

CARROT SOUFLÉ (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

½ cup red/orange vegetable

NUMBER OF PORTIONS: 24 **SIZE OF PORTION:** 2/3 cup**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 24 SERVINGS)
Carrots, Sliced, Low Sodium, #10 Can, #2807	1 #10 cans + 1 quart
Margarine, Bulk, #1319	8 ounces
Eggs, Whole, Fresh, #1318	8 eggs
Flour, All Purpose, Enriched, #2011	2/3 cup
Baking Powder, Double Acting, #2000	1 tablespoon + 1 teaspoon
Sugar, Granulated, #2027	2 cups
Cinnamon, Ground, #2704	1 tablespoon
Flavoring, Vanilla, Imitation, #2010	1 tablespoon + 1 teaspoon
Pan Release Spray, Vegetable Oil, #2514	5 second spray

DIRECTIONS

1. Drain the canned carrots.
2. Melt the margarine.
3. Place all of the ingredients in a mixer bowl and mix them to a smooth consistency.
4. Pour the mixture into steamtable pans that has been sprayed with pan release spray.
5. Bake the soufflé until it is heated thoroughly.
Convection oven: 350 degrees F for 1 hour.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
6. Serve immediately or cover the soufflé and place it in a warmer until ready for service.
CCP: Hold and hold for service at 135 degrees F or higher. Check temperature every 30 minutes.
7. Portion with #6 scoop per serving. Each portion provides ½ cup red/orange 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 6 hours to 41 degrees or lower.

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" provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

Calories	198	Dietary Fiber	1.78 g	Sodium	293.16 mg	Sat. Fat	3.64 g
Carbohydrates	25.67 g	Protein	3.45 g	Total Fat	9.34 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF CARROT SOUFFLÉ (CANNED)

1.



Ingredients mixed together in food processor

2.



Steamtable pan of Carrot Soufflé

3.



Baked Carrot Soufflé

4.



1 serving of Carrot Soufflé