cooking as required to meet the demand.

**baton/batonnet** A small stick cut,  $\frac{1}{4} \times \frac{1}{4} \times 2-2 \frac{1}{2}$  inches.

**batter** Flour and liquid mixture, usually combined with other ingredients, thin enough to pour or drop from a spoon.

**béarnaise** (bay ar nayz´) French. Sauce of clarified butter, egg yolks, vinegar or white wine, onion, and spices.

**beat** To mix ingredients with a rotating motion, using spoon, wire whip, or paddle attachment to mixer.

**béchamel** (bay sha mel´) French. A cream sauce made with equal part of chicken stock and cream or milk.

**beurre** (buhr) French. Butter.

**beurre blanc** (buhr blanhk) French. A light colored butter sauce made from butter, shallots, and white wine. May be finished with fresh herbs or other seasonings. Often called “white butter.”

**beurre composé** (burr kom-poz-a) Softened butter with flavorings added. Also known as compound butter.

**beurre manié** (burr man-yay) A well-blended mixture of 50% softened butter and 50% flour (by weight). Used to thicken and give added sheen and flavor to soups and sauces.

**beurre noir** (burr nwor) Butter browned in a pan until dark, sometimes flavored with vinegar. Often called “black butter.”

**beurre noisette** (burr nwah-zett) Butter heated in a pan until lightly browned. Often called “hazelnut butter” or “brown butter.”

**beurre rouge** (burr rooge) A reddish colored butter sauce made from butter, shallots, and red wine.

**bran** The high fiber, outer layer of a cereal grain.

**brine** A mixture of salt, water, and seasonings used to preserve food.

**bisque** (bisk) French. A thick soup usually made from fish or shellfish. Also a frozen dessert. Sometimes defined as ice cream to which finely chopped nuts are added.

**blanch** To dip briefly in boiling water.

**blanquette** (blang ket´) French. A white stew usually made with veal, lamb, or chicken.

**blend** To thoroughly mix two or more ingredients.

**bleu** (bluh) French. Blue.

**boeuf** (buff) French. Beef. *Boeuf à la jardinière* (buff a lah zhar de nyoyr), braised beef with vegetables; *boeuf roti* (buff rotee), roast beef.

**boil** To cook foods in water or a liquid in which the bubbles are breaking on the surface and steam is given off.

**bombe** (bahm) French. A frozen dessert made of a combination of two or more frozen mixtures packed in a round or melon-shaped mold.

**bordelaise** (bor d´layz´) French. Of Bordeaux. *Sauce bordelaise*, a sauce with Bordeaux wine as its foundation, with various seasonings added.

**borscht** (borsht) Russian. A soup made with beets and served with thick sour cream.

**bouillabaisse** (boo yah bes´) French. A highly seasoned fish soup made with two or more kinds of fish.

**bouillon** (boo yon´) French. Clear meat stock.

**bouquet** (boo kay´) Volatile oils that give aroma.

**bouquet garni** (boo kay´ garnee´) French. Herbs and spices tied in a cloth bag, used for flavor-

ing soups, stews, and sauces, then removed after cooking is completed.

**bourguignon** (bohr ghee n´yang´) French. In the Burgundy style, especially a beef stew made with red wine (for which burgundy is noted), mushrooms, salt port, and onions.

**braise** (brays) French. To brown in a small amount of fat, cover, add a small amount of liquid, and cook slowly.

**bread** To coat food with an egg-milk mixture and then bread crumbs before frying.

**brew** To cook in liquid to extract flavor, as with beverages.

**brioche** (bree ohsh´) French. A slightly sweetened rich bread used for rolls or babas.

**brochette, à la** (bro shet´) French. Food arranged on a skewer and broiled.

**broil** To cook over or under direct heat, as in a broiler or over live coals.

**broth** A flavorful liquid obtained from the simmering of meats and/or vegetables.

**brunoise** (broo-nwah) Foods cut into cubes,  $\frac{1}{8} \times \frac{1}{8} \times \frac{1}{8}$  inch. Foods are garnished with brunoise-size cut vegetables.

**buckwheat** Seed of a plant related to rhubarb. Marketed as buckwheat flour and kasha (roasted buckwheat groats).

**buffet** (boo fay´) French. A table displaying a variety of food.

**bulgur** Wheat that is parched, steamed, and dried before being ground.

**butterfly cut** Boneless meat, fish, or shrimp cut nearly in half lengthwise and spread open like the wings of a butterfly to increase surface area and shorten cooking time.

**cacciatore** (ca chi a tor´ ee) Italian. Stewed with tomatoes, onion, and garlic.

**café au lait** (ca fay´ oh lay´) French. Coffee with hot milk.

**café noir** (ca fay´ nwar) French. Black coffee, after-dinner coffee.

**canapé** (can ah pay´) French. An appetizer of meat, fish, egg, or cheese arranged on a bread base.

**candy** To preserve or cook with heavy syrup.

**caper** (kay´ per) Small pickled bud from wild caper bush; used in salads and sauces.

**caramelize** To heat sugar until a brown color and a characteristic flavor develops.

**carte au jour** (kart o zhur´) French. Bill of fare or menu for the day.

**caviar** (cav ee ar´) French. Salted roe of sturgeon or other large fish. May be black or red.

**chantilly** (shang te´ ye) French. Foods containing whipped cream.

**charlotte** (shar´ lot) French. Dessert with gelatin, whipped cream, fruit, or other flavoring, in a mold, garnished with lady fingers.

**chiffonade** (shee´ fahn ahd) French. With minced or shredded vegetables, as in salad dressing.

**chill** To refrigerate until thoroughly cold.

**chop** To cut food into fairly fine pieces with a knife or other chopping device.

**choux paste** (shoo paste) French. Cream puff batter.

**chowder** A thick soup of fish or vegetables and milk.

**chutney** (chut´ ni) A sweet and sour condiment made of fruits and/or vegetables cooked with sugar, spices, and usually vinegar.

**cilantro** The pungent leaf of the coriander plant, also known as *Chinese parsley*. Used to season Oriental and Mexican foods.

**clarified butter** Melted butter from which the milk and water have been removed leaving pure butterfat. Clarification raises the smoke point of butter.

**clarify** Make clear by skimming or adding egg white and straining.

**cloche** (klosh) French. Bell, dish cover. *Sous cloche* (soo klosh), under cover.

**coat** To cover entire surface with flour, fine crumbs, sauce, batter, or other food as required.

**cocktail** An appetizer, either a beverage or a light, highly seasoned food, served before a meal.

**coddle** To simmer gently in liquid for a short time.

**compote** (kom´ poht) French. Mixed fruit, either raw or stewed in syrup; a stemmed serving dish.

**compound butter** Butter combined with herbs or other seasonings and used to sauce vegetables and grilled or broiled meats. Also known as *beurre composé*.

**condiment** An aromatic mixture, such as pickles, chutney and some sauces and relishes, that accompanies food.

**convection** A method of heat transfer in which heat is transmitted through the circulation of air.

**converted (parboiled) rice** A specially processed long grain rice that has been partially cooked under steam pressure, redried, then milled and polished.

**consommé** (kon so may´) French. A clear broth that has been clarified, usually made from two or three kinds of meat.

**coulis** (koo-lees) A sauce made from a puree of vegetables or fruit.

**court bouillon** (cor boo yon´) French. Water simmered with seasonings, vegetables, and vinegar or wine. Used for poaching vegetables, fish, and shellfish.

