

LEMON-GLAZED CARROTS (FROZEN)


MEAL COMPONENT CONTRIBUTION:

½ cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Baby, Frozen, Cooked, #1603	19 pounds
Margarine, Bulk, #1319	8 ounces
Lemon Juice, Canned/Bottled, #2247	1 cup
Nutmeg, Ground, #2713	1/4 cup
Salt, Table, #2219	1 tablespoon

DIRECTIONS

1. COOKING METHODS

To steam carrots:

- Place no more than 5 pounds of frozen carrots into each perforated steamtable pan.
- Steam the carrots for 3 to 5 minutes.
- Place them in solid steamtable pans for seasoning and service.
- If using solid steamtable pans to steam, drain the liquid from the pans prior to seasoning and service.

To boil vegetables:

- Place frozen carrots in a braising pan, steam jacketed kettle or stockpot.
- Cover the carrots with water.
- Bring the water to a boil, then decrease the heat until the water simmers.
- Cook the carrots for 10 to 20 minutes.
- Drain the water and transfer the carrots to solid steamtable pans for seasoning and service.

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

- Melt the margarine, then add the lemon juice, nutmeg, and salt to the melted margarine. Boil the mixture gently, uncovered, for 1 minute.
- Pour the glaze evenly over the drained, cooked carrots. Stir the carrots gently, to prevent the carrots from breaking.
- Serve the carrots immediately, or cover them and place them in a warmer until ready for service.
- Portion with a 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of 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 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

PRODUCTION NOTES

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.

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NUTRIENTS PER SERVING

Calories	49	Dietary Fiber	3.08 g	Sodium	140.00 mg	Sat. Fat	0.82 g
Carbohydrates	7.41 g	Protein	1.05 g	Total Fat	1.99 g	Trans Fat	0.00 g