

COUNTRY FRIED STEAK (MADE)



MEAT/MEAT ALTERNATE

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

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Flour, All Purpose, Enriched, #2011	8 ounces
Salt, Table, #2219	1 tablespoon
Pepper, Black, Ground, #2718	1 tablespoon
Onions, Chopped, Dehydrated, #2738	3/4 cup
Beef, Ground, 80/20, #1001	9 pounds
Margarine, Bulk, #1319	2 ounces
Flour, All Purpose, Enriched, #2011	5 ounces
Base, Beef, Low Sodium, #2500	1 1/2 ounces
Water, Municipal, Mississippi	2 quarts + 1/2 cup
Onion Powder, #2714	2 teaspoons
Pepper, Black, Ground, #2718	1/4 teaspoon

DIRECTIONS

- Combine 8 ounces of the flour, salt and 1 tablespoon of the pepper.
- Combine about ½ of the seasoned flour with the 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.
- 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 steaks into oval patties. For 50 servings, use 2 sheet pans. Place a pan liner on top of patties. Stack several filled pans on top of each other to flatten 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 15 seconds at the completion of the cooking process.
- Transfer the steaks, browned side up, into steamtable pans (12" x 20" x 2 1/2"). For 50 servings, use 1 steamtable pan.

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DIRECTIONS

8. For brown gravy:
 - Melt the margarine in a stockpot.
 - Blend in 5 ounces of flour
 - 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 well and bring to a boil then reduce the heat.
 - Simmer, stirring constantly until thickened, 6 - 8 minutes.
9. Pour the gravy over the steaks, approximately 2 quarts per pan.
10. 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.

11. Portion 1 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 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

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 Meats" provides seasoning and serving ideas for meats.

NUTRIENTS PER SERVING

Calories	194	Dietary Fiber	0.32 g	Sodium	219.00 mg	Sat. Fat	4.98 g
Carbohydrates	6.59 g	Protein	11.48 g	Total Fat	13.11 g	Trans Fat	0.00 g