**couscous** Pellets of semolina usually cooked by steaming.

**cream** To mix fat and sugar until soft and creamy.

**crème anglaise** (crem ahn-glas) Vanilla custard sauce. Also called stirred custard.

**crème chantilly** (crem chan-tee) Whipped heavy cream flavored with sugar and vanilla.

**crème fraiche** (crem fresh) Very heavy cream (35% butterfat), cultured to give it a thick consistency and a slightly tangy flavor; similar to sour cream but not as acidic.

**creole** (kre´ ohl) French. Foods containing meat or vegetables with tomatoes, peppers, onions, and other seasonings.

**crepe** (krap) French. Thin, delicate pancake, often rolled and stuffed, served as appetizer, entree or dessert. *Crepe suzette*, a small, very thin and crisp pancake served for tea or as dessert.

**crisp** To make foods firm and brittle, as in chilling vegetables or heating cereals or crackers in the oven to remove excessive moisture.

**critical control point** A step during the processing of food when a mishandling or temperature mistake can result in the transmission, growth, or survival of pathogenic bacteria.

**croissant** (krwa sang´) French. Crescent; applied to rolls and confectionery of crescent shape.

**croquette** (crow ket´) Mixture of chopped, cooked meat, poultry, fish, or vegetables bound with thick cream sauce, shaped, breaded, and fried.

**croustade** (krus tad´) A toasted case or shell of bread.

**croûte, en** (awn croot) A food encased in a bread or pastry crust.

**croûtons** (kroo tons) Bread cubes, toasted, for use in garnishing soups and salads.

**crudités** (croo dee tays´) French. Raw vegetables.

**cube** To cut into 1/2-inch squares.

**curry** (kur´ ee) Highly spiced condiment from India, a stew seasoned with curry.

**cut in** To cut a solid fat into flour with knives or mixer until fat particles are of desired size.

**cutlet** Thin slice of meat, usually breaded, for frying; also coquette mixture made in a flat shape.

**deep fry** To cook in fat deep enough for food to float.

**deglaze** To dilute and wash down pan juices by adding liquid.

**de la maison** (de lah may zon´) French. Specialty of the house.

**demitasse** (deh mee tahss´) French. Small cup of black coffee served after dinner.

**dice** To cut into 1/4-inch cubes.

**dot** To scatter small bits of butter or margarine over surface of food.

**dough** A mixture of flour, liquid, and other ingredients, thick enough to roll or knead.

**drawn butter** Melted butter.

**dredge** To thoroughly coat a food with flour or other fine substance.

**drippings** Fat and liquid residue from frying or roasting meat or poultry.

**du jour** (doo zhoor´) French. Of the day, such as soup of the day.

**dust** To sprinkle lightly with flour.

**eau** (oh) French. Water.

**eclair** (ay klair´) French. Finger-shape cream puff pastry filled with whipped cream or custard.

**egg and crumb** To dip a food into diluted, slightly beaten egg and dredge with crumbs. This treatment is used to prevent soaking of the food with fat or to form a surface easily browned.

**egg wash** A mixture of beaten eggs (whites, whole eggs, yolks) and liquid (milk or water), used to coat bread dough prior to baking, to add sheen.

**emulsion** A mixture of two or more liquids, one of which is a fat or oil and the other is waterbased, so that tiny globules of one are suspended in the other. Emulsions may be temporary, permanent, or semipermanent.

**enchilada** (en chee lah´ dah) Mexican. Tortillas filled and rolled, served with sauce.

**en cocotte** (ahn ko cot´) French. In individual casserole.

**entree** (ahn´ tray) French. The main course of a meal or a single dish served before the main course of an elaborate meal.

**EP** Edible portion. The weight of an item after trimming and preparation (as opposed to AP weight, or as purchased weight).

**espagnole** (ays pah nyol´) French. Brown sauce.

**farci** (far´ see) French. Stuffed.

**fermentation** The breakdown of carbohydrates into carbon dioxide gas and alcohol, usually through the action of yeast on sugar.

**filé** (fee-lay) A seasoning and thickening agent made from dried, ground sassafras leaves. Used primarily in gumbos.

**filet or fillet** (fee lay´) French. A boneless cut of meat, fish or poultry.

**fines herbes** (fen zerb´) French. A mixture of herbs, usually parsley, chervil, tarragon, and chives.

**flake** To break into small pieces, usually with a fork.

**flan** In France, a filled pastry; in Spain, a custard.

**flambé** (flam bay´) French. To flame, using alcohol as the burning agent.

**florentine** A food containing or placed upon spinach.

**fold in** To blend ingredient into a batter by cutting vertically through the mixture, and turning over and over by sliding the implement across the bottom of the mixing bowl with each turn.

**fork tender** A test for doneness. When foods are fork tender, they should be easily pierced or cut by a fork.

**frappé** (fra pay´) French. Mixture of fruit juices frozen to a mush.

**french fry** To cook in deep fry.

**fricassee** (frik a see´) To cook by browning in a small amount of fat, then stewing or steaming; most often applied to fowl or veal cut into pieces.

**frijoles** (free hol´ ays) Mexican. Beans cooked with fat and seasonings.

**frittata** (free-tah-ta) An open faced omelet.

**fritter** A deep-fat fried batter containing meat, vegetables, or fruit.

**frizzle** To pan fry in a small amount of fat until edges curl.

**froid** (frwä) French. Cold.

**fry** To cook in hot fat. The food may be cooked in a small amount of fat (also called *sauté* or *pan fry*), or in a deep layer of fat (also called *deep-fat fry*).

**garam masala** A spice blend made from roasted and ground spices. Used often in East Indian dishes.

**garde-manger** (garhd e mah zha´) French. Pantry chef/station. Responsible for cold food preparation.

**garni** (garnee´) French. Garnish. An edible decoration or accompaniment to a food item.

**gelatinization** A phase in the process of thickening a liquid with starch in which starch molecules swell to form a network that traps water molecules.

**glacé** (glah say´) French. Iced, frozen, or coated with sugar syrup.

**glaze** To make a shiny surface. In meat preparation, a jellied broth applied to meat surface; in breads and pastries, a wash of egg or syrup; for doughnuts and cakes, a coating with a sugar preparation.

**gluten** An elastic protein formed when hard wheat flour is moistened and agitated. Gluten gives yeast doughs their elasticity.

**goulash** (goo´ lash) Hungarian. Thick beef or veal stew with vegetables and seasoned with paprika.

**grand sauce** One of several basic sauces that are used in the preparation of many other small sauces. The grand sauces are: demi-glace, veloute, béchamel, hollandaise, and tomato. Also called mother sauce.

**grate** To rub food against grater to form small particles.

**gratinée** (grah teen ay´) French. To brown a food sprinkled with cheese or bread crumbs; or a food covered with a sauce that turns brown under a broiler flame or intense over heat.

**grease** To rub lightly with fat.

**griddle** A heavy metal surface, which may be either built into a stove or heated by its own gas or electric elements. Cooking is done directly on the griddle.

**grill** To cook by direct heat. May be open grid over a heat source or on a flat cooking surface such as a griddle.

**grind** To change a food to small particles by putting through grinder or food chopper.

**grits** Coarsely ground corn, served either boiled or boiled and then fried.

**gumbo** A rich, thick Creole soup containing okra or filé.

**HACCP** (Hazard Analysis Critical Control Points). An established plan and monitoring system used to minimize or prevent a safety risk or hazard as food moves through a foodservice facility. Requires establishing standards and controls for time and temperature, and safe handling practices.

