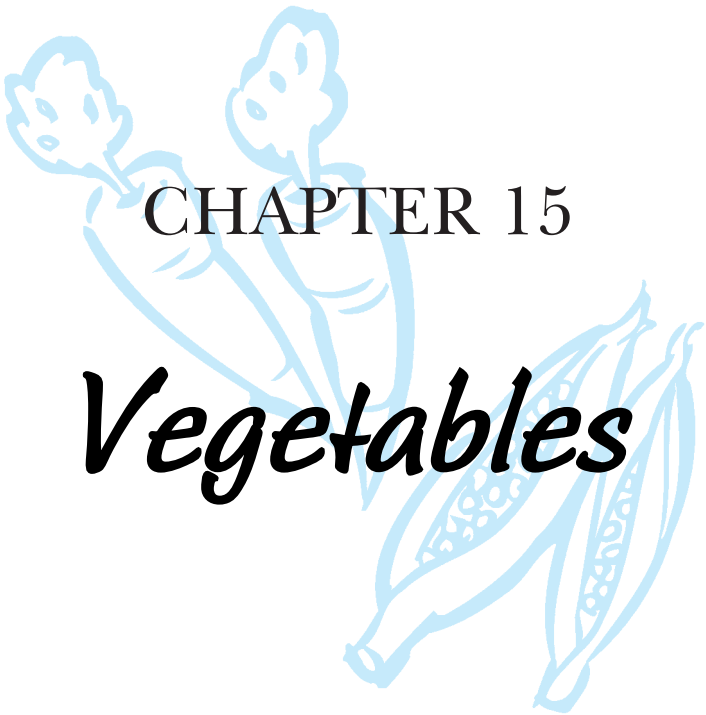

CHAPTER 15

Vegetables

With the increased interest in nutrition, the place of the vegetable in today's foodservice menu has assumed new importance. A wide array of fresh vegetables is available year-round, as is a variety of frozen and canned vegetables. Proper preparation and cooking are essential to preserving the nutritive value, color, and palatability of fresh vegetables, and the addition of herbs and spices enhances the vegetables without the addition of salt and fat.

Frozen and canned vegetables require less labor to prepare than fresh vegetables and have more predictable yields, but fresh vegetables, especially those that are not too time-consuming to prepare, should be considered when they are in season.

The quantity of vegetables to buy depends on the portion size and the method of preparation. One No. 10 can or 5 pounds of most frozen vegetables will yield 25 3-oz portions. For fresh vegetables, the loss in preparation must be considered in determining the amount to purchase. Table 1.1 suggests amounts to buy and Table 1.2 gives the approximate yield in the preparation of fresh vegetables.

FRESH AND FROZEN VEGETABLES

Fresh or frozen vegetables may be cooked by boiling, steaming, baking, or frying. The method used depends largely on the type of product, the amount to be cooked, and the equipment available. Fresh vegetables should be washed, trimmed, peeled if necessary, and cut into even-size pieces for cooking. Detailed instructions are given for individual recipes in this section. (Salad vegetables and their preparation are discussed in Chapter 11.) Preparing fresh vegetables too far in advance causes them to discolor. Covering prepared vegetables with cold water helps retain color but reduces their nutritive value if they are held too long.

A small steam-jacketed kettle is satisfactory for cooking both fresh and frozen vegetables. It should be large enough to prevent crowding and to allow the water to return to the boiling point quickly after vegetables are added. A tilting frypan also may be used successfully.

Vegetables may be cooked in a steamer if cooked in small quantities and arranged in thin layers in shallow pans. The time and temperature must be controlled carefully. Cooking in a high-pressure or zero-pressure steamer is especially successful. One advantage of steam cooking is that vegetables may be weighed and placed in serving pans, then cooked and served from the same pans.

When steam equipment is not available, top-of-range cooking may be used. Vegetables should be cooked in as small an amount of water as is practicable and as quickly as possible.

Whatever the method used, vegetables should be cooked only until tender. *Do not overcook.* Vegetables should be cooked in as small a quantity at one time as is feasible for the type of service. The needs of most foodservices can be met by the continuous cooking of vegetables in small quantities (batch cooking). Vegetables should be served as soon as possible after cooking for optimum quality and should be handled carefully to prevent breaking or mashing. Vegetables that have been cooked and held for any period of time should not be combined with freshly prepared batches. Appearance is most important to customer acceptance of vegetables, as is the seasoning. Individual recipes recommend the amount of salt for 50 portions and suggest seasonings appropriate to that vegetable.

Directions for Boiling

1. Prepare vegetables. See p. 467 for directions for preparing fresh vegetables. Frozen vegetables should not be thawed before cooking except for solid pack frozen vegetables, which should be thawed only long enough to break apart easily.
2. Add prepared vegetables to boiling salted water in steam-jacketed kettle or stockpot. Cook in lots no larger than 10 lb. Use 1 oz (1½ Tbsp) salt to the amount of water specified in Table 15.1, except for corn. Add salt and/or sugar after cooking to prevent toughening and discoloring of corn kernels.

   The amount of water used in cooking all vegetables is important for retention of nutrients. The less water used, the more nutrients retained. Addition of baking soda to the water also causes loss of vitamins. Mature root vegetables that need longer cooking require more water than young, tender vegetables. Spinach and other greens need only the water clinging to their leaves from washing.
3. Cover and bring water quickly back to the boiling point. Green vegetables retain their color better if the lid is removed just before boiling begins; strong-flavored vegetables, such as cabbage, cauliflower, and brussels sprouts, should be cooked uncovered to prevent development of unpleasant flavors.
4. Start timing when water returns to the boiling point. Use Table 15.1 as a guide. Stir greens occasionally while boiling.
5. Drain cooked vegetables and place in serving pans. Add 4–8 oz melted margarine or butter to each 50 portions.
6. Adjust seasonings.

Directions for Steaming

1. Place prepared vegetables not more than 3–4 inches deep in stainless steel inset pans. Perforated pans provide the best circulation, but if cooking liquid needs to be retained, use solid pans. When cooking winter squash or sweet potatoes, cover with a lid or aluminum foil to prevent water from accumulating in the pan.
2. Steam, using Table 15.1 as a guide. Begin timing when steamer reaches proper cooking pressure.
3. Add 2–4 oz melted margarine or butter and 2 tsp salt to each 5 lb drained vegetables.

Directions for Stir-Frying

1. Select vegetables for color, texture, shape, and flavor.
2. Cut or dice diagonally into small uniform pieces (see Figure 15.1).
3. Heat a small amount of oil or seasoned oil in a pan, steam-jacketed kettle, or tilting frypan. Prepare seasoned oil for stir-frying by adding ½ oz sliced ginger root and ½ oz fresh peeled garlic to 2 cups salad oil. Refrigerate 8 hours. For Safety reasons, use within 24 hours. Strain before using (see p. 382 for Basil Oil recipe).
4. Stir in vegetables, starting with those that take longer to cook (carrots, onions, turnips). Continue to stir for 1 minute until vegetables are coated with oil.
5. Add liquid (water or broth) and seasonings to vegetables. Cover and steam for 3 minutes or until vegetables are tender-crisp.
6. Add cornstarch mixed with a small amount of cold water. (See recipe on p. 678.) Cook and stir just until the sauce thickens and vegetables are glazed.

CANNED VEGETABLES

Heating of canned vegetables should be scheduled so they will be served soon after heating. Prepare 1 or 2 No. 10 cans at a time, with approximately 25 portions in each can.

Directions for Heating

Stockpot or Steam-Jacketed Kettle

1. Drain off half the liquid; use for soups, gravies, and sauces.
2. Heat vegetables and remaining liquid in a stockpot or steam-jacketed kettle. Heat only long enough to bring to 160°F.
3. Drain vegetables and place in counter pans. Add 4–8 oz melted margarine or butter.

Steamer or Oven

1. Drain off half the liquid; use for soups, gravies, and sauces.
2. Transfer vegetables and remaining liquid to steamer pans and cover. A 12 × 20 × 2-inch pan will hold contents of 2 No. 10 cans, or 50 portions of most vegetables.
3. Heat in steamer at 5–6 lb pressure for 1 minute, or in a 350°F oven until 160°F is reached.
4. Drain vegetables and add 4–8 oz melted margarine or butter for each lot of vegetables.

TABLE 15.1 Timetable for boiling or steaming fresh and frozen vegetables

	Boiling—approximate cooking time[a,b] (minutes)	*Steaming—Approximate cooking time[c,d] for 1–3 pans (minutes)*		
		5–6 psi[e]	12–15 psi[e]	Zero pressure
Asparagus, fresh, frozen	10–12	10–12	4–8	6–13
Beans, black-eyed beans or peas, frozen	30–45	20–25	10–20	25–35
Beans, green or wax, fresh	15–25	15–20	4–10	10–15
Beans, green or wax, frozen	10–12	10–12	7–11	6–13
Beans, lima, frozen	10–15	10–12	6–10	6–13
Beets, whole, fresh	40–50	40–50	25–35	40–50
Broccoli, cuts or spears, fresh, frozen	10–12	10–15	4–8	5–10
Brussels sprouts, fresh, frozen	10–15	10–12	6–10	9–14
Cabbage, cored, cut	10–12	14–16	7–14	14–18
Carrots, fresh	10–20	18–20	6–15	18–20
Carrots. frozen	10–20	9–10	5–9	7–12
Cauliflower, fresh, frozen	10–12	10–15	5–10	7–15
Celery, fresh	10–12	10–15	5–10	10–15
Corn, whole kernel, frozen	6–8	9–10	5–9	5–10
Corn on the cob, fresh, frozen	15–20	10–12	5–10	8–12
Eggplant, fresh	15–20	10–15	4–8	5–15
Greens, collard, fresh	25–35	10–15	8–10	12–15
Kale, fresh	15–20	10–15	8–10	12–15
Okra, fresh, frozen	8–15	10–12	6–10	10–12
Onions, fresh	20–30	15–20	5–10	10–15
Parsnips, fresh	20–40	15–20	6–15	18–20
Peas, green, fresh, frozen	8–12	8–10	3–4	5–6
Potatoes, fresh, whole, small	25–40	20–25	13–25	35–40
Rutabagas, fresh	20–35	25–30	10–20	25–30
Spinach, fresh	3–5	3–5	1–3	3–5
Spinach, frozen, thawed	3–5	8–10	4–8	8–10
Squash, summer, fresh, frozen	5–10	8–12	5–8	7–10
Squash, winter, fresh, diced	30–40	15–20	7–9	15–20
Sweet potatoes, fresh	30–40	20–30	13–25	30–40
Turnips, fresh	20–40	25–30	10–20	25–30
Vegetables, mixed, frozen	10–15	10	5–9	5–10

[a] Cook vegetables at a slow boil.
[b] Figures calculated for boiling 10—12 lb of vegetables in 1–3 qt. water. Greens require the addition of no extra water; the water clinging to their leaves is sufficient.
[c] Figures calculated for steaming 5–6 lb vegetables per batch. A steamer filled to less than capacity will need the cooking time reduced slightly. An overloaded steamer may require a longer cooking time.
[d] When posssible, use 2 ½-inch-deep perforated steamer pans. For best results, break up frozen vegetables to speed cooking.
[e] Pounds per square inch.

Note

- Canned vegetables require the following cooking times: 5 psi, 3–5 minutes; 15 psi, 3–4 minutes; 0 psi, 5–10 minutes.

