

MASHED POTATOES



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

NUMBER OF PORTIONS: 85 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

| INGREDIENT | MEASURE (FOR 85 SERVINGS) |
|----------------------------------|---------------------------|
| Water, Boiling, Municipal | 2 gallons |
| Margarine, Bulk, #1319 | 8 ounces |
| Salt, Table, #2723 | 1 teaspoon |
| Pepper, Black, Ground, #2718 | 1 teaspoon |
| Potatoes, Pearls, Instant, #2819 | 1 package |

DIRECTIONS

- Pour the boiling water into a mixer bowl.
- Add the margarine, pepper, and salt to hot water. (Pepper is optional).
- Attach the whip attachment to the mixer.
Set the mixer to "low" and slowly add potatoes.
- Scrape down the sides of the bowl and whip on "high" until fluffy, about 3 ½ minutes (the use of a mixer is recommended).
Hand mixing directions can be found on the package.
- Transfer the potatoes to 4 inch full size pans.
Cover and place them in the oven at 350 degrees F for 15 minutes, or until desired temperature is reached.
CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
- Remove the potatoes from the oven. Serve them immediately, or cover them and place them 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.
- Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of starchy 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

Prepare mashed potatoes for just in time service.

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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SERVING NOTES

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

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|--------|-----------|----------|-----------|--------|
| Calories | 90 | Dietary Fiber | 1.01 g | Sodium | 66.53 mg | Sat. Fat | 0.86 g |
| Carbohydrates | 15.12 g | Protein | 2.02 g | Total Fat | 2.10 g | Trans Fat | 0.00 g |