

# STEAMED BROCCOLI FLORETS (FRESH)

## MEAL COMPONENT CONTRIBUTION:

½ cup dark green vegetable

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

**RECIPE HACCP PROCESS:** #2 - Same day service



VEGETABLES (DARK GREEN)

| INGREDIENT                     | MEASURE (FOR 100 SERVINGS) |
|--------------------------------|----------------------------|
| Broccoli, Fresh Florets, #4000 | 17 pounds + 8 ounces       |
| Margarine, Bulk, #1319         | 8 ounces                   |
| Pepper, Black, Ground, #2718   | 2 tablespoons              |
| Salt, Table, #2723             | 1 tablespoon               |

## DIRECTIONS

1. If needed, rinse the broccoli under cool, running water. Then drain them thoroughly. Cut the florets into bite-sized pieces.

### 2. COOKING METHODS

To steam broccoli:

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

To heat vegetables:

- Place broccoli florets in a braising pan, steam jacketed kettle or stockpot.
- Cover the broccoli with water, then bring the water to boil.
- Decrease the heat to a simmer and cook the broccoli for 8 -10 minutes.
- Drain the water from the pans and transfer the broccoli into 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.

3. Melt the margarine and combine it with the salt and pepper. Evenly distribute the butter over the steamed broccoli. Mix the ingredients gently to combine.

4. Serve the broccoli immediately or cover it and place it in a warmer for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

5. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup dark green vegetable.

CCP: Hold and maintain product at a minimum temperature 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 or lower within an additional 4 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.

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**NUTRIENTS PER SERVING**

|               |        |               |        |           |           |           |        |
|---------------|--------|---------------|--------|-----------|-----------|-----------|--------|
| Calories      | 39     | Dietary Fiber | 3.37 g | Sodium    | 109.82 mg | Sat. Fat  | 0.77 g |
| Carbohydrates | 4.20 g | Protein       | 2.38 g | Total Fat | 2.06 g    | Trans Fat | 0.00 g |