SOUTHERN MUSTARD GREENS (FROZEN)

MEAL COMPONENT CONTRIBUTION:
½ cup dark green vegetable
NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ½ cup
RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (DARK GREEN)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Mustard Greens, Frozen, Cooked, #1607	8 pounds + 12 ounces
Oil, Vegetable, #2507	1/2 cup
Liquid Smoke, #2248	1/4 cup
Base, Beef, Low Sodium, #2500	1/4 cup
Peppers, Jalapeño, Sliced, #2810	1/4 cup

DIRECTIONS

1. Thaw the mustard greens in the refrigerator overnight.
2. COOKING METHODS
   To steam:
   - Place no more than 5 pounds of mustard greens in each solid steamtable pan.
   - Combine the oil, liquid smoke, beef base and jalapeños. Divide the mixture evenly among the pans, then cover the pans.
   - Steam the mustard greens for 15 minutes. Remove the pans from the steamer and break the mustard greens apart to separate them.
   - Return the pans of mustard greens to the steamer and steam for an additional 15 minutes, or until the mustard greens are tender and thoroughly heated.

   To heat:
   - Place thawed mustard greens in a braising pan, steam jacketed kettle, or stockpot.
   - Cover the mustard greens with water.
   - Combine the oil, liquid smoke, beef base and jalapeños and add the mixture to the mustard greens.
   - Cover the greens with a lid and bring the liquid to a boil.
   - Remove the lid and break the mustard greens apart to separate them.
   - Decrease the heat until the liquid simmers. Cook the mustard greens for 20-25 minutes, or until the greens are tender and thoroughly heated.
   - Transfer the mustard greens to a solid steamtable pan for service.

   CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
3. Serve them immediately, or cover it and place in a warmer until ready for service.

   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
4. Portion with #8 scoop or perforated 4 ounce spoodle per serving. Each portion provides ½ cup of dark green vegetable.

   CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

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PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
”Culinary Techniques for Healthy School Meals: Preparing Vegetables“ provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

Calories	48	Dietary Fiber	1.90 g	Sodium	81.32 mg	Sat. Fat	0.24 g
Carbohydrates	3.01 g	Protein	2.19 g	Total Fat	2.26 g	Trans Fat	0.00 g