

# MEXICAN CORNBREAD (ENRICHED)

## MEAL COMPONENT CONTRIBUTION:

2 oz. eq. enriched grains

**NUMBER OF PORTIONS:** 60 **SIZE OF PORTION:** 1 piece**RECIPE HACCP PROCESS:** #2 - Same day service

ENRICHED GRAIN

INGREDIENT	MEASURE (FOR 60 SERVINGS)
Cornmeal, Enriched, #2006	2 quarts + 1 cup
Flour, All Purpose, Enriched, #2011	2 quarts
Baking Powder, Double Acting, #2000	1/2 cup
Sugar, Granulated, #2027	1 1/4 cups
Salt, Table, #2723	1 tablespoon
Corn, Yellow, Canned, Cream Style, #10 Can, #2808	1 3/4 cups
Eggs, Whole, Fresh, #1318	10 eggs
Milk, Reduced Fat, 2% Milkfat, Bulk	2 quarts
Oil, Vegetable, #2507	3/4 cups
Cheese, American, Grated/Shredded, #1306	12 ounces
Peppers, Jalapeño, Sliced, #2810	1/2 cup
Onions, Frozen, Diced, #1610	2 1/2 cups
Pan Release Spray, Vegetable Oil, #2514	10 second spray

## DIRECTIONS

- Blend the cornmeal, flour, baking powder, sugar, and salt in a mixer for 1 minute on low speed.
- Mix the corn, eggs, milk, oil, cheese, onions, and jalapeños. Add the mixture to the dry ingredients and blend for 30 seconds on low speed. Beat the mixture on medium speed, only until the dry ingredients are moistened, 2-3 minutes. **DO NOT OVERMIX OR THE CORNBREAD WILL BE TOUGH AND RUBBERY.** The batter will be lumpy.
- For 60 servings, pour 5 quarts of batter into 1 full size sheet pan (18" x 26" x 1"), which has been sprayed with pan release spray or lined with parchment paper.
- Bake until lightly browned:
  - Conventional Oven: 400° F for 30 - 35 minutes.
  - Convection Oven: 350°F for 20 - 25 minutes.
- For 60 servings, cut full-size sheet pan 6 x 10 (60 pieces per pan). Transfer to steamtable pans for service.
- Portion 1 piece per serving. Each portion provides 2 oz. eq. enriched grains.

## PRODUCTION NOTES

Use USDA Foods products 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 Quick Breads" provides seasoning and serving ideas for breads.

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**NUTRIENTS PER SERVING**

Calories	231	Dietary Fiber	1.37 g	Sodium	468.00 mg	Sat. Fat	2.26 g
Carbohydrates	35.65 g	Protein	6.63 g	Total Fat	6.55 g	Trans Fat	0.00 g

**ILLUSTRATED PRESENTATION OF MEXICAN CORNBREAD (ENRICHED)**

1.



Cutting cornbread for service

2.



1 serving of Mexican Cornbread