

STEAMED BROCCOLI FLORETS (FROZEN)


MEAL COMPONENT CONTRIBUTION:

½ cup dark green vegetables

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, Florets, Frozen, #1601 | 14 pounds + 8 ounces |
| Margarine, Bulk, #1319 | 8 ounces |
| Salt, Table, #2723 | 1 tablespoon |
| Pepper, Black, Ground, #2718 | 2 tablespoons |

DIRECTIONS
1. COOKING METHODS

To steam broccoli:

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

To heat broccoli:

- Place the frozen broccoli in a braising pan, steam jacketed kettle or stockpot.
- Cover the broccoli with water. Bring the water to boil.
- Decrease the heat until the water simmers and cook the broccoli for 6 to 8 minutes.
- Drain water and transfer the broccoli to solid steamtable pan for seasoning and service.

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

2. Melt the margarine, then add the salt and pepper.

Evenly distribute the margarine mixture over the steamed broccoli.

3. Serve the broccoli immediately, or cover it and place the broccoli in warmer for service.

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

4. Portion ½ cup with with #8 scoop or 4 ounce spoodle. 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 with in 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.

For additional flavor, season with Lemon Pepper or Italian Spice Blend.

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

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NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|--------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 35 | Dietary Fiber | 2.02 g | Sodium | 104.31 mg | Sat. Fat | 0.75 g |
| Carbohydrates | 3.61 g | Protein | 2.05 g | Total Fat | 1.86 g | Trans Fat | 0.00 g |