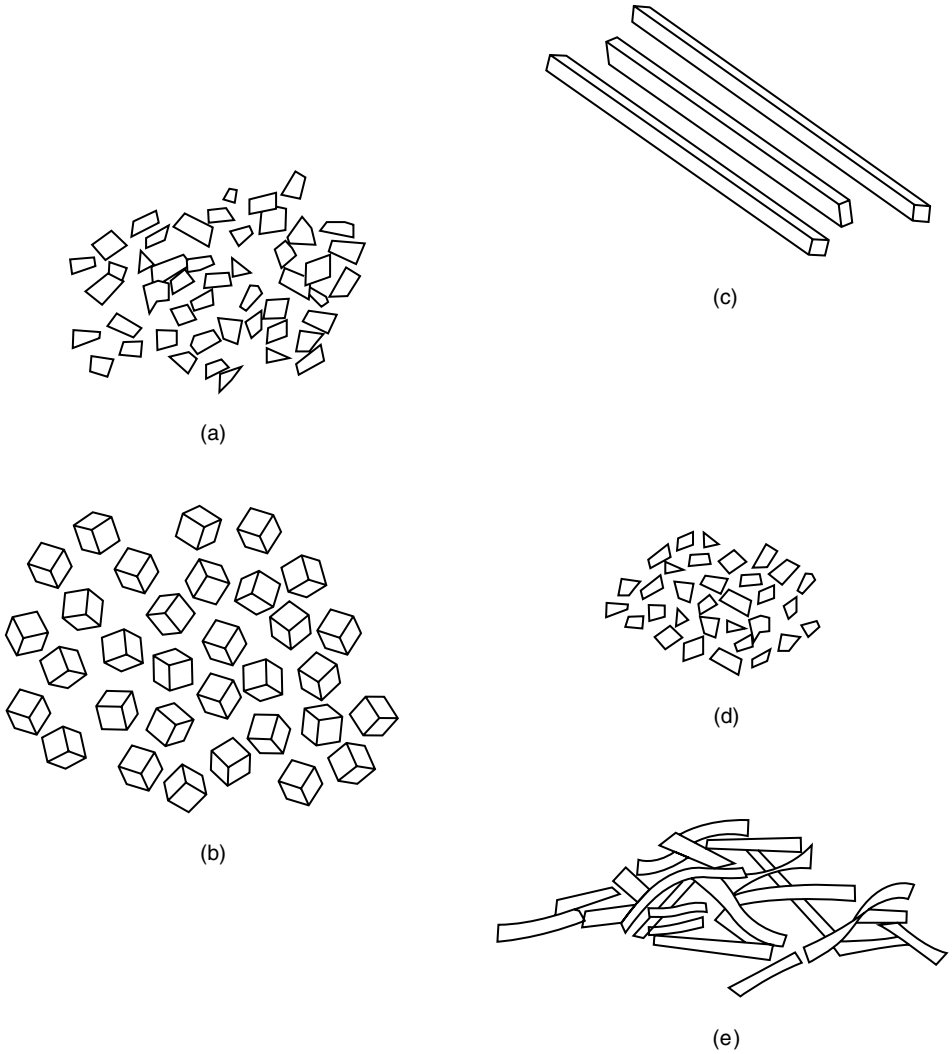

FIGURE 15.1 Terminology for cutting vegetables and other foods:
(a) chop: to cut into irregular-shape pieces, either by a mechanical chopper or by hand using a chef's knife;
(b) dice or cube: *brunoise,* $\frac{1}{8} \times \frac{1}{8} \times \frac{1}{8}$ inch; *small dice,* $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$ inch; *medium dice,* $\frac{1}{3} \times \frac{1}{3} \times \frac{1}{3}$ inch; *large dice,* $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$ inch;
(c) julienne: *fine,* $\frac{1}{16} \times \frac{1}{16} \times 1$ or 2 inches; *julienne,* $\frac{1}{8} \times \frac{1}{8} \times 2$ inches; *battonet,* $\frac{1}{4} \times \frac{1}{4} \times 2$ or $2\frac{1}{2}$ inches;
(d) mince; to chop into very fine pieces;
(e) shred: to cut into strips, either by a mechanical or hand grater or with a chef's knife.

DRIED VEGETABLES

Among the many kinds of dried legumes available today are dried peas (whole green or split green, yellow split, and black-eyed); beans (navy, black, fava, red kidney, brown, pinto, butter beans, and garbanzo, also known as chick peas); lentils (brown and red). High in protein and fiber, legumes are an important factor in meatless dishes and health-conscious menus.

Directions for Cooking

1. Sort, discarding any stones or other foreign material and shriveled vegetables. Rinse with cold water.
2. Heat water to boiling in steam-jacketed or other kettle.
3. Add vegetable and boil for 3 minutes.
4. Turn off steam and allow to stand for 1 hour.
5. Add salt and cook slowly until vegetables are tender (1–1½ hours). Add more water if needed.
6. Vegetable may be covered with cold water and soaked overnight, drained, then cooked.

VEGETABLE RECIPES

SEASONED FRESH ASPARAGUS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Asparagus, fresh	18–20 lb (AP) (10 lb EP)	Break or cut off tough stems. Wash and thoroughly clean remaining portions. Arrange spears in steamer pans with tips in one direction. Sprinkle with salt. Steam (p. 631). Asparagus may be cut into 1-inch pieces and steamed or placed in a kettle and boiled (p. 631).
Margarine, melted	4 oz	Pour margarine over cooked asparagus.
Salt	1 oz (1½ Tbsp)	If boiling asparagus, add salt to cooking water.

Approximate nutritive values per portion **Calories** 59

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 8 g	3%	**Vitamin A**	14%	**Calcium**	4%
Sat. Fat 1 g	2%	**Sodium** 220 mg	9%	Fiber 3 g	13%	**Vitamin C**	77%	**Iron**	6%
Protein 4 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For frozen asparagus, use 10 lb. See p. 631 for cooking instructions.
- Seasonings for asparagus: sesame seeds, lemon juice, browned butter, crumb butter, basil, chives, tarragon.

Variations

- **Asparagus with Cheese Sauce.** Serve 5–6 stalks of cooked asparagus with 2 Tbsp Cheese Sauce (p. 561). Make 2 qt sauce.
- **Asparagus Vinaigrette.** Blanch asparagus (see p. 567). Marinate in 1½ qt Vinaigrette Dressing (p. 524) or Vegetable Marinade (pp. 594–596).
- **Creamed Asparagus.** Add 1 gal Medium White Sauce (p. 561) to 10 lb asparagus cut in 2-inch lengths and cooked.
- **Fresh Asparagus with Hollandaise Sauce.** Serve 1 Tbsp Hollandaise Sauce (p. 580) over cooked asparagus spears.

SEASONED FRESH GREEN OR WAX BEANS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Green or wax beans, fresh	11–12 lb (AP) (10 lb EP)	Wash beans. Trim ends. Cut or break into 1-inch pieces. Steam or boil (p. 631).
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked beans and sprinkle with salt. If boiling the beans, add salt to cooking water.

Approximate nutritive values per portion **Calories** 51

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 8 g	3%	**Vitamin A**	7%	**Calcium**	4%
Sat. Fat 1 g	2%	**Sodium** 216 mg	9%	Fiber 2 g	7%	**Vitamin C**	16%	**Iron**	7%
Protein 2 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For frozen beans, use 10 lb. See p. 631 for cooking.
- For canned beans, use 2 No. 10 cans. See p. 630 for heating.
- Seasonings for green beans: basil, dill, marjoram, oregano, rosemary, savory, tarragon, thyme, onion, chives, mushrooms, bacon.

Variations

- **French Green Beans.** Cook 10 lb frozen French cut green beans. Drain and season with 1 cup mayonnaise, ¾ cup sour cream, 2 Tbsp vinegar, 2 oz chopped onion sautéed in 2 oz margarine, and salt and pepper to taste.
- **Green Beans Amandine.** Add 8 oz slivered almonds lightly browned in 8 oz margarine.
- **Green Beans and Mushrooms.** Add 2 lb sliced mushrooms that have been sautéed in 8 oz margarine.
- **Green Beans Provincial.** Season green beans with 8 oz Onion Butter (p. 590), 2 cloves garlic, minced, 3 Tbsp chopped parsley, and 2 tsp dried crumbled thyme.
- **Herbed Green Beans.** Season 10 lb frozen green beans, cooked, or 2 No. 10 cans green beans with 1 lb chopped onions, 8 oz chopped celery, and 1 tsp minced garlic sautéed in 8 oz margarine, 2 tsp dried crumbled basil, and 2 tsp dried rosemary.
- **Southern-Style Green Beans.** Cut 1 lb 8 oz bacon into small pieces. Add 6 oz chopped onion and sauté until onion is lightly browned. Add to hot, drained green beans. Good served with ham and Corn Bread (p. 122).

GREEN BEAN CASSEROLE

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Green beans, frozen, French cut or cut	7 lb 8 oz	Cook green beans (p. 631). Drain.
Mushrooms, fresh Margarine, melted	10 oz 3 oz	Clean mushrooms and slice. Sauté in margarine.
Cream of mushroom soup, undiluted Milk Pepper, black Onion powder Soy sauce	1 qt 1 cup ½ tsp 1 tsp 1 Tbsp	Blend soup, milk, and seasonings.
Water chestnuts, sliced, drained	1 lb	Combine soup mixture, mushrooms, and water chestnuts. Add to green beans. Mix lightly. Pour into one 12 × 20 × 2-inch pan.
Swiss cheese, shredded	8 oz	Sprinkle cheese over beans. Bake at 350°F for 25 minutes.
Bread crumbs Margarine, melted	4 oz 4 oz	Combine crumbs and margarine and sprinkle over bean mixture. Bake 5–10 minutes.

Approximate nutritive values per portion **Calories** 107

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	10%	**Cholest.** 5 mg	2%	**Total Carb.** 10 g	3%	**Vitamin A**	6%	**Calcium**	9%
Sat. Fat 2 g	10%	**Sodium** 262 mg	11%	Fiber 1 g	5%	**Vitamin C**	10%	**Iron**	4%
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Two No. 10 cans cut green beans may be substituted for frozen beans. Drain before using.
- 8 oz crumbled French fried onion rings (canned) may be sprinkled over the top during the last 10 minutes of baking.

SPANISH GREEN BEANS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Bacon, diced Onion, chopped Green pepper, chopped	8 oz 6 oz 4 oz	Sauté bacon, onion, and green pepper until lightly browned.
Flour, all-purpose	4 oz	Add flour and stir until smooth.
Tomatoes, canned Salt	2 qt 1 Tbsp	Chop tomatoes and heat. Add salt. Add gradually to bacon-vegetable mixture. Stir and cook until thickened.
Green beans, drained	2 No. 10 cans	Gently stir tomato sauce into the green beans. Simmer 15–20 minutes or until beans are heated to 160°F.

Approximate nutritive values per portion **Calories** 48

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	1%	**Cholest.** 0 mg	0%	**Total Carb.** 9 g	3%	**Vitamin A**	2%	**Calcium**	3%
Sat. Fat 0 g	0%	**Sodium** 213 mg	9%	Fiber 3 g	11%	**Vitamin C**	23%	**Iron**	7%
Protein 2 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 8 lb fresh or frozen green beans may be substituted for canned beans. Cook before combining with tomato sauce.

Variations

- **Creole Green Beans.** Omit bacon. Sauté onion, green pepper, and 8 oz chopped celery in 2 oz margarine. Add 2 oz sugar to tomatoes.
- **Green Beans with Dill.** Delete bacon and onion. Sauté the green pepper in 5 oz margarine. Add 1 tsp pepper and 1 Tbsp dill seeds. Simmer slowly for 10–15 minutes. Tomato may be increased to one No. 10 can.
- **Hacienda Green Beans.** Add 1 oz sugar, 1½ Tbsp chili powder, and ½ tsp garlic powder.

SEASONED LIMA BEANS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Lima beans, baby or fordhook, frozen	10 lb	Steam or boil beans (p. 631).
Margarine, melted	4 oz	Pour margarine over beans and sprinkle with salt. If boiling the beans, add salt to cooking water.
Salt	1 oz (1½ Tbsp)	

Approximate nutritive values per portion **Calories** 130

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 216 mg	9%	Fiber 6 g	25%	**Vitamin C**	0%	**Iron**	12%
Protein 7 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for lima beans: basil, chives, dill, marjoram, oregano, sage, savory, tarragon, thyme, pimiento, mushrooms, onion butter, sour cream.