**herbs** Aromatic plants used for seasoning and garnishing of foods.

**hollandaise** (hol´ ahn days) French, of Dutch origin. Sauce of eggs, butter, lemon juice, and seasonings; served hot with fish or vegetables.

**hors d'oeuvre** (oh durv´) French. Small portions of food served as appetizers.

**infusion** To steep an aromatic or other item in liquid to extract the flavor.

**IQF** Individually quick frozen.

**Italienne** (e tal yen´) French. Italian style.

**jalapeño** A hot pepper used for seasoning Mexican food.

**jardinière** (zhar de nyayr´) French. Mixed vegetables in a savory sauce or soup.

**jicama** Tuberos root used in salads.

**julienne** (zhu lee en´) French. Food cut into small stick-shape pieces, approximately  $\frac{1}{8} \times \frac{1}{8} \times 1-2$  inches.

**jus** (zhoo) French. Juice or gravy.

**jus lié** (zhew lee-ay) An arrowroot or cornstarch thickened brown sauce often used as a demi-glace.

**kasha** Roasted buckwheat groats (the culled crushed seed).

**kebobs** Marinated meat and vegetables cooked on skewers.

**kippeder** Lightly salted and smoked fish.

**knead** To work dough with a pressing motion accompanied by folding and stretching.

**kolach** (ko´ lahch) Bohemian. Fruit-filled bun.

**kosher** (ko´ sher) Food handled in accordance with the Jewish religious customs.

**kuchen** (koo´ ken) German. Cake, not necessarily sweet.

**lait** (lay) French. Milk.

**lard** To insert small strips of fat into or on top of uncooked lean meat or fish to give flavor or prevent dryness.

**lebkuchen** (lab koo´ ckhen) German. Famous German cake; sweet cake or honey cake.

**leek** Seasoning vegetable resembling a large spring onion with wide leaves, always cooked.

**legumes** The seeds of certain plants, including beans and peas, which are eaten for their earthy flavor and high nutritional value.

**limpa** Swedish rye bread.

**liqueur** Sweet and syrupy alcoholic beverage made by mixing or redistilling liquor with fruits, flowers, spices, or other flavorings. Also known as a cordial.

**liquor** An alcoholic beverage made by distilling grains or other foods.

**lox** Yiddish. Smoked salmon.

**lyonnaise** (lee´ oh nayz) French. Seasoned with onions and parsley, as lyonnaise potatoes.

**macédoine** (mah say dwan´) French. Mixture or medley of cut vegetables or fruits cut in uniform pieces.

**maitre d'hôtel** (mai tre doh tel´) French. Steward. *Maitre d'hôtel butter*; a well-seasoned mixture of butter, minced parsley, and lemon juice.

**marinade** (mah ree nahd´) French. Mixture of oil, acid, and seasonings used to flavor and tenderize meats and vegetables; French dressings often used as marinades.

**marinate** To steep a food in a marinade long enough to modify its flavor.

**marzipan** (mahr´ zi pan) Powdered sugar and almond paste colored and formed into fruit and vegetable shapes.

**mask** To coat a food with a thick sauce before it is served. Cold foods may be masked with a mayonnaise mixture or white sauce, which gels after chilling.

**medallion** A small, round piece of meat or fish.

**melt** To liquify by the application of heat.

**meringue** (mah rang´) Stiffly beaten egg white and sugar mixture used as a topping for pies or other desserts; or formed into small cakes or cases and browned in the oven.

**merunière, à la** (meh nyair´) French. Floured, sautéed in butter and served with butter sauce and lemon and sprinkled with chopped parsley; usually refers to fish.

**Milanaise** (me lan ayz´) French. Food cooked in a style developed in Milan, Italy. Implies the use of pasta and cheese with a suitable sauce, often béchamel.

**mince** To chop food into very small pieces—not so fine and regular as grinding, yet finer than those produced by chopping.

**minestrone** (mee ne stroh´ nay) Italian. Thick vegetable soup with beans and pasta.

**mirepoix** (meer´ pwa) French. Mixture of chopped vegetables used in flavoring soup stock, usually 25% carrots, 50% onions, and 25% celery.

**mise en place** (meez oh plahss´) French. The preparation, organization, and setup before production. Term means “everything in place.”

**mix** To combine two or more ingredients by stirring.

**mocha** (moh´ ka) Coffee flavor or combination of coffee and chocolate.

**mollusks** Shellfish with soft body and no internal skeleton and a hard outer shell.

**monosodium glutamate (MSG)** White crystalline material made from vegetable protein, used to enhance flavor of food.

**Mornay** (mohr nay´) French. Sauce of thick cream, eggs, cheese, and seasonings.

**mousse** (moose) French. Frozen dessert with fruit or other flavors, whipped cream and sugar; also a cold dish of pureed chicken or fish with egg whites, gelatin, and unsweetened whipped cream.

**mulligatawny** (mul i ga taw´ ni) A highly seasoned thick soup, of Indian origin, flavored with curry powder and other spices.

**napoleons** Puff pastry kept together in layers with a custard filling, cut into portion-size rectangles, and iced.

**Neopolitan** (also *harlequin* and *panachée*) Molded dessert of two to four kinds of ice cream or ices arranged in layers.

**Nesselrode pudding** Frozen dessert with a custard foundation to which chestnut puree, fruit, and cream have been added.

**Newburg, à la** Creamed dish with egg yolk added, flavored with sherry; most often applied to lobster, but may be used with other foods.

**noisette** (nooa zet´) French. Nut-brown color; may imply nut-shaped. A small round piece of lean meat. *Potatoes noisette*, potatoes cut into the shape and size of hazelnuts and browned in fat.

**nouvelle cuisine** French. “New Cooking.” A culinary movement emphasizing freshness and lightness, and innovative combinations of foods.

**oeuf** (oof) French. Egg.

**oven spring** The rapid initial rise of yeast dough when placed in a hot oven. Heat accelerates the growth of yeast, which produces more carbon dioxide gas and also causes this gas to expand.

**paella** (pä ay´ yah) Spanish. Dish with rice, seafood, chicken, and vegetables, usually served in a wide shallow pan in which it is cooked.

**pan broil** To cook, uncovered, on hot metal, such as a fry pan, pouring off the fat as it accumulates. Liquid is never added.

**pan fry** To cook in a skillet in a small amount of fat.

**papillote** (pah pe yote´) French. A cooking method in which food is wrapped in paper and heated to a high enough temperature so that steam is produced and the food cooks in its own steam.

**parboil** To boil until partially cooked, the cooking being completed by another method.

**parch** To cook in dry heat until slightly browned.

**parchment** Heat-resistant paper used in cooking for lining baking pans.

**parcooking** Partially cooking a food.

**pare** To cut off the outside covering, usually with a knife.

**parfait** (par fay´) French. A mixture containing whipped cream, egg, and syrup that is frozen without stirring. May be ice cream layered with fruit or syrup in parfait glasses.

**parmigiana** (par mee zhan´ ah) Italian. Parma style, particularly veal, chicken, or eggplant covered with tomato sauce, mozzarella cheese, and Parmesan cheese and browned under the broiler or in the oven.

