

# WHOLE KERNEL CORN (CANNED)



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)
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	5 #10 cans + 3 1/4 cups
Margarine, Bulk, #1319	8 ounces
Salt, Table, #2219	1 tablespoon
Pepper, Black, Ground, #2718	2 tablespoon

**DIRECTIONS**

1. Open the cans of corn and drain the liquid from half of the cans.

2. **COOKING METHODS**

To steam corn:

- Place the corn in solid steamtable pans
- Equally distribute the margarine, salt and pepper among the pans, then cover them.
- Steam the corn for 4 to 6 minutes, or until it is heated thoroughly.
- Stir the corn gently to combine the ingredients
- Cover the pans and hold the corn for service.

To boil corn:

- Place the corn in a braising ban, steam jacketed kettle or stock pot.
- Add the margarine, salt and pepper.
- Bring the liquid to a boil, then reduce the heat until the liquid simmers.
- Cook the corn for 5 to 6 minutes, or until it is heated thoroughly. Stir the corn occasionally during the cooking process.
- Transfer the corn to solid steamtable pans. Cover the pans and hold the corn for service.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.

3. Portion with a perforated 4 ounce spoodle or #8 scoop per serving. 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. 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 2 hours.

**PRODUCTION 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.

**NUTRIENTS PER SERVING**

Calories	85	Dietary Fiber	1.75 g	Sodium	101.00 mg	Sat. Fat	0.73 g
Carbohydrates	14.68 g	Protein	1.72 g	Total Fat	3.50 g	Trans Fat	0.00 g