

# HERBED BROCCOLI (FROZEN)



VEGETABLES (DARK GREEN)

**MEAL COMPONENT CONTRIBUTION:**

½ cup dark green vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Broccoli, Frozen, Florets, Cooked, #1601	7 pounds + 4 ounces
Bun, Hamburger, WGR, #1228	5 1/4 buns
Margarine, Bulk, #1319	8 ounces
Lemon Juice, Canned/Bottled, #2247	1/4 cup
Onions, Frozen, Diced, #1610	1 cup + 2 tablespoons
Garlic Powder, #2709	1 tablespoon
Parsley, Dried, Chopped, #2717	2 tablespoons
Basil Leaves, Dried, #2700	1 tablespoon
Pepper, Black, Ground, #2718	1/2 teaspoon
Onion Powder, #2714	2 teaspoons
Cheese, Parmesan, Grated, #1304	4 ounces
Pan Release Spray, Vegetable Oil, #2514	10 second spray

**DIRECTIONS**

1. If the broccoli is frozen, thaw it in the refrigerator. Drain the broccoli thoroughly on the day of assembly.
2. If the breadcrumbs have not been prepared, half the hamburger buns and then toast them in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool the hamburger buns before preparing crumbs. Break the bread into pieces and place them into a food processor or appropriate grinder. Process the bread until the desired crumb size is obtained. See recipe MRS 7125, Whole Wheat Bread Crumbs, for detailed directions and photographs of this recipe.
3. Heat the margarine in a stock pot until it has browned. Turn off the heat then add the lemon juice. Stir the mixture until it is blended.
4. Add the onion powder, garlic powder, basil, parsley, pepper, onion powder, parmesan cheese, and bread crumbs to the melted margarine. Mix the ingredients, then place them on a sheet pan and brown for 5 minutes at 350 degrees. Set aside until step 7.

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## DIRECTIONS

5. To steam the broccoli:
- Place no more than 5 pounds of frozen broccoli in perforated steamtable pans.
  - Steam the broccoli for 2 to 3 minutes.
  - Place the broccoli in solid steamtable pans for seasoning and service.
  - If using solid steamtable pans for steaming, drain the liquids from the pans prior to seasoning and service.

To cook the broccoli:

- Place the frozen broccoli in a braising pan, steam jacketed kettle or stockpot.
- Cover the broccoli with water, then bring it to a boil.
- Decrease the heat until the water simmers and cook for 5 to 8 minutes.
- Drain the water and transfer the broccoli to solid steamtable pans for seasoning and service.

CCP: Heat to 135 degrees F at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.

6. Divide the broccoli evenly between steamtable pans (12' x 20" x 2½") which have been lightly coated with food release spray. For 50 servings, use 2 pans.
7. Sprinkle 1½ cups of breadcrumb mixture over each pan of broccoli before serving.
8. Serve it immediately, or cover it and place in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

9. Portion with #8 scoop per serving. Each portion provides ½ cup of dark green 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

For best results use perforated pan to steam vegetables.

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.

## NUTRIENTS PER SERVING

Calories	79	Dietary Fiber	2.62 g	Sodium	123.00 mg	Sat. Fat	1.91 g
Carbohydrates	7.48 g	Protein	3.46 g	Total Fat	4.55 g	Trans Fat	0.00 g