

STEAMED CARROTS (FROZEN)



VEGETABLES (RED/ORANGE)

MEAL COMPONENT CONTRIBUTION:

½ cup red/orange vegetable

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Baby, Frozen, Cooked, #1603	19 pounds
Margarine, Bulk, #1319	8 ounces , melted
Salt, Table, #2723	1 tablespoon
Pepper, Black, Ground, #2718	2 tablespoon

DIRECTIONS

1. COOKING METHODS

To steam carrots:

- Place no more than 5 pounds of frozen carrots in each perforated steamtable pan.
- Steam them for 6 to 8 minutes.
- Place the carrots in solid steamtable pans for seasoning and service.
- If using solid steamtable pans to steam, drain the liquids from the pans prior to seasoning and service.

To boil carrots:

- Place the frozen carrots in braising pans, a steam jacketed kettle, or stockpot.
- Cover the carrots with water.
- Bring the water to a boil, then decrease the heat until the water simmers.
- Cook the carrots for 10 to 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 15 seconds at the completion of the cooking process.

2. Melt the margarine then combine it with the salt and pepper.

Evenly distribute the mixture over the cooked carrots.

3. Serve them immediately, or cover them 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 the steamed carrots with a perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of red/orange 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 4 hours.

PRODUCTION NOTES

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

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.

STEAMED CARROTS (FROZEN)

NUTRIENTS PER SERVING

Calories	47	Dietary Fiber	3.02 g	Sodium	139.40 mg	Sat. Fat	0.83 g
Carbohydrates	7.11 g	Protein	1.03 g	Total Fat	1.88 g	Trans Fat	0.00 g