**pasta** Italian. Any of a large family of flour paste products, such as macaroni, spaghetti, and noodles.

**paste** Soft, smooth mixture of a dry ingredient and a liquid.

**pastrami** (pahs tram´ ee) Yiddish. Boneless meat cured with spices and smoked.

**pâté** (pah tay´) French. Paste, dough; highly seasoned meat paste used as an appetizer.

**pâté de foie gras** (pah tay d´fwah grah´) French. Paste of fat goose livers.

**patty shell** Shell or case of pastry or puff paste used for individual portions of creamed mixtures.

**peel** To strip off the outside covering.

**persillade** (payr se yad´) French. Served with or containing parsley.

**pesto** Italian. A thick pureed mixture of an herb, usually basil, and oil used as a sauce for pasta. May also contain pine nuts, grated cheese, garlic and other seasonings.

**petit pois** (puh tee pooá) French. A fine grade of very small peas with a delicate flavor.

**petits fours** (pe teet foor´) French. Small fancy cakes frosted and decorated.

**phyllo dough** Greek. Extremely thin pastry dough that produces a flaky pastry.

**picante** A highly spiced tomato sauce used as a condiment with Mexican foods.

**pilaf** or **pilau** (pih lahf or pih low) Turkish. Dish of rice cooked with meat, fish, or poultry, and seasoned with spices. A technique for cooking grains, in which the grain is sautéed briefly in butter, then simmered in stock or water with various seasonings.

**piquant** (pee kahnt´) French. Sharp, highly seasoned.

**pizza** (peet´zah) Italian. Flat yeast bread covered with tomato, cheese, and meat, or other toppings.

**plank** Hardwood board used for cooking and serving broiled meat or fish. *Planked steak*, a broiled steak served on a plank and garnished with a border of suitable vegetables.

**poach** To cook gently in a hot liquid, held just below the boiling point, the original shape of the food being retained.

**polenta** (poh lent´ah) Italian. Thick cornmeal mush; cheese is usually added before serving.

**pollo** (po´yo) Italian. Italian and Spanish-American term for chicken.

**polanise** (po lo nays´) French. Dishes prepared with bread crumbs, chopped eggs, browned butter, and chopped parsley.

**pomme de terre** (pon de taré) French. Potato; literally, apple of the earth.

**pot-au-feu** (poh toh fu´) French. Meat and vegetables boiled together in broth.

**pot roast** To cook large cuts of meat by braising.

**potage** (po tazh´) French. Soup, usually of a thick type.

**prawn** Large shrimp.

**preheat** To heat oven or other cooking equipment to desired temperature before putting in the food.

**proof** To allow yeast dough to rise.

**prosciutto** (pro shoot´toh) Italian. Ham, usually thinly sliced and served as an appetizer or as a component in veal dishes.

**puff paste** Rich dough, made flaky by repeated folding and rolling.

**pulse** The edible seeds of various leguminous crops (peas, beans, lentils).

**puree** (pu ray´) French. Foods rubbed through a sieve; also a nutritious vegetable soup in which milk or cream is seldom used.

**quiche** (keesh) Custard, cheese, and seasonings baked in a pie shell and served warm.

**quinoa** Grain high in protein. Grown primarily in South America.

**ragout** (ra goo´) French. A thick, well-seasoned, rich stew.

**ramekin** (ram´ekin) Small baking dish for individual portions.

**rarebit** Mixture of white sauce, cheese, and seasonings.

**ravioli** (rav vee oh´lee) Italian. Bite-size cases of pasta dough filled with finely ground meat, cheese, and spinach; served with a highly seasoned tomato sauce.

**reconstitute** To restore concentrated foods to their normal state, usually by adding water, as in fruit juice and milk.

**reduce** To boil down, evaporating liquid from a cooked dish.

**refritos** Twice-cooked Mexican beans that are boiled once and fried once. Also called *refried beans*.

**rehydrate** To cook or soak dehydrated foods or restore water lost during drying.

**remoulade** (ray moo lad´) French. Pungent sauce made of hard-cooked eggs, mustard, oil, vinegar, and seasonings. Served with cold dishes.

**risotto** (ri sot´toh) Italian. Rice that has been sautéed with onion and other aromatics and then combined with stock. Adding stock slowly while stirring produces a creamy texture with the rice grains still *al dente*.

**rissolé** (ree sall´) French. Savory meat mixture encased in rich pastry and fried in deep fat.

**roast** To cook uncovered in oven by dry heat, usually meat or poultry.

**roe** Eggs of fish.

**rosette** (roh zet´) French. Thin, rich batter made into fancy shape with special iron and fried in deep fat.

**roulade** (roo lahd´) French. Rolled thin piece of meat, usually stuffed and roasted or braised.

**roux** (roo) French. A browned mixture of equal parts flour and fat (by weight) used as a thickener for sauces, soups, and stews.

**sabayon** (sa by on´) French. Custard sauce with wine added.

**sachet d'epices** or **sachet** (sah-shay day-pea-say) French. Aromatic ingredients (herbs and spices) tied in a cheesecloth bag and used to flavor stocks and other liquids.

**salsa** A highly spiced tomato sauce used as a condiment with Mexican foods.

**sauerbraten** (sour brah´ ten) German. Beef marinated in spiced vinegar, pot-roasted, and served with gingersnap gravy.

**sauté** (soh tay´) French. To cook in a small amount of fat.

**savory** Spiced or seasoned foods, as opposed to sweet foods. Also a family of herbs.

**scald** To heat a liquid to a point just below boiling; pour boiling water over or dip food briefly into boiling water.

**scallion** An onion that has not developed a bulb.

**scallop** To bake food, cut into pieces and cover with a liquid or sauce and crumbs. The food and sauce may be mixed together or arranged in alternate layers in a baking dish, with or without crumbs. *Escalloped* is a synonymous term. A thin boneless slice of meat. A shellfish (mollusk).

**scallopine** (skol a pee´ nee) Italian. Small flat pieces of meat, usually veal, sautéed and served in a sauce.

**scone** (sahn) Scottish quick bread containing currants.

**score** To make shallow lengthwise and crosswise slits on the surface of meat.

**sear** To brown the surface of meat quickly at high temperatures.

**semolina** Coarsely milled hard wheat endosperm used for gnocchi, some pasta, and couscous.

**set** Allow to stand until congealed, as in gelatin and puddings.

**shallot** Small onion having a stronger but more mellow flavor than the common variety.

**shirr** To break eggs into dish, cover with cream and crumbs, and bake.

**shortening** Fat suitable for baking or frying.

**simmer** To cook in a liquid in which bubbles form slowly and break just below the surface.

**skewer** Pin of metal or wood used for fastening meat or poultry while cooking; or long pins used for holding bits of food for broiling or roasting.

**skim** To remove surface fat or foam from liquid mixture.

**sliver** To cut into long, slender pieces, as in slivered almonds.

**smorgasbord** (smor gas bohrd´) Swedish. Arrangement of appetizers and other foods on a table in attractive assortment.

**sorbet** (sor bay´) French. Sherbet made of several kinds of fruits.

**soubise** (soo´ bees) French. White sauce containing onion and sometimes parsley.

**soufflé** (soo flay´) French. A light, fluffy baked dish with beaten egg whites; may be sweet or savory.

**soy sauce** Chinese sauce made from fermented soy beans.

**spatzle** (spet´ zel) Austrian. Fine noodles made by pressing batter through colander into boiling water or broth.

**spoon bread** Southern corn bread baked in a casserole and served with a spoon.

**springerle** (spring´ er le) German. A Christmas cookie. The dough is rolled into a sheet and pressed with a springerle mold before baking.