Variations

- **Baked Lima Beans and Peas.** Thaw 5 lb frozen baby lima beans and 5 lb frozen peas. Combine with 2 Tbsp dried basil, 1 oz (1½ Tbsp) salt, ½ tsp cracked black pepper, and 16 green onions, sliced. Place in baking pan. Sprinkle with 1 cup water and dot with 4–6 oz margarine. Cover and bake at 325°F for 45 minutes. Stir occasionally.
- **Succotash.** Use 5 lb lima beans and 5 lb frozen or canned whole kernel corn. Season with 4 oz margarine.

BAKED LIMA BEANS

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Lima beans, dry, large	6 lb (AP)	Wash beans (p. 632). Add boiling water. Cover. Let stand 1 hour or longer.
Water, boiling	1 gal	Cook beans in the same water until tender, about 1 hour.
Pimiento, chopped	4 oz	Add seasonings to beans.
Salt	1 oz (1½ Tbsp)	Scale into two 12 × 20 × 2-inch pans, 8 lb 6 oz per pan.
Molasses	1 cup	
Bacon, sliced	1 lb 8 oz	Place bacon on top of beans. Bake at 350°F until top is brown, about 1 hour.

Approximate nutritive values per portion **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 3 mg	1%	**Total Carb.** 12 g	4%	**Vitamin A**	0%	**Calcium**	5%
Sat. Fat 1 g	3%	**Sodium** 444 mg	18%	Fiber 0 g	0%	**Vitamin C**	5%	**Iron**	11%
Protein 4 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Baked Lima Beans and Sausage.** Omit bacon. Place 6 lb link sausages on top of beans.
- **Boiled Lima Beans and Ham.** Omit bacon and seasonings. Add 5 lb diced ham to beans and simmer until tender.

RANCH-STYLE BEANS

Yield: 50 portions or 1 pan 12 × 20 × 4 inches *Portion:* 5 oz
Oven: 300°F *Bake:* 3–4 hours

Ingredient	*Amount*	*Procedure*
Beans, red or pinto, dried	5 lb	Wash beans (p. 632). Add boiling water. Cover and let stand for 1 hour or longer.
Water, boiling	1½ gal	
Bacon, 1-inch cubes	2 lb 8 oz	Add bacon to beans.
Water, cold	to cover	Add water to cover. Cook slowly until tender, about 1 hour.
Chili peppers	3–4 pods	Soak chili peppers in warm water. Remove and discard seeds. Add pods to beans.
Tomatoes, canned	2 qt	Add tomatoes and other seasonings.
Onions, sliced	8 oz	Cook slowly in kettle an additional 2 hours, or pour into a 12 × 20 × 4-inch baking pan and bake at 300°F for 2–3 hours.
Garlic, chopped	2 cloves	
Salt	1 oz (1½ Tbsp)	
Pepper, black	1 Tbsp	
Pepper, cayenne	Few grains	

Approximate nutritive values per portion **Calories** 200

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 5 mg	2%	**Total Carb.** 31 g	10%	**Vitamin A**	2%	**Calcium**	7%
Sat. Fat 1 g	6%	**Sodium** 364 mg	15%	Fiber 0.4 g	2%	**Vitamin C**	19%	**Iron**	16%
Protein 12 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If chili peppers are not available, 1 oz chili powder may be substituted.
- Two No. 10 cans red beans may be substituted for dry beans. Reduce baking time to 1–2 hours.

BAKED BEANS

Yield: 50 portions or 1 pan 12 × 20 × 4 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 3–4 hours

Ingredient	*Amount*	*Procedure*
Beans, navy or Great Northern, dried	5 lb (AP)	Wash beans (p. 632). Add boiling water and let stand 1 hour. Cook in same water until tender, about 1 hour. Add more water as necessary.
Water, boiling	1½ gal	
Salt	4 oz	Add remaining ingredients to beans.
Sugar, brown	6 oz	Pour into one 12 × 20 × 4-inch baking pan.
Dry mustard	1 tsp	Cover and bake at 350°F for 3–4 hours. Add more if needed during baking.
Vinegar, cider	2 Tbsp	
Molasses	1 cup	Uncover during last half hour of baking.
Catsup	2½ cups	
Bacon, cubed	1 lb	
Onion, chopped	3 oz	

Approximate nutritive values per portion **Calories** 108

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	2%	**Cholest.** 2 mg	1%	**Total Carb.** 20 g	7%	**Vitamin A**	1%	**Calcium**	8%
Sat. Fat 1 g	2%	**Sodium** 1059 mg	44%	Fiber 2 g	10%	**Vitamin C**	4%	**Iron**	13%
Protein 4 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Baked Pork and Beans.** Use 2 No. 10 cans pork and beans. Fry 1 lb diced bacon until partially cooked. Add 4 oz chopped onion and cook until onions are tender. Pour off fat. Add bacon and onions to pork and beans. Stir in 1 cup catsup, ¼ cup vinegar, 4 oz brown sugar, and 1 Tbsp prepared mustard. Bake at 350°F for 1–2 hours.
- **Boston Baked Beans.** Omit catsup.
- **Trio Baked Beans.** Fry 2 lb diced bacon until partially cooked. Drain. Steam 1 lb 12 oz frozen lima beans. Add to bacon. Add 8 oz chopped onion, 2 lb 8 oz canned red beans, 2 lb 12 oz pork and beans, ½ cup molasses, 6 oz brown sugar, 3 cups catsup, ¼ cup vinegar, 1 Tbsp liquid smoke. Mix to blend. Scale into two 12 × 10 × 2-inch counter pans. Bake at 225°F for 3½ hours.

REFRIED BEANS

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Beans, pinto, dried	5 lb	Wash beans. Add boiling water. Cover and let stand 1 hour or longer.
Water, boiling	1 gal	Cook beans in the same water until tender, about 1 hour. Add more water if necessary.
		When beans are done, drain, reserving liquid for later step.
		Place cooked beans in mixer bowl and mash thoroughly.
Vegetable oil	1½ cups	Heat oil in frying pan.
Onions, chopped	6 oz	Add chopped onion. Cook until tender.
Chili powder	2 Tbsp	Add seasonings to onion and mix thoroughly.
Garlic powder	1 tsp	Add beef stock and mix well.
Salt	2 tsp	Add mashed beans, mixing until well blended. Turn mixture constantly to keep from burning.
Hot pepper sauce	Few drops	
Beef Stock (p. 599)	1 qt	Bean liquid in small amounts may be added if mixture becomes too thick.
		Cook bean mixture for 45–60 minutes or until dry.

Approximate nutritive values per portion **Calories** 132

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 0 mg	0%	**Total Carb.** 14 g	4%	**Vitamin A**	1%	**Calcium**	3%
Sat. Fat 2 g	9%	**Sodium** 528 mg	22%	Fiber 0.2 g	1%	**Vitamin C**	1%	**Iron**	8%
Protein 4 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 10 lb canned pinto beans may be substituted for dried beans. Drain beans and reserve liquid.

Variation

- **Spicy Black Beans.** Use 3 lb dried black beans. Combine 1½ lb beans and 1½ qt water in each of two 12 × 10 × 4-inch pans. Into each pan measure 1 Tbsp cumin, 1 tsp garlic powder, 1 tsp salt, and 1½ Tbsp chili powder. Stir into the beans. Steam for 50–60 minutes or until beans are tender but not mushy. Beans may also be cooked with seasonings in steam-jacketed kettle.

SEASONED FRESH BEETS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Beets, fresh	14 lb (AP) (11 lb EP)	Cut off all but 2 inches of the beet tops. Wash beets and leave whole, with root ends attached. Boil or steam until tender (p. 631). Drain. Run cold water over beets. Slip off skins and remove root ends. Slice, dice, or cut into shoestring pieces.
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked beets and sprinkle with salt. Heat to serving temperature.

Approximate nutritive values per portion **Calories** 61

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 10 g	3%	**Vitamin A**	1%	**Calcium**	1%
Sat. Fat 1 g	2%	**Sodium** 290 mg	12%	Fiber 0 g	0%	**Vitamin C**	5%	**Iron**	4%
Protein 2 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For canned beets, use two No. 10 cans. See p. 630 for heating directions.
- Seasonings for beets: allspice, bay leaves, caraway seed, cloves, dill, ginger, mint, marjoram, mustard seed, basil, nutmeg, onion, orange, sour cream, vinegar.

Variations

- **Beets in Sour Cream.** Grate fresh cooked beets and season with a mixture of 1½ cups lemon juice, 1½ Tbsp onion juice, 2 tsp salt, and 10 oz sugar. Toss lightly. Serve with a spoonful of sour cream on each portion.
- **Julienne Beets.** Cut 8 lb cooked beets into julienne strips. Season with a mixture of 4 oz margarine, 4 oz sugar, 4 tsp salt, and 1 cup lemon juice.
- **Pickled Beets.** See p. 515.
- **Roasted Beets.** Choose small beets. Preheat oven to 400°F. Trim off beet tops, leaving 1 inch of stem. Scrub beets to remove dirt. Put beets on a baking pan in a single layer. Roast until tender, approximately 1 hour. Remove beets from oven. Cool 30 minutes. Cut off top and root end. Peel. Heat before serving. Season with plain or flavored butter.

HARVARD BEETS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Beets, sliced or diced	2 No. 10 cans	Drain beets. Reserve juice for sauce.
Beet juice Bay leaf Cloves, whole	1½ qt 1 1 tsp	Add bay leaf and cloves to beet juice. Heat to boiling point. Remove bay leaf.
Sugar, granulated Salt Cornstarch	12 oz 1 oz (1½ Tbsp) 6 oz	Combine dry ingredients. Add to beet juice while stirring briskly. Cook until thickened and clear.
Margarine Vinegar, cider	4 oz 2 cups	Add margarine and vinegar. Stir until mixed and margarine is melted. Heat beets. Add sauce.

Approximate nutritive values per portion **Calories** 92

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 19 g	6%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 1 g	2%	**Sodium** 272 mg	11%	Fiber 2 g	10%	**Vitamin C**	10%	**Iron**	4%
Protein 1 g				Sugars 12 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- For fresh beets, use 10 lb EP (13 lb AP). See p. 631 for cooking procedure.

Variations

- **Beets with Orange Sauce.** Omit bay leaf, cloves, and vinegar. Add 2 cups orange juice and ½ cup lemon juice.
- **Hot Spiced Beets.** Drain juice from two No. 10 cans sliced beets and add 1 Tbsp whole cloves, 1½ Tbsp salt, ½ tsp cinnamon, 1 lb brown sugar, 8 oz granulated sugar, and 1 qt cider vinegar. Cook 10 minutes. Pour sauce over beets and heat to serving temperature.

SEASONED BROCCOLI

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Broccoli, fresh	16–20 lb (AP) (10 lb EP)	Wash broccoli and remove outer leaves and tough part of stocks. Cut broccoli stalks lengthwise into uniform spears, following branching lines. Steam or boil broccoli spears (p. 631).
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked broccoli and sprinkle with salt. If boiling the broccoli, add salt to cooking water.

Approximate nutritive values per portion **Calories** 42

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 5 g	2%	**Vitamin A**	14%	**Calcium**	4%
Sat. Fat 1 g	2%	**Sodium** 238 mg	10%	Fiber 3 g	12%	**Vitamin C**	140%	**Iron**	4%
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- For frozen broccoli, use 12 lb spears or 10 lb chopped.
- Seasonings for broccoli: caraway, dill, or mustard seed, tarragon, lemon, almond, oregano, pimiento, onion butter.

Variations

- **Almond Buttered Broccoli.** Brown slivered almonds in margarine and pour over cooked, drained broccoli.
- **Broccoli with Cheese Sauce.** Prepare 2 qt Cheese Sauce (p. 561). Serve 2 Tbsp (1 oz) sauce over each portion of cooked broccoli.
- **Broccoli with Hollandaise Sauce or Lemon Butter.** Serve cooked spears or chopped broccoli with 1 Tbsp Hollandaise Sauce (p. 580) or 1 tsp Lemon Butter (p. 590).

