

COUNTRY FRIED STEAK WITH GRAVY (MADE)


MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 patty**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Flour, All Purpose, Enriched, #2011	2 cups
Salt, Table, #2723	1 tablespoon
Pepper, Black, Ground, #2718	1 tablespoon
Onions, Chopped, Dehydrated, #2738	3/4 cup
Beef, Gound, 80/20, #1001	9 pounds
Margarine, Bulk, #1319	2 ounces
Flour, All Purpose, Enriched, #2011	1 cup
Base, Beef, Low Sodium, #2500	3 tablespoons
Water, Municipal, Mississippi	2 quarts + 1/2 cup
Onion Powder, #2714	2 teaspoons
Pepper, Black, Ground, #2718	1/4 teaspoon

DIRECTIONS

- Thaw the beef in the refrigerator.
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- Combine 2 cups of the flour, salt, and 1 tablespoon of the pepper for every 50 country fried steaks.
- Combine about ½ of the seasoned flour with the dehydrated onions and ground beef in a mixing bowl. Mix for 2 minutes on low speed.
- Place 4 pounds 8 ounces (2¼ quarts) of the ground beef mixture into each sheet pan (18" x 26" x 1"). Pat or flatten the meat with a rolling pin to cover the pan evenly. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans.
- Sprinkle the remaining seasoned flour evenly over the meat, about ½ cup per pan. Pat the seasoned flour into the meat.
- Cut each pan 5 x 5 (25 portions per pan).
Alternate instructions: Portion steaks with a #12 scoop onto ungreased sheet pans (18" x 26" x 1"). Flatten each steak into an oval patty. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Place a pan liner on top of the patties. Stack several filled pans on top of each other to flatten the patties.
- To bake:
Conventional oven: 375 degrees F for 15 minutes.
Convection oven: 300 degrees F for 10 minutes.
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Transfer the steaks, browned side up, into steamtable pans (12" x 20" x 2½"). For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
CCP: Cover and hold for service at 135 degrees F or higher.

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DIRECTIONS

9. To make the brown gravy:
 - Melt the margarine in a stockpot.
 - Blend in 1 cup of the flour for every 50 country fried steaks.
 - Cook the mixture on medium heat, stirring frequently, until golden brown, or about 8 - 10 minutes.
 - Slowly stir in the beef base, water, onion powder, and 1/4 teaspoon of pepper.
 - Blend the mixture well and bring it to a boil, then reduce the heat.
 - Simmer, stirring constantly until thickened, 6 - 8 minutes.
10. Pour the gravy over the steaks, approximately 2 quarts per pan.
 CCP: Cover and hold for service at 135 degrees F or higher.
11. Serve it immediately, or cover and place in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F.
12. Portion one patty with gravy per serving. Each portion provides 2 oz. eq. meat/meat alternate.
 CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check the 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 4 hours.

PRODUCTION NOTES

- Thaw the ground beef in the refrigerator overnight.
- Prepare the country fried steak and gravy for just-in-time for service. 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) products when available.

SERVING NOTES

PURCHASING GUIDE

Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

MISCELLANEOUS NOTES

If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.

NUTRIENTS PER SERVING

Calories	194	Dietary Fiber	0.28 g	Sodium	253.00 mg	Sat. Fat	4.98 g
Carbohydrates	6.60 g	Protein	11.50 g	Total Fat	13.11 g	Trans Fat	0.00 g