**spumoni** (spoo moh´ nee) Italian. Rich ice cream made in different layers, usually containing fruit and nuts.

**stabilizer** An ingredient added to an emulsion to prevent it from separating.

**steam** To cook in steam with or without pressure. Steam may be applied directly to the food, as in a steamer, or to the vessel, as in a double boiler.

**steam-jacketed kettle** A kettle with double-layered walls, between which steam circulates, providing even heat for cooking stocks, soups, and sauces.

**steep** To cover with boiling water and let stand to extract flavors and colors.

**stew** To simmer in a small amount of liquid.

**stir** To mix food materials with a circular motion.

**stir-fry** To cook quickly in a small amount of oil over high heat, using light tossing and stirring motion to preserve shape of food.

**stock** Liquid in which meat, fish, poultry or vegetables have been cooked.

**stroganoff** (stro´ gan off) Russian. Sautéed beef in sauce of sour cream, with mushrooms and onions.

**strudel** (stroo´ dl) German. Pastry of flaky, paper-thin dough filled with fruit.

**sweating** Cooking vegetables (usually) in a covered pan with a small amount of fat over low heat, without browning, until the food softens and releases moisture.

**table d'hôte** (tabl doht´) French. Meal at a fixed price.

**tacos** (tah´cos) Mexican. Rolled sandwiches of tortillas filled with meat, onions, lettuce, and hot sauce.

**tamale** (ta mah´lee) Mexican. Highly seasoned meat mixture rolled in cornmeal mush, wrapped in corn husks, and steamed.

**tart** Small pie or pastry.

**tartar sauce** Mayonnaise to which chopped pickles, onions, and other seasonings have been added; usually served with fish.

**tender crisp** The point in cooking vegetables at which they are firm and slightly crisp.

**terrine** (tay reen´) French. Tureen, an earthenware pot resembling a casserole. *Chicken en terrine*, chicken cooked and served in a tureen.

**timbale** Thin fried case for holding creamed mixtures; or unsweetened baked custard with meat, poultry, or vegetables.

**toast** To apply direct heat until the surface of the food is browned.

**tofu** Bean curd.

**torte** (tor´te) German. Rich cake made from crumbs, eggs, and nuts; or meringue in the form of a cake.

**tortilla** (tohr tee´yah) Mexican. A round thin unleavened flour or cornmeal cake baked on a griddle.

**toss** To mix ingredients lightly without crushing.

**tournedos** (tur ne´doe) Spanish. A small round filets of beef. French, a small cut from the tenderloin of beef.

**trifle** English. Dessert made with sponge cake soaked in fruit juice and wine and layered with jam, custard, almonds, and whipped cream.

**truffle** A dark mushroomlike fungus, found chiefly in France. Used mainly for garnishing and flavor.

**truss** To tie or skewer poultry or meat so that it will hold its shape while cooking.

**turnover** Food encased in pastry and baked.

**tutti frutti** Mixed fruit.

**velouté** (ve loo tay´) French. A rich white sauce, usually made of chicken or veal broth.

**vinaigrette** (vin nay greht) French. A temporary emulsion of 3 parts oil and 1 part vinegar and often seasoned with herbs and spices. Wine or lemon juice is often substituted for some of the vinegar.

**whip** To beat rapidly and increase volume by the incorporation of air.

**Wiener schnitzel** (ve´ner schnit sel) German. Breaded cutlets, frequently served with tomato sauce or lemon.

**wonton** Stuffed dumplings cooked in chicken broth.

**Yorkshire pudding** English. Accompaniment for roast beef, a popoverlike mixture baked in drippings of the roast.

**zest** Colored peel of citrus fruits, such as orange or lemon, which contains aromatic oil.

**zwieback** (tsvee´bahk) German. Toasted bread, crisp and slightly sweet.



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# BREADS

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## Exhibit I Bread Loaves



Well-shaped and nicely browned bread loaves. (Photos courtesy of the Kansas Wheat Commission)

## Exhibit II Bread Shapes



Basic bread or roll dough is shaped easily into a variety of products.  
(Photos supplied by Fleischmann's Yeast, Inc.)





## Exhibit IV Yeast Bread Variations



Yeast bread variations may be made by adding toppings either before or after baking or by making decorative cuts before baking. (Photos courtesy of Fleischmann's Yeast, Inc.)



Yeast bread dough may be made into a variety of shapes. (Photos courtesy of the Wheat Foods Council)



(Focaccia photo courtesy of Fleischmann's Yeast, Inc.)

## Exhibit V Quick Breads



Scones and biscuits add variety to quick bread selections. (Photos courtesy of the Wheat Foods Council)

# MEATS

## Exhibit VI Beef Steak Color Guide

**BEEF STEAK COLOR GUIDE**  
Degrees of Doneness

|   |   |
|---|---|
|  <p><b>VERY RARE</b><br/>Approx. 130°F, 55°C</p>     |  <p><b>RARE</b><br/>Approx. 140°F, 60°C</p>             |
|  <p><b>MEDIUM RARE</b><br/>Approx. 145°F, 63°C</p> |  <p><b>MEDIUM</b><br/>Approx. 160°F, 71°C</p>         |
|  <p><b>WELL DONE</b><br/>Approx. 170°F, 77°C</p>   |  <p><b>VERY WELL DONE</b><br/>Approx. 180°F, 82°C</p> |

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(Photo courtesy of the National Cattleman's Beef Association, Chicago, IL)

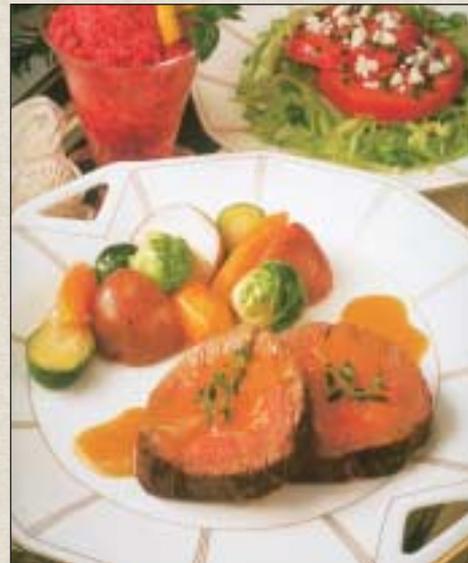
## Exhibit VII Buffet Display



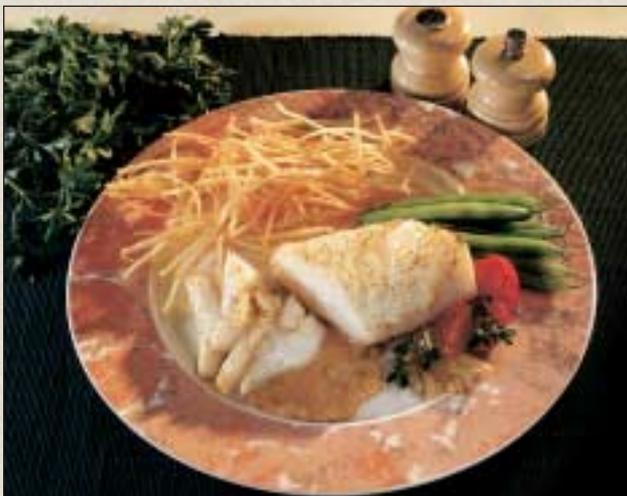
Beef attractively displayed on a buffet table. (Photo courtesy of Tyson Foods)

## Exhibit VIII Plate Garnishes

Garnishes and plate presentation suggestions for beef entrees.