SEASONED BRUSSELS SPROUTS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Brussels sprouts, fresh	14 lb (AP) (11 lb EP)	Trim stem end of brussels sprouts. Discard wilted outside leaves. Steam or boil (p. 631) until just tender.
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over brussels sprouts and sprinkle with salt. If boiling the vegetable, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 9 g	3%	**Vitamin A**	7%	**Calcium**	3%
Sat. Fat 1 g	2%	**Sodium** 234 mg	10%	Fiber 4 g	17%	**Vitamin C**	103%	**Iron**	6%
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for brussels sprouts: dill, celery seed, fennel, lemon.

SEASONED CABBAGE

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cabbage, fresh	14 lb (AP) (12 lb EP)	Remove wilted outer leaves and wash cabbage. Crisp in cold water if wilted. Cut into wedges and remove center core; or shred coarsely. Steam or boil (p. 631). Drain.
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cabbage and sprinkle with salt. If boiling cabbage, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 42

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 6 g	2%	**Vitamin A**	2%	**Calcium**	5%
Sat. Fat 1 g	2%	**Sodium** 233 mg	10%	Fiber 2 g	7%	**Vitamin C**	85%	**Iron**	3%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for cabbage: basil, caraway seed, celery seed, curry powder, dill, nutmeg.

Variations

- **Cabbage au Gratin.** Reduce cabbage to 7 lb. Alternate layers of cooked coarsely shredded cabbage, white sauce, and grated sharp cheese in a 12 × 20 × 2-inch baking pan. (Use 2½ qt white sauce, 1 lb cheddar cheese.) Combine 6 oz bread crumbs and 3 oz melted margarine and sprinkle on top. Bake at 350°F for about 25 minutes.
- **Cabbage Polannaise.** Arrange cabbage wedges, partially cooked, in baking pans. Cover with 3 qt medium white sauce. Sprinkle with buttered bread crumbs. Bake at 350°F for about 25 minutes.
- **Creamed Cabbage.** Omit margarine. Pour 2 qt medium white sauce over shredded, cooked, drained cabbage.
- **Stir-Fried Cabbage.** Melt 6 oz margarine in frying pan. Add 6 lb EP (7 lb AP) shredded cabbage, 12 oz sliced onions, 12 oz diagonally sliced celery. Stir gently while cooking 6–10 minutes. Just before serving, add 4 lb fresh tomatoes, diced in ½-inch cubes.
- **Scalloped Cabbage.** Omit margarine or butter. Pour 2 qt medium white sauce over chopped, cooked, drained cabbage. Cover with buttered crumbs. Bake at 400°F for 15–20 minutes. Shredded cheese may be added.

HOT CABBAGE SLAW

Yield: 50 portions or 1¼ gal *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cabbage, fresh	7 lb 8 oz (AP) (6 lb EP)	Remove outside leaves and wash cabbage. Shred coarsely.
Sugar, granulated Salt Flour, all-purpose Dry mustard	12 oz 2 tsp 3 oz 1 tsp	Mix dry ingredients in a sauce pan or kettle.
Milk, hot Water, hot	2½ cups 3 cups	Add milk and water while stirring. Cook until thickened.
Eggs, beaten	5 (9 oz)	Add eggs gradually while stirring briskly. Cook for 2–3 minutes.
Vinegar, cider, hot	1½ cups	Add vinegar.
Celery seed	2½ tsp	Pour hot sauce over cabbage just before serving. Add celery seed and mix lightly.

Approximate nutritive values per portion **Calories** 61

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	2%	**Cholest.** 23 mg	8%	**Total Carb.** 12 g	4%	**Vitamin A**	2%	**Calcium**	4%
Sat. Fat 1 g	2%	**Sodium** 110 mg	5%	Fiber 1 g	4%	**Vitamin C**	43%	**Iron**	3%
Protein 2 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

PARSLEY BUTTERED CARROTS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Carrots, fresh	14 lb (AP) (10 lb EP)	Wash, trim, and peel carrots. Cut into desired shapes (slices, strips, cubes, or quarters). Steam or boil until just tender (p. 631).
Margarine, melted Salt Parsley, chopped	4 oz 1 oz (1½ Tbsp) 1 oz	Pour margarine over carrots and sprinkle with salt and parsley. If boiling carrots, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 56

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 9 g	3%	**Vitamin A**	256%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 245 mg	10%	Fiber 2 g	9%	**Vitamin C**	15%	**Iron**	2%
Protein 1 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for carrots: allspice, basil, caraway seed, cloves, cumin, curry powder, dill, fennel, ginger, mace, marjoram, mint, nutmeg, thyme, parsley.

Variations

- **Candied Carrots.** Cut carrots into 1-inch pieces. Cook until tender but not soft. Melt 8 oz margarine. Add 8 oz sugar and 1½ tsp salt. Add to carrots. Bake at 400°F for 15–20 minutes. Turn frequently. Carrots may be prepared, using a skillet instead of the oven. Melt butter, sugar, and salt in a skillet. Add carrots and cook until slightly browned and glazed.
- **Candied Carrots and Parsnips.** Use half carrots and half parsnips. Cook as for Candied Carrots. Season lightly with ground ginger.
- **Glazed Parsnips.** Peel parsnips. If parsnip cores are hard and woody, remove the core. Cut in strips and proceed as for Candied Carrots.
- **Lyonnaise Carrots.** Arrange cooked carrot strips in baking pan. Add 3 lb chopped onion that has been cooked until tender in 4 oz margarine. Bake at 350°F for 10–15 minutes or until vegetables are lightly browned. Just before serving, sprinkle with chopped parsley.
- **Marinated Carrots.** See p. 482.
- **Mint-Glazed Carrots.** Cut carrots into quarters lengthwise. Cook until almost tender. Drain. Melt 8 oz margarine, 8 oz sugar, 1½ tsp salt, and 1 cup mint jelly. Blend. Add carrots and simmer 5–10 minutes.
- **Savory Carrots.** Cook carrots in beef or chicken stock. When done, season with 4 oz melted margarine, salt and pepper, and ¼ cup lemon juice. Sprinkle with chopped parsley.
- **Sweet-Sour Carrots.** Add to cooked carrots a sauce made of 1½ qt vinegar, 2 lb 4 oz sugar, 2 Tbsp salt, and 12 oz melted margarine. Bake at 350°F for 15–20 minutes, or simmer until carrots and sauce are thoroughly heated.

CELERY AND CARROTS AMANDINE

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Celery	7 lb (AP) (5 lb EP)	Wash and trim celery. Cut into diagonal slices. Steam or boil (p. 631).
Salt	2 tsp	Sprinkle with salt. If boiling the celery, add salt to cooking water.
Carrots, fresh	7 lb (AP) (5 lb EP)	Wash and peel carrots. Cut into strips. Steam or boil until tender-crisp. Drain.
Salt	2 tsp	Sprinkle with salt. If boiling the carrots, add salt to the cooking water.
Margarine	8 oz	Heat margarine in frying pan.
Almonds, blanched, slivered	8 oz	Add almonds and brown lightly.
Lemon juice	⅓ cup	Remove almonds from heat. Add lemon juice. Combine vegetables. Pour almond mixture over and stir carefully to mix seasoning with vegetables.

Approximate nutritive values per portion **Calories** 86

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	10%	**Cholest.** 0 mg	0%	**Total Carb.** 7 g	2%	**Vitamin A**	129%	**Calcium**	4%
Sat. Fat 1 g	5%	**Sodium** 269 mg	11%	Fiber 2 g	9%	**Vitamin C**	13%	**Iron**	3%
Protein 2 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note
- Seasonings for celery: fresh basil, parsley, thyme.

Variation
- **Creole Celery.** Cook 5 lb diced celery until partially done. Add 1 lb chopped onions and 4 oz chopped green pepper that have been sautéed in 6 oz margarine. Add 2 No. 10 cans tomatoes and 1½ tsp salt. Cook until tender.

SEASONED CAULIFLOWER

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cauliflower, fresh	16 lb (AP) (10 lb EP)	Wash cauliflower. Remove outer leaves and woody stem. Break into florets. Steam or boil cauliflower (p. 631).
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked cauliflower and sprinkle with salt. If boiling the cauliflower, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 49

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 6 g	2%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 234 mg	10%	Fiber 0 g	0%	**Vitamin C**	107%	**Iron**	2%
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for cauliflower: caraway seed, celery salt, dill, mace, tarragon, buttered crumbs, cheese, lemon juice.

Variations

- **Cauliflower with Almond Butter.** Season freshly cooked cauliflower with 12 oz slivered almonds that have been browned in 8 oz margarine.
- **Cauliflower with Cheese Sauce.** Pour 3 qt Cheese Sauce (p. 561) over cooked fresh cauliflower.
- **Cauliflower with Peas.** Combine 6 lb freshly cooked cauliflower with 4 lb cooked frozen peas. Season with 4 oz melted margarine.
- **Creamed Cauliflower.** Pour 3 qt white sauce over cooked cauliflower.
- **French Fried Cauliflower.** See p. 654.

SEASONED WHOLE KERNEL CORN

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Whole kernel corn, frozen	10 lb	Steam or boil corn (p. 631). Do not add salt until after cooking to prevent toughening and discoloring of corn kernels.
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over corn. Stir in salt.

Approximate nutritive values per portion **Calories** 90

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 19 g	6%	**Vitamin A**	2%	**Calcium**	0%
Sat. Fat 0 g	0%	**Sodium** 218 mg	9%	Fiber 2 g	8%	**Vitamin C**	3%	**Iron**	1%
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Seasonings for corn: cilantro, curry, green pepper, rosemary, savory, thyme.
- For canned corn, use two No. 10 cans. See p. 630 for heating instructions.

Variations

- **Corn in Cream.** Add 1¼ qt light cream (half-and-half), 6 oz margarine or butter, 1½ Tbsp salt, and 1 Tbsp white pepper to cooked corn. Bring just to boiling point and serve immediately.
- **Corn O'Brien.** Add 1 lb chopped bacon, 12 oz chopped green pepper, and 12 oz chopped onion that have been cooked together. Just before serving, add 3 oz chopped pimiento, salt, and pepper.
- **Creamed Whole Kernel Corn.** Combine 2 cups whipping cream, 2 oz granulated sugar, and 1 oz (1½ Tbsp) salt. Bring to a boil. Add 1 cup whipping cream and 1½ oz cornstarch, which have been mixed with a wire whip until smooth. Stir and cook until thick and bubbly. Cook 2 minutes longer. Stir into 10 lb cooked frozen whole kernel corn.

SCALLOPED CORN

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 35–40 minutes

Ingredient	*Amount*	*Procedure*
Corn, cream style	2 No. 10 cans	Mix corn, milk, and seasonings.
Milk	1 qt	
Salt	1 Tbsp	
Pepper, black	½ tsp	
Cracker crumbs	14 oz	Combine crumbs and margarine.
Margarine, melted	12 oz	Place alternate layers of buttered crumbs and corn mixture in two 12 × 20 × 2-inch baking pans.
		Bake at 350°F for 35–40 minutes.

Approximate nutritive values per portion **Calories** 180

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	12%	**Cholest.** 3 mg	1%	**Total Carb.** 28 g	9%	**Vitamin A**	3%	**Calcium**	4%
Sat. Fat 2 g	9%	**Sodium** 641 mg	27%	Fiber 1 g	6%	**Vitamin C**	9%	**Iron**	4%
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- 6 oz chopped green pepper and 6 oz chopped pimiento may be added.

CORN PUDDING

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 5 oz
Oven: 325°F *Bake:* 40–45 minutes

Ingredient	*Amount*	*Procedure*
Corn, whole kernel, frozen	9 lb	Thaw corn.
Egg yolks, beaten Milk Margarine, melted Salt Pepper, white	24 (1 lb) 3 qt 6 oz 2 Tbsp 1 tsp	Combine corn and all ingredients except egg whites.
Egg whites	24 (1 lb 10 oz)	Beat egg whites until stiff but not dry. Fold into corn mixture. Pour into two 12 × 20 × 2-inch baking pans. Place in pans of hot water. Bake at 325°F for approximately 40–45 minutes or until internal temperature reaches 180°F.

