

MACARONI&CHEESE WITH A HAM SLICE (ENRICHED)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. enriched grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 serving

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : ENRICHED GRAIN

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bun, Hamburger, WGR, #1228	7 buns
Water, Municipal, Mississippi	6 gallons
Pasta, Macaroni, Elbow, WGR, #2133	5 pounds + 4 ounces
Margarine, Bulk, #1319	1 pound + 8 ounces
Flour, All Purpose, Enriched, #2011	3 cups
Salt, Table, #2723	1 tablespoon
Mustard, Powder, Dry, #2712	2 tablespoons
Pepper, White, Ground, #2720	2 tablespoons
Parsley, Dried, Chopped, #2717	2 tablespoons
Milk, Reduced Fat, 2% Milkfat, Bulk	2 gallons + 2 quarts
Sauce, Worcestershire, Bulk, #2258	1 tablespoon + 1 teaspoon
Cheese, American, Grated/Shredded, #1306	5 pounds
Cheese, Parmesan, Grated, #1304	8 ounces
Cheese, Parmesan, Grated, #1304	2 pounds
Ham, Cooked, Smoked, Boneless, #1053	9 pounds

DIRECTIONS

- If breadcrumbs have not been prepared, half hamburger buns and then toast in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool before preparing crumbs. Break bread into pieces and place in a food processor or appropriate grinder. Process bread until desired crumb size is obtained. See recipe MRS 1303, Bread Crumbs, for detailed directions of this recipe.
- Bring the water to a rolling boil. Slowly add the elbow macaroni to boiling water. Cook the pasta for 4 to 5 minutes. Drain the pasta well. Pasta prepared for casseroles is undercooked and will continue to cook to al dente during baking. Pasta amounts are based on USDA Food Buying Guide. Overcooking or hot holding pasta for long periods of time will increase the volume and the yield.
- Melt the margarine in a stock pot or steam-jacketed kettle.
- Combine the flour, salt, dry mustard, white pepper, and parsley in a bowl. Add it to the melted margarine.
- Cook this for 2 minutes over medium heat, stirring continuously. Do not let it turn brown.
- Heat milk in a stockpot to a simmer. Then slowly add milk to the flour mixture, stirring continuously. Cook this mixture until it is smooth and thick.
- Add the Worcestershire sauce, shredded American cheese, and 8 ounces of Parmesan cheese to the white sauce. Stir over low heat until the cheese melts.
- Combine the well-drained macaroni with the sauce and mix well.

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DIRECTIONS

9. Place 10 pounds 6 ounces of macaroni and cheese into each steamtable pan (12" x 20" x 2½"). Cover the pans with a lid or aluminum foil.
10. To bake:
Conventional oven: 350 degrees F, 30 minutes.
Convection oven: 325 degrees F, 25 minutes.
11. Combine the bread crumbs and 2 pounds of parmesan cheese in a bowl. Sprinkle 3 cups of the mixture over each pan of baked macaroni.
12. Bake them an additional 5 minutes, uncovered, until they are lightly browned.
CCP: Internal temperature must reach 135 degrees F or higher for 15 seconds.
13. Serve immediately, or cover and place in warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil until ready for service.
Hot holding pasta for long periods of time will increase the volume and the yield.
14. Slice ham and layer in steamtable pan. Weigh a 1½ ounce portion of ham to determine the portion size.
15. Bake the ham at 350 degrees F, to the desired internal temperature.
CCP: Heat to 145 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
16. Serve the ham immediately, or cover it and hold the ham for service.
CCP: Cover and hold for service at 135 degrees F or higher.
17. Portion ½ cup macaroni and cheese with a #8 scoop of macaroni and cheese and 1½ ounce ham per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. enriched grain.
CCP: Hold and maintain the product at a minimum temperature 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 or lower within an additional 4 hours.

PRODUCTION NOTES

Use USDA Foods products 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 Meats" provides seasoning and serving ideas for entrées.

MISCELLANEOUS NOTES

Yield: 100 servings: 100 servings of macaroni and cheese requires 4 full-size steam table pans.

NUTRIENTS PER SERVING

Calories	395	Dietary Fiber	1.72 g	Sodium	1154.32 mg	Sat. Fat	10.90 g
Carbohydrates	30.79 g	Protein	21.02 g	Total Fat	20.26 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF MACARONI & CHEESE WITH A HAM SLICE (ENRICHED)

1.



1 serving of Macaroni & Cheese with a Ham Slice