

CALIFORNIA VEGETABLES (FROZEN)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

½ cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Vegetables, California Blend, Frozen, #1623	19 pounds + 4 ounces
Margarine, Bulk, #1319	8 ounces
Salt, Table, #2723	1 tablespoon
Pepper, Black, Ground, #2718	2 tablespoons

DIRECTIONS

1. COOKING METHODS

To steam:

- Place no more than 5 pounds of vegetables in each perforated steamtable pan.
- Steam them for 5 to 7 minutes.
- Drain off the liquid and place them in solid steamtable pans for seasoning and service.
- If solid steamtable pans are used, drain the liquid from the pans prior to seasoning and service.

To heat:

- Place frozen vegetables in a braising pan, steam jacketed kettle, or stockpot.
- Cover the vegetables with water.
- Decrease the heat until the water simmers and cook the carrots for 10-12 minutes.
- Drain the liquid from pans.
- Transfer the vegetables to solid steamtable pans for seasoning and service.

Do not overcook.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of cooking process. If manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

2. Melt the margarine. Combine salt and pepper with melted margarine. Distribute the mixture evenly over the cooked vegetables in the pans.

3. Serve it 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. Cover pans with plastic wrap and store in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of other vegetables.

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 4 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.

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NUTRIENTS PER SERVING

Calories	47	Dietary Fiber	2.06 g	Sodium	124.00 mg	Sat. Fat	0.73 g
Carbohydrates	5.12 g	Protein	2.03 g	Total Fat	1.78 g	Trans Fat	0.00 g