Approximate nutritive values per portion **Calories** 398

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 124 mg	**41%**	**Total Carb.** 64 g	**21%**	**Vitamin A**	**24%**	**Calcium**	**9%**
Sat. Fat 3 g	**16%**	**Sodium** 373 mg	**16%**	Fiber 9 g	**36%**	**Vitamin C**	**0%**	**Iron**	**14%**
Protein 13 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

BAKED EGGPLANT

Yield: 50 portions *Portion:* 3 oz
Oven: 375°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Eggplant	12 lb (AP) (10 lb EP)	Peel eggplant and cut into ½-inch slices. Sprinkle with salt and let stand for 30 minutes. Rinse, drain, and pat dry with paper towels.
Eggs, beaten Milk	6 (10 oz) 2 cups	Combine beaten eggs and milk.
Flour, all-purpose Bread crumbs	1 lb 1 lb 8 oz	Dip eggplant slices in flour, then in egg mixture. Roll in crumbs.
Margarine, melted	8 oz	Place on greased baking sheets. Sprinkle with melted margarine. Bake at 375°F for 30 minutes.

Approximate nutritive values per portion **Calories** 157

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	8%	**Cholest.** 25 mg	8%	**Total Carb.** 23 g	8%	**Vitamin A**	3%	**Calcium**	3%
Sat. Fat 1 g	6%	**Sodium** 158 mg	7%	Fiber 1 g	3%	**Vitamin C**	2%	**Iron**	7%
Protein 4 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for eggplant: basil, garlic, marjoram, onion, oregano, cheese, tomato, parsley.

Variations

- **Eggplant Parmesan.** Prepare Italian Tomato Sauce (p. 573). Prepare 10 lb A) eggplant (yield 8 lb EP) and cook as directed for Baked Eggplant. (Frozen eggplant cutlets may be substituted for fresh eggplant.) Cheeses needed: 5 lb shredded mozzarella and 1 lb 4 oz grated Parmesan. Layer eggplant, sauce, and cheeses as follows into each of four 12 × 10 × 2-inch baking pans:

  1½ cups sauce
  1 lb cooked eggplant cutlets
  8 oz shredded mozzarella cheese
  2 oz Parmesan cheese
  2½ cups sauce
  1 lb cooked eggplant cutlets
  8 oz shredded mozzarella cheese
  3 oz Parmesan cheese
  2½ cups sauce
  4 oz shredded mozzarella cheese

  Bake at 350°F for 25–30 minutes or until heated through. To serve, cut 4 × 3.
- **Sautéed Eggplant.** Prepare eggplant as in recipe. Sauté in margarine until tender.

CREOLE EGGPLANT

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 3 oz
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Eggplant	10 lb (AP) (8 lb EP)	Peel eggplant and cut into 1-inch cubes. Sprinkle with salt and let stand for 30 minutes.
Water, boiling	1½ gal	Rinse and drain.
Salt	2 Tbsp	Steam or boil (p. 631).
Margarine, melted	1 lb	Cook onion, green pepper, and celery in margarine until tender.
Onion, chopped	1 lb 8 oz	
Green pepper, coarsely chopped	12 oz	
Celery, coarsely chopped	1 lb	
Tomatoes, diced, canned	1 No. 10 can	Combine tomatoes and seasonings with eggplant and other ingredients.
Salt	2 Tbsp	Pour into two 12 × 20 × 2-inch baking pans.
Pepper, black	2 tsp	
Sugar, granulated	2 Tbsp	
Bread crumbs	12 oz	Top with buttered crumbs.
Margarine, melted	8 oz	Bake at 350°F for 30 minutes.

Approximate nutritive values per portion **Calories** 166

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	18%	**Cholest.** 0 mg	0%	**Total Carb.** 15 g	5%	**Vitamin A**	8%	**Calcium**	4%
Sat. Fat 2 g	11%	**Sodium** 800 mg	33%	Fiber 1 g	5%	**Vitamin C**	29%	**Iron**	5%
Protein 2 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variation

- **Eggplant Tomato Bake.** Peel eggplant and slice 1 inch thick. Steam or parboil until fork-tender. Place on baking sheets in a single layer. Sprinkle with salt and pepper. Cook 1 lb 8 oz chopped onion and 3 cloves garlic, minced, in 1½ cups vegetable oil and 12 oz margarine. Add to 5 lb peeled chopped fresh tomatoes, 1 cup chopped parsley, ¼ tsp oregano, ½ tsp thyme, 1 tsp basil, and 1 lb bread crumbs. Pile mixture on individual slices of eggplant. Sprinkle grated Swiss cheese (2 lb) over top. Bake at 350°F until eggplant is hot and cheese is melted.

ROASTED PORTABELLA MUSHROOM

Yield: 50 portions *Portion:* 1 mushroom
Oven: 375°F

Ingredient	*Amount*	*Procedure*
Portabella mushroom (see Notes)	50 mushrooms (approx. 18 lb)	Clean mushrooms. Dry well.
Balsamic Vinegar Marinade (p. 595)	1 gal	Brush both sides of mushrooms with Balsamic Vinegar Marinade.
		Place mushrooms gill side down on lightly oiled baking pan.
		Roast for 10–12 minutes, until tender.
		After baking, brush mushrooms with marinade.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- The gills from the under side of the mushroom cap may be removed before baking.

Variations

- **Portabella Peperonata on Orzo Pilaf.** Prepare Orzo Pilaf (p. 370) (delete mushrooms). Prepare Peperonata (p. 656). Serve one Portabella Mushroom on a bed of Orzo Pilaf topped with 2 oz Peperonata.

BAKED ONIONS

Yield: 50 portions *Portion:* 1 4-oz onion
Oven: 400°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Onions, 4 oz, Bermuda or Spanish	50 (15 lb AP)	Peel onions and steam (p. •••) until tender. Place in greased baking pans.
Salt Bread crumbs Margarine, melted	1 Tbsp 8 oz 8 oz	Sprinkle salt and buttered crumbs on onions.
Chicken or Beef Stock (pp. 598, 599)	1 qt	Pour stock around onions. Bake at 400°F for 20–30 minutes.

Approximate nutritive values per portion **Calories** 103

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 15 g	5%	**Vitamin A**	1%	**Calcium**	3%
Sat. Fat 1 g	4%	**Sodium** 271 mg	11%	Fiber 2 g	10%	**Vitamin C**	14%	**Iron**	2%
Protein 2 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Onions may be cut into thick slices.
- Seasonings for onions: basil, caraway seed, marjoram, oregano, rosemary, sage, or thyme.

Variations

- **Creamed Pearl Onions.** Cook 12 lb 8 oz small unpeeled white onions (p. 631), then peel. Add 2 qt Medium White Sauce (p. 561) to which 4 oz additional margarine has been added. Garnish with paprika.
- **Glazed Onions.** Mix 1 lb 12 oz brown sugar, 2 cups water, 8 oz margarine, and ½ tsp salt. Pour over cooked onions and bake.
- **Onion Casserole.** Cook 10 lb small pearl onions (p. 631). Combine with 10 oz chopped walnuts, 8 oz pimiento strips, and eight 10½-oz cans cream of mushroom or cream of chicken soup. Cover with 6 oz shredded cheddar or Swiss cheese. Bake at 400°F for approximately 30 minutes.

FRENCH FRIED ONION RINGS

Yield: 50 portions *Portion:* 3 oz
Deep-fat fryer: 350°F *Fry:* 3–4 minutes

Ingredient	*Amount*	*Procedure*
Onions, large round	10 lb (AP) (8 lb EP)	Peel onions and cut crosswise into ¼-inch slices. Separate into rings.
Eggs, beaten Milk	6 (10 oz) 2 cups	Combine eggs and milk.
Flour, all-purpose Baking powder Salt	12 oz 2 tsp 1½ tsp	Combine dry ingredients. Add to egg-milk mixture to make a batter. Dip onion rings in batter and fry in deep fat for 3–4 minutes. Drain.

Approximate nutritive values per portion plus frying oil **Calories** 67

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	2%	**Cholest.** 25 mg	8%	**Total Carb.** 12 g	4%	**Vitamin A**	1%	**Calcium**	3%
Sat. Fat 1 g	2%	**Sodium** 90 mg	4%	Fiber 1 g	6%	**Vitamin C**	7%	**Iron**	3%
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Deep-Fat Fried Bananas.** Cut peeled bananas into 2-inch pieces. Sprinkle with lemon juice and powdered sugar. Let stand 30 minutes. Dip in batter and fry at 370°F for 1–3 minutes.
- **French Fried Cauliflower.** Dip 10 lb cold cooked cauliflower into batter and fry at 370°F for 3–4 minutes.
- **French Fried Eggplant.** Peel and cut 13 lb AP eggplant as for French Fried Potatoes (p. 659). Dip in batter and fry at 370°F for 5–7 minutes. Eggplant may be dipped in egg and crumb mixture (p. 39) and fried. Eggplant discolors quickly, so it should be placed in cold water if not breaded immediately.
- **French Fried Mushrooms.** Clean small, uniform-size mushrooms by brushing or rinsing. Do not soak. Dip in batter and fry at 370°F for 4–6 minutes.
- **French Fried Zucchini Sticks.** Cut unpeeled zucchini lengthwise into strips about ½ inch thick. Dip in batter and fry at 370°F for 4–6 minutes.

SEASONED PEAS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Peas, frozen	10 lb	Steam or boil peas (p. 631).
Margarine, melted Salt	4 oz 1 oz (1½ Tbsp)	Pour margarine over cooked peas and sprinkle with salt. If boiling the peas, add salt to the cooking water.

Approximate nutritive values per portion **Calories** 87

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 13 g	4%	**Vitamin A**	6%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 292 mg	12%	Fiber 3 g	14%	**Vitamin C**	14%	**Iron**	7%
Protein 5 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- If using canned peas, heat 2 No. 10 cans. See p. 630.
- For fresh peas, use 25 lb AP. Shell and rinse. Steam or boil (p. 631).
- Seasonings for peas: basil, dill, marjoram, mint, oregano, rosemary, sage, savory, mushrooms, water chestnuts, onions.

Variations

- **Creamed Peas with New Potatoes.** Combine 7 lb freshly cooked new potatoes and 5 lb cooked frozen peas with 3 qt Medium White Sauce (p. 561).
- **Green Peas and Sliced New Turnips.** Combine 5 lb frozen peas, cooked, with 3 lb new turnips, sliced and cooked. Add 4 oz melted margarine and salt to taste.
- **Green Peas with Pearl Onions.** Combine 7 lb 8 oz frozen peas, cooked, and 3 lb pearl onions, cooked. Add 4 oz melted margarine or 2 qt Medium White Sauce (p. 561).
- **Green Peas with Mushrooms.** Add 2 lb fresh mushrooms, sliced and sautéed in 8 oz margarine, to 10 lb cooked frozen peas.
- **Green Peas with Lemon-Mint Butter.** Cream 1 lb butter or margarine, ¼ cup lemon juice, and 1 tsp grated lemon peel. Add ½ cup finely chopped fresh mint. The lemon-mint butter can be made ahead and stored in the refrigerator. When ready to use, melt and pour over hot peas.

ROASTED BELL PEPPERS

Yield: 1 lb

Ingredient	*Amount*	*Procedure*
Bell peppers (see Notes)	4 large	Stem peppers and remove seeds and ribs. Cut in half lengthwise. Flatten peppers slightly. Lay peppers skin side up on foil-lined baking sheet. Broil 4 inches from heat until skins are charred black, 12–15 minutes. Place peppers in a bowl and cover tightly with plastic wrap. Let steam for 15–20 minutes. Peel off charred skin.
Olive oil (optional) Lemon juice (optional)	2 Tbsp 2 tsp	Drizzle oil and lemon juice over peppers. Use immediately or refrigerate.
		Serve on sandwiches, in sauces, as a topping for focaccia, etc.

Notes

- All colors of bell peppers may be roasted. Red, yellow, and orange are often specified in recipes because they remain colorful after roasting.
- Roasted peppers may be kept frozen and thawed as needed.

