CORN ON THE COB (5") (FROZEN)

MEAL COMPONENT CONTRIBUTION:
½ cup starchy vegetable
NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 5-inch corn cob
RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Corn, Cob, 5", #1605	41 pounds
Margarine, Bulk, #1319	8 ounces
Salt, Table, #2723	1 tablespoon
Pepper, Black, Ground, #2718	1 tablespoon

DIRECTIONS

1. Cooking Methods:
   To steam corn:
   - Place no more than 5 pounds of frozen corn cobs in perforated steamtable pans.
   - Steam them for 5 minutes.
   - Place in solid steamtable pans for seasoning and service.
   - If using solid steamtable pans to steam the corn, drain the liquid from the pans prior to seasoning and service.

   To heat corn:
   - Place the frozen corn in a braising pan, steam jacketed kettle or stockpot.
   - Cover the corn with water.
   - Bring the water to a boil, then decrease the heat until the water simmers.
   - Cook the corn for 10-20 minutes.
   - Drain the liquid from pans.
   - Transfer the carrots to solid steamtable pans for seasoning and service.

   CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process.
2. Melt the margarine and combine it with the salt and pepper. Pour the margarine mixture over the cooked corn.
3. Serve the corn immediately, or cover it and place in a warmer until ready for service.

   CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.
4. Portion one 5-inch ear with tongs per serving. Each portion provides ½ cup of starchy 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.

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	103	Dietary Fiber	1.87 g	Sodium	100.90 mg	Sat. Fat	0.73 g
Carbohydrates	20.98 g	Protein	3.09 g	Total Fat	2.71 g	Trans Fat	0.00 g