

CRISPY OVEN FRIES (BAKED)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potatoes, French Fries, Straight Cut, Bakeable, #1615	18 pounds
Pan Release Spray, Vegetable Oil, #2514	20 second spray

DIRECTIONS

- Place the potatoes in a single layer on a sheet pan that has been lined with a pan liner or sprayed with food release spray.
- Bake the french fries according to oven (combi or convection) and package or case directions. Do not pan more than you can serve quickly. This product may become soggy. Batch cook to maintain the french fries quality.
CCP: Heat to 135 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 recommendation, follow those recommendations.
- Use a spatula to remove the potatoes from sheet pans and place them into half-size steamtable pans.
- Serve the fries immediately. If that is not an option, place them under a heat lamp to keep potatoes crisp. The fries may also be covered with aluminum foil and placed them in the warmer. Cut holes in the aluminum foil to allow the steam to escape.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Measure a ½ cup serving of the french fries to determine how many fries to serve. Portion each ½ cup serving with a spoon or tongs. Each portion provides ½ cup of starchy vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

SERVING 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.

PURCHASING GUIDE

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

NUTRIENTS PER SERVING

Calories	131	Dietary Fiber	2.39 g	Sodium	215.10 mg	Sat. Fat	0.60 g
Carbohydrates	21.51 g	Protein	2.39 g	Total Fat	4.18 g	Trans Fat	0.00 g