PEPERONATA

Yield: 50 portions *Portion:* 2 oz

Ingredient	*Amount*	*Procedure*
Olive oil	8 oz	Heat olive oil in frypan or steam-jacketed kettle.
Onion, sliced	1 lb (EP)	Sauté onions until golden and translucent.
Garlic, minced	4 cloves	Add garlic and cook until tender, about 3 minutes.
Red bell peppers, julienne strips	1 lb 12 oz (EP)	Add bell peppers and cook until just beginning to soften.
Yellow bell peppers, julienne strips	1 lb 12 oz (EP)	
Tomatoes, chopped (canned)	1 lb 8 oz	Add tomatoes, vinegar, spices, and parsley.
Red wine vinegar	½ cup	Cook only until juices evaporate, to 150–160°F. (Note: Peppers should be tender-crisp and brightly colored.)
Salt	1 tsp	Serve as an accompaniment to sandwiches, with pasta, or as a garnish.
Pepper, black	1 Tbsp	
Red pepper, crushed	¼ tsp	
Parsley, coarsely chopped (fresh)	1 oz	

Approximate nutritive values per portion **Calories** 55

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	7%	**Cholest.** 0 mg	0%	**Total Carb.** 3.5 g	1%	**Vitamin A**	10%	**Calcium**	1%
Sat. Fat 0.6 g	3%	**Sodium** 76 mg	3%	Fiber 0.8 g	3%	**Vitamin C**	100%	**Iron**	2%
Protein 0.7 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

BAKED POTATOES

Yield: 50 portions *Portion:* 1 potato
Oven: 400°F *Bake:* 1–1½ hours

Ingredient	*Amount*	*Procedure*
Baking potatoes, uniform size	50	Scrub potatoes and remove blemishes.
Shortening	4 oz	Rub or brush lightly with shortening. Place on baking sheets. Bake at 400°F for 1–1½ hours or until tender.

Approximate nutritive values per portion **Calories** 165

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 34 g	11%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 8 mg	1%	Fiber 4 g	15%	**Vitamin C**	33%	**Iron**	3%
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Select a long, mealy-type potato, such as russet.

Variations

- **Baked Potato with Toppings.** Prepare potatoes and bake (see recipe). Serve with one of the following toppings and one or more of the accompaniments: *Toppings* include Cheese Sauce (p. 561), 3 oz; Chili con Carne (p. 607), 3 oz; Creamed Chicken (p. 450), Ham (p. 355), or Sausage (p. 358), 3 oz; Nacho Sauce (p. 80), 3 oz; sour cream, 1 oz. *Accompaniments* include Guacamole (p. 80), chopped broccoli, shredded cheese, sliced mushrooms, chopped green onions, chopped chives, sliced black olives, chopped ham or chicken, chopped lettuce, chopped tomatoes, crumbled cooked bacon, slivered almonds.
- **Broccoli Cheese-Topped Potato.** See p. 561 for Cheese Broccoli Sauce. Serve over baked potato.
- **Cheese-Topped Potato.** Whip 1 lb softened margarine. Add 2 lb sour cream and mix thoroughly. Fold in 1 lb finely shredded American cheese and 6 oz finely chopped green onions. Serve over baked potato.
- **Stuffed Baked Potato.** Cut hot baked potatoes into halves lengthwise. If potatoes are small, cut a slice from one side. Scoop out contents. Mash, season with 2 Tbsp salt, 1 tsp white pepper, 8 oz melted margarine, and 3–4 cups hot milk. Beat until light and fluffy. Pile lightly into shells, leaving tops rough. Sprinkle with paprika or Parmesan cheese, if desired. Bake at 425°F until potatoes are hot and lightly browned, about 30 minutes.

MASHED POTATOES

Yield: 50 portions *Portion:* 5 oz

Ingredient	*Amount*	*Procedure*
Potatoes	15 lb (AP) (12 lb EP)	Peel and eye potatoes. Cut into uniform-size pieces. Steam or boil (p. 631). When done, drain and place in mixer bowl. Mash, using wire whip attachment, on low speed until there are no lumps. Whip on high speed about 2 minutes.
Milk, hot Margarine Salt	2–2½ qt 8 oz 2 oz (3 Tbsp)	Add hot milk, margarine, and salt. Whip on high speed until light and creamy.

Approximate nutritive values per portion **Calories** 158

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 5 mg	2%	**Total Carb.** 25 g	8%	**Vitamin A**	2%	**Calcium**	5%
Sat. Fat 2 g	8%	**Sodium** 451 mg	19%	Fiber 3 g	10%	**Vitamin C**	23%	**Iron**	2%
Protein 3 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- A low-moisture white potato must be used to produce a fluffy product.
- Potato water may be substituted for part of the milk.
- 8 oz nonfat dry milk powder and 2–2½ qt water may be substituted for the liquid milk. Sprinkle dry milk over potatoes before mashing.
- Dehydrated potatoes (2–2½ lb) may be substituted for the raw potatoes. Follow processor's instructions for preparation.
- Seasonings for mashed potatoes: chives, dill, garlic, ground horseradish, nutmeg.

Variations

- **Duchess Potatoes.** Add 18 eggs (2 lb), beaten, to mashed potatoes. Add additional milk if necessary. Pile lightly into baking pans. Bake at 350°F for 20–30 minutes, or until set.
- **Roasted Garlic Mashed Potatoes.** Add 8 oz roasted garlic (p. 658) along with the milk and margarine. **Roasted Garlic:** Preheat oven to 350°F. Remove the loose outside skins of the garlic heads by rolling them back and forth on cutting board, being careful not to loosen the cloves. Place garlic heads on a baking sheet. Drizzle ½ tsp olive oil over each head to coat. Roast until tender, about 1 hour. cool. Cut garlic head horizontally, exposing the soft flesh. Using a table knife, press the softened cloves out of their skins. Drizzle baked garlic pulp with olive oil. Store covered in refrigerator. Use within 48 hours.
- **Mashed Potato Casserole.** Add ½ cup chopped chives; ½ cup crisp, cooked, crumbled bacon; 12 oz cream cheese; 1 tsp white pepper; and ¼ tsp garlic powder. Mix until blended. Place in baking pans. Sprinkle lightly with grated Parmesan cheese and paprika. Brush lightly with melted margarine. Bake at 375°F for 30 minutes or until light brown.
- **Potato Croquettes.** Add 18 egg yolks, well beaten. Shape into croquettes and dip in egg-milk mixture and crumbs (p. 39). Chill. Fry in deep fat at 360°F for 5–8 minutes.
- **Potato Rosettes.** Force Duchess Potatoes through a pastry tube, forming rosettes. Bake at 350°F until lightly browned. Use as a garnish for planked steak.
- **Whipped Rutabagas and Potatoes.** Peel 10 lb (AP) rutabagas and 5 lb potatoes. Cut into uniform-size pieces and steam or boil (p. 631). Mash and season as for potatoes. 1 tsp nutmeg may be added.

FRENCH FRIED POTATOES

Yield: 50 portions *Portion:* 3 oz
Deep-fat fryer: 365°F *Fry:* 6–8 minutes

Ingredient	*Amount*	*Procedure*
Potatoes, white	18 lb (AP) (15 lb EP)	Peel and cut potatoes into uniform strips ¼–⅜ inch thick. Cover with cold water to keep potatoes from darkening.
		Just before frying, drain potatoes and dry with paper towels. Fill fryer basket about one-third full of potatoes. Fry according to Method 1 or 2.

Method 1

Half fill fryer with fat. Preheat to 365°F. Fry potatoes for 6–8 minutes. Drain. Sprinkle with salt. Serve immediately.

Method 2

Blanching: Heat fat to 360°F. Place drained potato strips in hot fat, using an 8 to 1 ratio of fat to potatoes, by weight, as a guide for filling fryer basket. Fry 3–5 minutes depending on thickness of potato. (The potatoes should not brown.) Drain. Turn out on sheet pans. Refrigerate for later browning.
Browning: Reheat fat to 375°F. Place about twice as many potato strips in the kettle as for first-stage frying. Fry 2–3 minutes or until golden brown. Drain. Sprinkle with salt if desired. Serve immediately.

Approximate nutritive values per portion **Calories** 269

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	22%	**Cholest.** 0 mg	0%	**Total Carb.** 34 g	11%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 4 g	21%	**Sodium** 184 mg	8%	Fiber 0 g	0%	**Vitamin C**	14%	**Iron**	3%
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Select a long, mealy potato, such as a russet.
- To cook frozen French Fried Potatoes, use 12 lb for 50 3-oz portions. Fry at 375°F for 3–5 minutes or until golden brown.

Variations

- **Deep-Fat Browned Potatoes.** Partially cook peeled whole or half potatoes. Fry in deep fat at 365°F for 5–7 minutes. Transfer to serving pan. Sprinkle with salt.
- **Lattice Potatoes.** Cut potatoes with lattice slicer. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.
- **Potato Chips.** Cut potatoes into very thin slices. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.
- **Shoestring Potatoes.** Cut potatoes into ⅛-inch strips. Fry at 365°F for 3–6 minutes. Transfer to serving pan. Sprinkle with salt.

PARSLEY BUTTERED NEW POTATOES

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
New potatoes	15 lb (AP) (10 lb EP)	Wash and peel potatoes, removing eyes (see Note). Cut potatoes into 1½-inch cubes, or leave whole. If whole potatoes, cut as necessary to be of uniform size.
Salt	1 oz (1½ Tbsp)	Sprinkle with salt. If boiling the potatoes, add salt to the cooking water. Steam or boil (p. 631) until tender.
Margarine, melted	8 oz	Distribute margarine uniformly over cooked potatoes.
Fresh parsley, chopped	1 oz	Sprinkle with parsley.

Approximate nutritive values per portion **Calories** 104

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 17 g	6%	**Vitamin A**	1%	**Calcium**	0%
Sat. Fat 1 g	4%	**Sodium** 239 mg	10%	Fiber 0 g	0%	**Vitamin C**	11%	**Iron**	1%
Protein 1 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- New potatoes may be peeled after cooking. If skins are thin they may be served unpeeled.

Variations

- **Creamed New Potatoes.** Add 3 qt Medium White Sauce (p. 561) to cooked potatoes.
- **Creamed New Potatoes and Peas.** See p. 655.
- **Lemon-Seasoned New Potatoes.** Peel and cook uniform, small new potatoes. Pour over them a mixture of ¼ cup lemon juice, 8 oz melted margarine, then roll in minced parsley.
- **New Potatoes in Mustard.** Add ¾ cup Dijon mustard and 2 Tbsp dried chervil to the melted margarine.
- **New Potatoes Parmesan.** Scrub small uniform-size new potatoes. Remove 1 inch of peeling from around the center of each potato. Steam or boil (p. 631) until just done. Roll potatoes in melted margarine. Place in baking pans. Sprinkle with Parmesan cheese. Bake at 350°F for 20–25 minutes. Canned small whole potatoes may be substituted for fresh potatoes.
- **Paprika-Seasoned New Potatoes.** Delete parsley. Sprinkle potatoes with 1 Tbsp paprika. Stir lightly to mix seasoning.

ROASTED RED-SKINNED POTATOES

Yield: 50 portions *Portion:* 5 oz
Oven: 400°F

Ingredient	*Amount*	*Procedure*
Potatoes, red-skinned unpeeled, cut into irregular 2-inch chunks, or left whole if small	17 lb (EP)	Place potatoes in large bowl.
Olive oil	1 lb 8 oz	Pour olive oil over potatoes. Stir to coat. Drain excess oil from potatoes.
Salt	2 oz	Sprinkle salt, pepper, and garlic over potatoes. Stir to coat.
Pepper, cracked black	1 Tbsp	Spread potatoes in a single layer on oiled baking sheets.
Garlic, minced (optional)	1 oz (EP)	Roast potatoes at 400°F until tender and golden brown. 30–35 minutes.

Approximate nutritive values per portion **Calories** 230

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	21%	**Cholest.** 0 mg	0%	**Total Carb.** 28 g	9%	**Vitamin A**	0%	**Calcium**	0%
Sat. Fat 1.8 g	9%	**Sodium** 495 mg	21%	Fiber 1.9 g	7%	**Vitamin C**	8%	**Iron**	0%
Protein 1.9 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Sliced potatoes (⅜ inch) may be used. Reduce cooking time to 20–25 minutes.

