

STEAMED BROCCOLI FLORETS (FRESH)


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)
Broccoli, Fresh Florets, #4000	18 pound(s)
Margarine, Bulk, #1319	8 ounce(s)

DIRECTIONS
1. COOKING METHODS

To steam broccoli:

- Place fresh broccoli in perforated steamtable pans.
- Steam for 5 minutes. Place in solid steamtable pans for service.

To boil broccoli:

- Bring water to a boil. (For 50 servings, use 1 to 1 ½ quarts of water.)
Add fresh broccoli and cook for 8 to 10 minutes.
- Drain well and place in steamtable pans for service.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Pour melted margarine over steamed broccoli. Cover and place in warmer for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

3. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup dark green vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

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	78	Dietary Fiber	6.90 g	Sodium	79.34 mg	Sat. Fat	1.71 g
Carbohydrates	8.55 g	Protein	4.88 g	Total Fat	4.14 g	Trans Fat	0.00 g