

MASHED POTATOES



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 78 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 78 SERVINGS)
Water, Boiling, Municipal	2 gallon(s)
Margarine, Bulk, #1319	8 ounce(s)
Salt, Table, #2219	1 teaspoon(s)
Pepper, Black, Ground, #2718	1 teaspoon(s)
Potatoes,Pearls, Instant, #2819	1 package(s)

DIRECTIONS

1. Pour boiling water into mixer bowl.
2. Add margarine, pepper, and salt to hot water. (Pepper is optional). Using whip attachment, set mixer to "low" and slowly add potatoes.
3. Scrape down bowl and whip on "high" until fluffy, about 3 ½ minutes. Hand mixing directions can be found on the package.
4. Transfer to 4 inch full size pans. Cover and place in oven to heat to proper temperature. Place in warmer until ready for service.
 CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of starchy vegetables.
 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

Prepare mashed potatoes for just in time service. Any leftover mashed potatoes can be reheated to 165 degrees F for 15 seconds.

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.

SERVING NOTES

Presentation Ideas: Garnish with parsley flakes and paprika sprinkled lightly over pan.

Since the starch content of potatoes can differ, adjustment of the liquid may be necessary. Increase or decrease the quantity of liquid as needed for a fluffy product.

NUTRIENTS PER SERVING

Calories	91	Dietary Fiber	1.57 g	Sodium	83.44 mg	Sat. Fat	1.04 g
Carbohydrates	15.67 g	Protein	2.35 g	Total Fat	2.29 g	Trans Fat	0.00 g