Variations

- **Rosemary Roasted Potatoes.** Delete garlic if desired. Sprinkle ½ oz finely minced fresh rosemary on potatoes along with the salt and pepper. Garnish with fresh sprigs of rosemary. May substitute Yukon Gold or other yellow potato.
- **Oven Roasted Sweet Potatoes with Soy Sauce.** Substitute peanut oil for olive oil and sweet potatoes for red potatoes. Delete garlic. Take sweet potatoes out of the oven after 30 minutes and drizzle with ⅓ cup soy sauce. Roast for an additional 5 minutes or until tender. Serve sprinkled with 8 oz toasted almonds and 1 oz coarsely chopped fresh parsley.

AU GRATIN POTATOES

Yield: 50 portions or 2 pans 12 × 10 × 2 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Potatoes	10 lb (AP) (8 lb EP)	Peel and dice potatoes (or dice before cooking). Steam or boil (p. 631) until just tender.
Salt	1 Tbsp	Sprinkle with salt. If boiling the potatoes, add salt to the cooking water.
Margarine Flour, all-purpose Salt	12 oz 6 oz 1 Tbsp	Melt margarine. Add flour and salt. Stir until smooth. Cook 5–10 minutes.
Milk	3 qt	Add milk gradually while stirring. Cook until thickened.
Cheddar cheese, shredded	1 lb 8 oz	Add cheese to sauce and stir until cheese is melted. Pour over potatoes. Scale into two 12 × 20 × 2-inch baking pans, 8 lb per pan.
Bread crumbs Margarine, melted	12 oz 8 oz	Combine crumbs and margarine. Sprinkle over top of potatoes, 10 oz per pan. Bake at 350°F for 25–30 minutes.

Approximate nutritive values per portion **Calories** 279

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**25%**	**Cholest.** 22 mg	**7%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**9%**	**Calcium**	**18%**
Sat. Fat 6 g	**30%**	**Sodium** 530 mg	**22%**	Fiber 2 g	**8%**	**Vitamin C**	**16%**	**Iron**	**4%**
Protein 8 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 lb 10 oz sliced dehydrated potatoes, reconstituted in 5 qt boiling water, and 1½ oz salt may be substituted for fresh potatoes.

COTTAGE FRIED POTATOES

Yield: 50 portions *Portion:* 4 oz

Ingredient	*Amount*	*Procedure*
Potatoes	18 lb (AP) (15 lb EP)	Peel potatoes. Steam or boil until tender (p. 631).
Fat, hot Salt Pepper, black	As needed 1 oz (1½ Tbsp) 1 tsp	Slice cooked potatoes. Add to hot fat in frying pan. Add salt and pepper. Turn potatoes as needed and fry until browned.

Approximate nutritive values per portion **Calories** 192

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 0 mg	0%	**Total Carb.** 29 g	10%	**Vitamin A**	2%	**Calcium**	1%
Sat. Fat 2 g	7%	**Sodium** 285 mg	12%	Fiber 3 g	13%	**Vitamin C**	29%	**Iron**	2%
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **American Fried Potatoes.** Add raw sliced potatoes to hot fat. Fry until potatoes are brown and tender. Add additional fat as needed.
- **Hashed Brown Potatoes.** Add finely chopped boiled potatoes to hot fat in frying pan. Add salt and pepper. Stir occasionally and fry until browned.
- **Lyonnaise Potatoes.** Cook 2 lb chopped onion slowly in fat without browning. Add seasoned cut, boiled potatoes and cook until browned.
- **O'Brien Potatoes.** Cook cubed potatoes in a small amount of fat with chopped onion and pimiento.
- **Oven-Fried Potatoes.** Prepare potatoes as for French Fried Potatoes. Place in greased shallow pans in a thin layer and brush with melted fat, turning to cover all sides. Bake at 450°F for 20–30 minutes, or until browned, turning occasionally. Drain on absorbent paper and sprinkle with salt.

POTATO PANCAKES

Yield: 50 portions or 100 cakes *Portion:* 2 2-oz cakes

Ingredient	*Amount*	*Procedure*
Potatoes	15 lb (AP) (12 lb EP)	Peel potatoes and onions. Grind. Drain.
Onions	1 lb 8 oz	
Eggs, beaten	8 (14 oz)	Combine and add to potatoes and onion.
Flour, all-purpose	8 oz	Refrigerate batter, removing small quantities as needed for production.
Salt	2 oz (3 Tbsp)	
Baking powder	1 tsp	
Milk	¾ cup	
		Drop potato mixture with No. 20 dipper on hot greased griddle. Fry, turning once, until golden brown on both sides. Serve with warm applesauce.

Approximate nutritive values per portion **Calories** 121

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 1 g	2%	**Cholest.** 34 mg	11%	**Total Carb.** 25 g	8%	**Vitamin A**	1%	**Calcium**	2%
Sat. Fat 1 g	2%	**Sodium** 407 mg	17%	Fiber 0.4 g	1%	**Vitamin C**	13%	**Iron**	3%
Protein 3 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

SCALLOPED POTATOES

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 350°F *Bake:* 1½–2 hours

Ingredient	*Amount*	*Procedure*
Potatoes Salt	15 lb (AP) (12 lb EP) 2 oz (3 Tbsp)	Peel and eye potatoes. Slice and place in two greased 12 × 20 × 2-inch baking pans, 6 lb per pan. Sprinkle with salt.
Margarine Flour, all-purpose Salt	8 oz 4 oz 1 oz (1½ Tbsp)	Melt margarine. Add flour and salt. Stir until smooth. Cook 5 minutes.
Milk	1 gal	Add milk gradually, stirring with wire whip. Cook until thickened. Pour over potatoes.
Bread crumbs Margarine, melted	6 oz 2 oz	Combine crumbs and margarine. Sprinkle over potatoes. Bake at 350°F for 1½–2 hours.

Approximate nutritive values per portion **Calories** 212

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	12%	**Cholest.** 11 mg	4%	**Total Carb.** 31 g	10%	**Vitamin A**	4%	**Calcium**	10%
Sat. Fat 3 g	13%	**Sodium** 698 mg	29%	Fiber 3 g	11%	**Vitamin C**	24%	**Iron**	3%
Protein 5 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Potatoes may be partially cooked and hot White Sauce (p. 561) added to shorten baking time.
- Dehydrated sliced potatoes may be substituted for fresh. Reconstitute according to package directions.

Variations

- **Scalloped Potatoes with Ham.** Add 5 lb cubed ham to White Sauce (p. 561). Reduce salt to 1 Tbsp.
- **Scalloped Potatoes with Onions.** Before baking, cover potatoes with onion rings. About 5 minutes before removing from oven, cover potatoes with shredded cheese.

SOUR CREAM POTATOES

Yield: 50 portions or 3 pans 12 × 10 × 2 inches *Portion:* 5 oz
Oven: 350°F *Bake:* 35–45 minutes

Ingredient	*Amount*	*Procedure*
Frozen hashed brown potatoes	10 lb	Thaw potatoes. Steam for 10–15 minutes. Hold for later step.
Margarine	4 oz	Melt margarine in steam-jacketed or other kettle.
Onions, chopped	1 lb	Add onions and sauté until transparent.
Sour cream	2 lb 12 oz	Add to onions and mix well.
Salt (see Notes)	1 oz	
Pepper, black	1 Tbsp	
Eggs, beaten slightly	6 (10 oz)	
Chicken base	1 Tbsp	
Water	2 cups	
		Add potatoes to onion mixture. Mix lightly. Scale into three greased 12 × 10 × 2-inch pans, 5 lb 5 oz per pan.
Cornflake crumbs	3 oz	Combine crumbs and margarine in mixer bowl, using flat paddle.
Margarine, melted	⅓ cup	Mix until crumbly. Sprinkle 2 oz over each pan of potatoes. Bake at 350°F for 35–45 minutes. To serve, spoon into 50 5-oz portions or cut each pan 4 × 4 for 48 servings.

Approximate nutritive values per portion **Calories** 297

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 19 g	**30%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**10%**	**Calcium**	**5%**
Sat. Fat 8 g	**41%**	**Sodium** 381 mg	**16%**	Fiber 1 g	**5%**	**Vitamin C**	**12%**	**Iron**	**9%**
Protein 5 g				Sugars 0 g					

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Notes

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- Undiluted cream of mushroom, cream of celery, or cream of chicken soup may be substituted for sour cream. Delete salt and chicken base.
- If a highly salted chicken base is used, delete or reduce salt.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

POTATOES ROMANOFF

Yield: 60 portions or 2 pans 12 × 20 × 2 inches *Portion:* 6 oz
Oven: 350°F *Bake:* 35–45 minutes

Ingredient	*Amount*	*Procedure*
Frozen hashed brown potatoes	16 lb	Thaw potatoes. Steam for 15 minutes.
Sour cream Green onions, sliced Salt Pepper, black Cheddar cheese, shredded	4 lb 4 oz 6 oz 1½ oz 1 Tbsp 12 oz	Combine in mixer bowl and blend on low speed.
Paprika	½ tsp	Add cooked potatoes to sour cream mixture. Mix well. Scale into two greased 12 × 20 × 2-inch pans, 10 lb per pan. Sprinkle lightly with paprika. Bake uncovered at 350°F for 35–45 minutes. Cut 6 × 5.

Approximate nutritive values per portion **Calories** 356

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**35%**	**Cholest.** 20 mg	**7%**	**Total Carb.** 36 g	**12%**	**Vitamin A**	**9%**	**Calcium**	**9%**
Sat. Fat 11 g	**54%**	**Sodium** 369 mg	**15%**	Fiber 1 g	**5%**	**Vitamin C**	**13%**	**Iron**	**10%**
Protein 6 g				Sugars 0 g					

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Note

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OVEN-BROWNED OR RISSOLÉ POTATOES

Yield: 50 portions *Portion:* 1 potato
Oven: 450°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Potatoes, baking variety	50	Peel potatoes and partially cook by boiling or steaming, about 10 minutes.
Margarine, melted Salt	1 lb 1 oz (1½ Tbsp)	Place potatoes on well-greased baking sheets. Pour melted margarine over potatoes. Sprinkle with salt. Bake at 450°F for 1 hour or until tender. Baste every 15 minutes with margarine from pan. Turn potatoes once during baking to ensure uniform browning.

Approximate nutritive values per portion **Calories** 210

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 0 mg	0%	**Total Carb.** 34 g	11%	**Vitamin A**	2%	**Calcium**	1%
Sat. Fat 2 g	7%	**Sodium** 286 mg	12%	Fiber 4 g	15%	**Vitamin C**	33%	**Iron**	3%
Protein 3 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Franconia Potatoes.** Cook peeled uniform-size potatoes approximately 15 minutes. Drain and place in pan in which meat is roasting. Bake approximately 40 minutes or until tender and lightly browned, basting with drippings in pan or turning occasionally to brown all sides. Serve with roast.
- **French Baked Potatoes.** Select small, uniform potatoes and peel. Roll potatoes in melted margarine or shortening, then in cracker crumbs or crushed cornflakes. Place in shallow pans and bake.
- **Herbed Potato Bake.** Peel baking potatoes and cut into ½-inch slices. Place in greased baking pans. Combine 1½ cups melted margarine, 3½ oz dehydrated onion soup mix, and 2 Tbsp rosemary. Sprinkle over potatoes and toss lightly. Bake at 325°F for 1½ hours or until potatoes are tender.

GLAZED OR CANDIED SWEET POTATOES

Yield: 50 portions *Portion:* 4 oz
Oven: 400°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Sweet potatoes or yams	16 lb (AP) (13 lb EP)	Scrub potatoes. Steam or boil in skins until tender (p. 631). When potatoes are cool enough to handle, peel and cut into halves lengthwise. Arrange in shallow pans.
Sugar, brown Water Margarine Salt	1 lb 12 oz 2 cups 8 oz ½ tsp	Mix sugar, water, margarine, and salt. Heat to boiling point. Pour over potatoes. Bake at 400°F for 20–30 minutes.