(Photos courtesy of Tyson Foods)



(Photo copyright: The Norwegian Seafood Export Council)

(Photos provided by the National Cattleman's Beef Association, Chicago, IL)

## Exhibit IX Food Garnishes

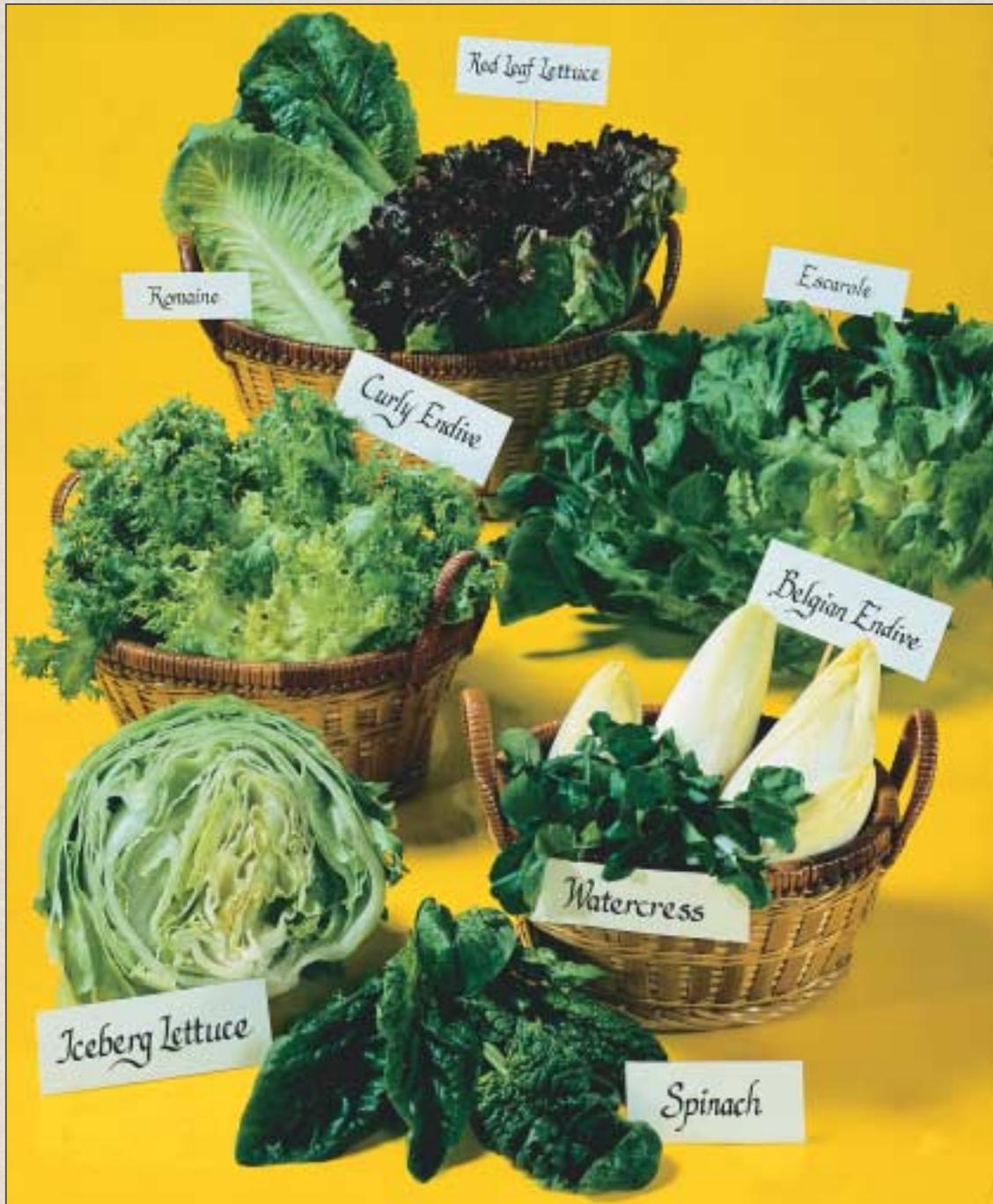


Garnishes add to the attractive presentation of entrees. (Photo courtesy of Tyson Foods)

# SALADS

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## Exhibit X Salad Greens



(Photo courtesy of the United Fresh Fruit and Vegetable Association, Alexandria, VA)

## Exhibit XI Fresh Herbs

(Photos courtesy of The Green House Fine Herbs, Encinitas, CA)



Arugula



Baby Dill



Basil



Bay Leaves



Chervil



Chives



Cilantro



Italian Parsley



Marjoram



Mint



Oregano



Rosemary



Royal™ Opal Basil



Sage



Savory



Sorrel



Tarragon



Thyme

## Exhibit XII Common Types of Mushrooms



### Agaricus (White Buttons)

**Description:** This widely available mushroom varies in color from white to light brown and in size from small to jumbo. It is plump and dome shaped and is also referred to as the “button mushroom.”

**Flavor:** Pleasing flavor intensifies when cooked. Those with open veils and more mature and have a richer taste.

**Handling:** Refrigerate upon arrival. Leave in shipping container until needed. Shelf life, approximately 5–7 days.

**Usage:** Very versatile and may be used fresh or cooked. Before use, rinsed quickly in cool water.



### Portabella (Portobello)

**Description:** Largest of the commercially available mushrooms, with a tan/brown cap.

**Flavor:** Deep, meat-like, earthy flavor and substantial texture.

**Handling:** Need circulating air to remain fresh. Shelf live, 7–10 days.

**Usage:** Serve whole or sliced, grilled, baked, or deep fried, or as an appetizer, side-dish, or entree. Good in sauces. Before use, rinse quickly in cool water.



### Crimini (Italian Brown, Golden Brown)

**Description:** Look for naturally dark cap that ranges in color from light tan to rich brown.

**Flavor:** Meaty and earthy flavor is more intense than the agaricus.

**Handling:** Refrigerate upon arrival. Leave in shipping container until needed. Shelf life, approximately 5–7 days.

**Usage:** Can be substituted in any recipe using white buttons when more full-bodied taste is preferred. Before use, rinse quickly in cold water.



### Enoki

**Description:** With their long stems and tiny caps, these small white mushrooms are joined at the base and resemble bean sprouts.

**Flavor:** Light and mild flavor with a crisp texture.

**Handling:** Like the shiitake, with proper care, shelf life is approximately 14 days.

**Usage:** Most popular uses are for sandwiches and delicate salads. Used for garnishes and oriental dishes and soups. Trim base and separate stems.



### Shiitake (Oak, Chinese, or Black Forest)

**Description:** Color ranges from tan to dark brown. Characterized by broad, umbrella-shaped caps, wide open veils and tan gills.

**Flavor:** Rich, full-bodied, meaty, woody flavor with a spongy texture when cooked.

**Handling:** Similar to agaricus. Shelf life up to 14 days.

**Usage:** Best if cooked. Remove stems prior to cooking. Before use, rinse quickly in cool water.



### Oyster (Pleurotus)

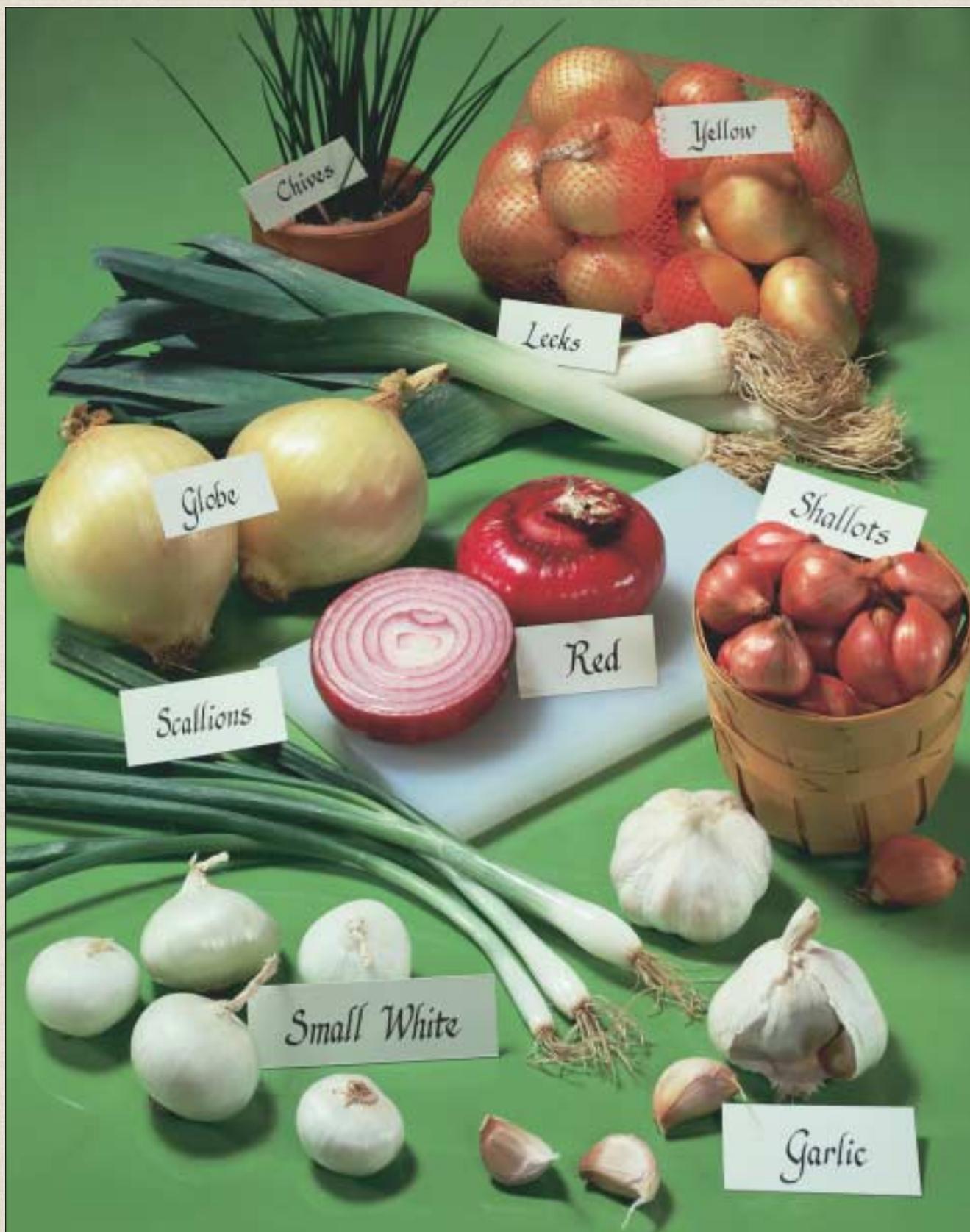
**Description:** Fluted cap resembles a fan or oyster shell. Colors range from a soft beige-brown to gray.

**Flavor:** Can be eaten raw but more often cooked to bring out delicate flavor and velvety texture.

**Handling:** Carefully rotate stocks. Refrigerate in a bowl covered with slightly damp cloth. Typical shelf life is 5–7 days.

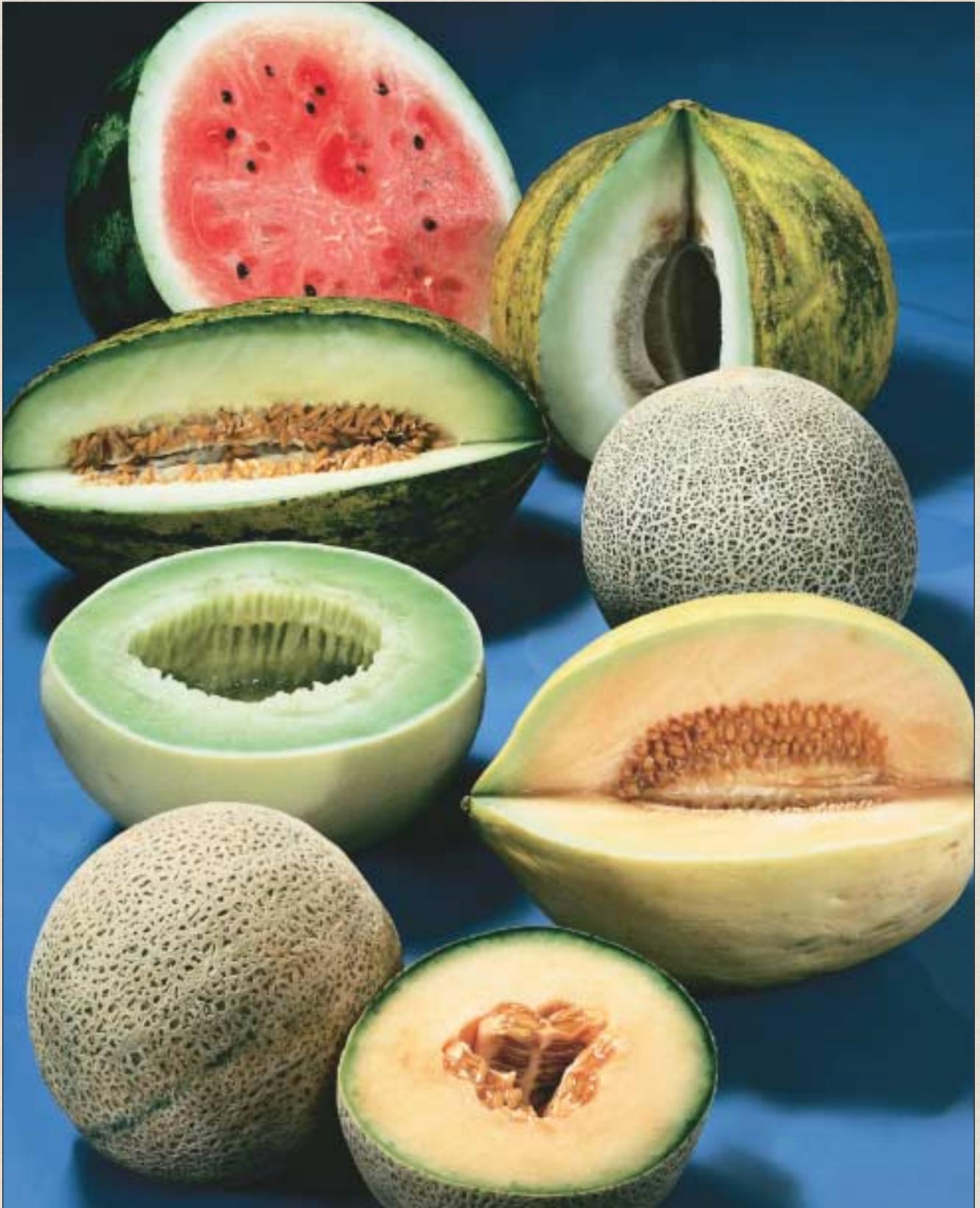
**Usage:** Often sliced raw in salads, also used in dishes with chicken, pork, seafood, or veal. In preparations calling for extensive cooking, add toward the end to preserve delicate texture. Rinse quickly in cool water before use.

**Exhibit XIII** Types of Onions



(Photo courtesy of the United Fresh Fruit and Vegetable Association, Alexandria, VA)

## Exhibit XIV Melon Varieties



(Clockwise from top left): watermelon, casaba, Persian, Crenshaw, cantaloupe, honeydew, and Santa Claus.  
(Photo courtesy of the United Fresh Fruit and Vegetable Association, Alexandria, VA)

## Exhibit XV Variety Produce



1. Atemoya
2. Avocado
3. Black Sapote
4. Boniato
5. Calabaza
6. Canistel
7. Carambola
8. Cassava/Yuca
9. Chayote
10. Coconut
11. Ginger
12. Guava
13. Key Lime
14. Kumquat
15. Lime
16. Lychee
17. Malanga
18. Francis Mango
19. Monstera
20. Papaya
21. Passion Fruit
22. Pummelo
23. Scotch Bonnet Pepper
24. Sugar Cane
25. Taro
26. Water Coconut

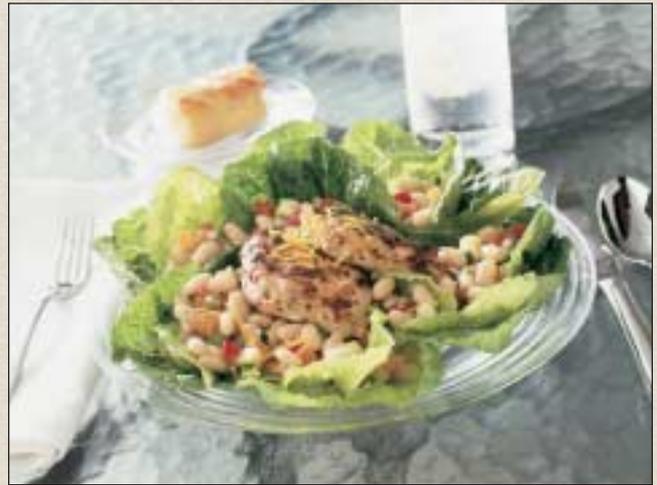
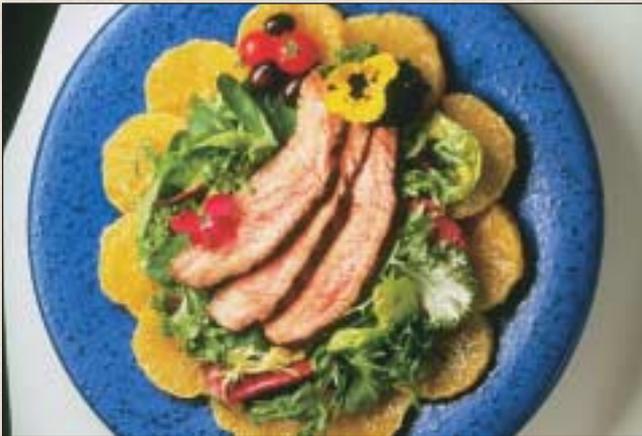
Less commonly used produce adds variety to the menu. (Photo courtesy of Brooks Tropicals, Homestead, FL)

**Exhibit XVI** Fruit and Vegetable Garnishes

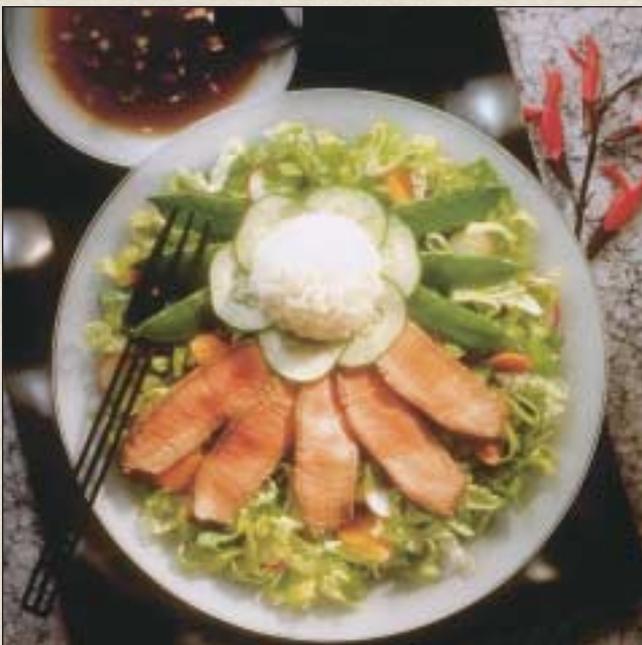


(Photo courtesy of Tyson Foods)

## Exhibit XVII Entree Salads and Presentation Ideas



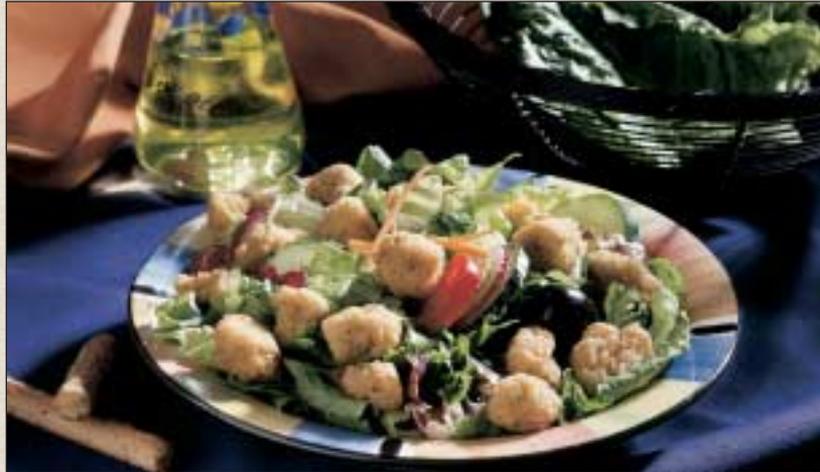
(Photos courtesy of Tyson Foods)



(Photos courtesy of the National Cattleman's Beef Association, Chicago, IL)

Vegetables, greens, and fruits complement beef for attractive entree salads.

**Exhibit XVIII** Entree Salads



(Photos courtesy of Tyson Foods)

## Exhibit XIX Entree Salads



(Photo copyright: The Norwegian Seafood Export Council)



(Photo courtesy of Tyson Foods)

## Exhibit XX Sandwich Presentations



(Photos courtesy of Tyson Foods)



(Photo copyright: The Norwegian Seafood Export Council)

## Exhibit XXI Sandwich Presentations



(Photo courtesy of the National Cattleman's Beef Association, Chicago, IL)



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