Approximate nutritive values per portion **Calories** 213

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 44 g	15%	**Vitamin A**	258%	**Calcium**	4%
Sat. Fat 1 g	4%	**Sodium** 82 mg	3%	Fiber 4 g	14%	**Vitamin C**	48%	**Iron**	4%
Protein 2 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Three No. 10 cans of sweet potatoes may be substituted for fresh sweet potatoes.
- Seasonings for sweet potatoes: allspice, cardamom, cinnamon, cloves, or nutmeg.

Variations

- **Baked Sweet Potatoes.** Select small even-size sweet potatoes or yams. Scrub. Bake at 425°F for 40–50 minutes, or until tender.
- **Candied Sweet Potatoes with Almonds.** Proceed as for Glazed Sweet Potatoes. Increase margarine to 12 oz and reduce brown sugar to 1 lb 8 oz. Add 1 cup dark corn syrup and 2 tsp mace. When partially glazed, sprinkle top with chopped almonds and continue cooking until almonds are toasted.
- **Glazed Sweet Potatoes with Orange Slices.** Add ¼ cup grated orange peel to syrup. Cut 5 oranges into thin slices; add to sweet potatoes when syrup is added.
- **Mashed Sweet Potatoes.** Cook and mash sweet potatoes or yams (p. 631), following procedure on p. 658. Add 1½ oz salt; ⅓ tsp nutmeg; 1 oz margarine, melted; and 1¼ qt hot milk.
- **Sweet Potatoes and Apples.** Reduce sweet potatoes to 9 lb, cooked, peeled, and sliced. Peel and slice 5 lb tart apples. Place alternate layers of sweet potatoes and apples in baking pans. Pour hot syrup (see recipe for Glazed Sweet Potatoes) over potatoes and apples. Bake at 350°F for 45 minutes.

SWEET POTATO SOUFFLÉ

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 375°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Frozen sweet potatoes	8 lb	Steam potatoes for 25 minutes. Place in mixer bowl and whip on low, medium, and high speeds for 1 minute each, or until smooth.
Margarine, melted Sugar, brown Cinnamon, ground Mace, ground Ginger, ground Cloves, ground Milk Eggs	12 oz 1 lb 8 oz 1 Tbsp 1 Tbsp 1 tsp ¼ tsp 1 cup 9 (1 lb)	Add to sweet potatoes. Mix until thoroughly blended. Begin on low speed and progress to high speed for a total of approximately 5 minutes or until mixture is fluffy.
Miniature marshmallows	6 oz	Fold marshmallows into potato mixture. Scale into greased 12 × 20 × 2-inch pan. Bake at 375°F for 30 minutes or until hot.
Miniature marshmallows	4 oz	Sprinkle marshmallows over sweet potatoes. Return to oven long enough for marshmallows to puff and brown slightly.

Approximate nutritive values per portion **Calories** 212

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	10%	**Cholest.** 39 mg	13%	**Total Carb.** 36 g	12%	**Vitamin A**	127%	**Calcium**	4%
Sat. Fat 2 g	8%	**Sodium** 95 mg	4%	Fiber 2 g	9%	**Vitamin C**	20%	**Iron**	5%
Protein 3 g				Sugars 6 g					

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Notes

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- Fresh boiled or steamed sweet potatoes may be substituted for frozen sweet potatoes.

SEASONED FRESH SPINACH AND OTHER GREENS

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Spinach or other greens, fresh	12 lb (AP) (10 lb EP)	Sort and trim greens. Remove veins, coarse stems, and roots. Wash leaves thoroughly, lifting out of water after each washing. Steam or boil (p. 631).
Margarine, melted	4 oz	Pour margarine over greens and sprinkle with salt. If boiling the greens, add salt to the cooking water.
Salt	1 oz (1½ Tbsp)	

Approximate nutritive values per portion **Calories** 36

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 3 g	1%	**Vitamin A**	61%	**Calcium**	9%
Sat. Fat 1 g	2%	**Sodium** 285 mg	12%	Fiber 2 g	9%	**Vitamin C**	42%	**Iron**	13%
Protein 3 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Beet greens, chard, collards, kale, mustard greens, or turnip greens may be used. For kale, strip leaves from coarse stems.
- For frozen spinach, use 10 lb. See p. 631 for cooking.
- Greens may be garnished with 12 hard-cooked eggs, chopped, and 1 lb 8 oz crisp-cooked bacon, crumbled.
- Seasonings for spinach: basil, garlic, mace, marjoram, nutmeg, oregano, mushrooms, bacon, cheese, hard-cooked eggs, vinegar.

Variations

- **Creamed Spinach.** Cook spinach. Drain. Chop coarsely. Add 2 qt White Sauce (p. 561). Season with salt, pepper, and nutmeg.
- **Wilted Spinach or Lettuce.** To 10 lb chopped raw spinach or lettuce, or a combination of the two, add 2 qt Hot Bacon Sauce (p. 582) just before serving.

SPINACH SOUFFLÉ

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 350°F *Bake:* 40 minutes

Ingredient	*Amount*	*Procedure*
Margarine Flour, all-purpose Salt	1 lb 4 oz 8 oz 2½ Tbsp	Melt margarine. Add flour and salt. Stir until smooth and cook 5 minutes.
Milk Sour cream	1¼ qt 1¼ qt	Add milk and sour cream. Blend over low heat until smooth, stirring constantly. Remove from heat.
Spinach, chopped frozen	6 lb	Thaw spinach. Drain.
Onion, finely chopped Nutmeg Egg yolks, beaten	8 oz 1½ Tbsp 18 (12 oz)	Add spinach, onion, nutmeg, and egg yolks to sauce. Mix.
Egg whites	18 (1 lb 5 oz)	Beat egg whites until stiff. Fold into spinach mixture.
		Lightly grease two 12 × 20 × 2-inch counter pans on the bottom only. Scale 7 lb 8 oz of the mixture into each pan. Set in pans of hot water. Bake at 350°F for 40 minutes or until soufflé is set. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 219

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	27%	**Cholest.** 105 mg	35%	**Total Carb.** 10 g	3%	**Vitamin A**	68%	**Calcium**	15%
Sat. Fat 6 g	31%	**Sodium** 542 mg	23%	Fiber 2 g	6%	**Vitamin C**	12%	**Iron**	7%
Protein 7 g				Sugars 1 g					

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- 1 oz (½ cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

BAKED ACORN SQUASH

Yield: 50 portions *Portion:* ½ squash
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Acorn squash	25	Wash squash and cut in half lengthwise. Scrape out seeds. Place cut side down in shallow pans with a small amount of water. Bake at 350°F for 20–25 minutes, or until just tender. (Squash may be steamed for 20 minutes).
Margarine, melted Salt Sugar, brown	8 oz 1 oz (1½ Tbsp) 12 oz	Place squash hollow side up. Sprinkle cavities with margarine, salt, and brown sugar. Bake until sugar is melted, about 10–15 minutes.

Approximate nutritive values per portion **Calories** 115

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 0 mg	0%	**Total Carb.** 21 g	7%	**Vitamin A**	5%	**Calcium**	5%
Sat. Fat 1 g	2%	**Sodium** 242 mg	10%	Fiber 2 g	9%	**Vitamin C**	18%	**Iron**	6%
Protein 1 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Variations

- **Acorn Squash with Sausage.** Place 4-oz sausage patty or 2 link sausages, partially cooked, in each cooked squash half. Continue baking until meat is done.
- **Stuffed Acorn Squash.** Fill cooked squash with No. 12 dipper of the following mixture: 5 qt cooked rice, 4 lb chopped cooked meat, and 4 oz minced onion, sautéed in margarine and moistened with meat stock.

SPAGHETTI SQUASH

Yield: 50 portions *Portion:* 6 oz
Oven: 350°F *Bake:* 45–60 minutes

Ingredient	*Amount*	*Procedure*
Spaghetti squash	15 (approximately 3 lb each)	Wash squash and cut in half lengthwise. Scrape out seeds. Place cut side down in shallow pans with ½ inch water. Bake at 350°F for 45–60 minutes, or until squash is just tender when pricked with a fork. Remove squash from water and cool slightly. With a fork scrape the soft flesh (lengthwise) into pastalike strands. Serve with melted butter or margarine or top with sauce.

Approximate nutritive values per portion **Calories** 91

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 0 g	0%	**Cholest.** 0 mg	0%	**Total Carb.** 24 g	8%	**Vitamin A**	158%	**Calcium**	9%
Sat. Fat 0 g	0%	**Sodium** 9 mg	1%	Fiber 4 g	15%	**Vitamin C**	56%	**Iron**	7%
Protein 2 g				Sugars 9 g					

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Note

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Variations

- **Spaghetti Squash with Clam Sauce.** Prepare Clam Sauce (p. 375) and serve over squash.
- **Spaghetti Squash with Vegetable Sauce.** Prepare Vegetable Sauce (p. 387) and serve over squash.

MASHED WINTER SQUASH

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Winter squash	15 lb (AP) (10 lb EP)	Peel squash and cut into pieces. Steam or boil until tender (p. 631).
Milk, hot Margarine, melted Salt Sugar, brown	1½ qt 8 oz 2 Tbsp 8 oz	Mash squash. Add milk and seasonings. Whip until light. May be garnished with toasted slivered almonds.

Approximate nutritive values per portion **Calories** 103

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 4 mg	1%	**Total Carb.** 14 g	5%	**Vitamin A**	34%	**Calcium**	5%
Sat. Fat 2 g	7%	**Sodium** 316 mg	13%	Fiber 3 g	10%	**Vitamin C**	15%	**Iron**	2%
Protein 2 g				Sugars 5 g					

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Notes

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- Acorn, buttercup, butternut, hubbard, turbin or another winter squash variety may be used.
- Seasonings for squash: allspice, basil, cinnamon, cloves, fennel, ginger, marjoram, nutmeg, oregano, rosemary, savory.

Variations

- **Baked Whipped Squash.** Mix cooked squash until smooth. Add 12 oz margarine, melted; 1 lb brown sugar; 1 Tbsp ground cinnamon; 1 tsp ground allspice; ½ tsp ground cloves; and 1 oz (1½ Tbsp) salt. Mix thoroughly. Scale into 12 × 20 × 2-inch pan. Bake in 350°F oven for 1 hour or until heated through. Cover with 12 oz miniature marshmallows and heat until marshmallows have browned slightly.
- **Butternut Squash–Apple Casserole.** Cook 8 lb peeled, cored, and sliced apples, 12 oz margarine or butter, and 12 oz sugar until barely tender. Arrange in baking pans. Cover with mashed butternut squash (use 10 lb). Top with mixture of crushed cornflakes, chopped pecans, melted margarine, and brown sugar. Bake at 350°F for 30–40 minutes.

SEASONED ZUCCHINI OR SUMMER SQUASH

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Zucchini or other summer squash	11–12 lb (AP) (10 lb EP)	Wash squash and remove ends. Do not pare. Cut into slices or spears. Steam or simmer until tender (p. 631).
Margarine, melted Salt Pepper, white	4 oz 1 Tbsp 1 tsp	Pour margarine over squash and sprinkle with salt and pepper.

Approximate nutritive values per portion **Calories** 29

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 0 mg	0%	**Total Carb.** 3 g	1%	**Vitamin A**	3%	**Calcium**	1%
Sat. Fat 1 g	2%	**Sodium** 152 mg	6%	Fiber 1 g	3%	**Vitamin C**	13%	**Iron**	2%
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- 1 tsp garlic or onion salt may be substituted for part of salt.
- ½ cup Parmesan cheese may be sprinkled over zucchini before serving.
- Seasonings for squash: Basil, chives, coriander, dill, garlic, ginger, marjoram, oregano, rosemary, savory, tarragon.

Variations

- **French Fried Zucchini.** See p. 654.
- **Zucchini Casserole.** Steam or parboil 8 lb sliced zucchini until tender-crisp. Drain. Combine one 46-oz can cream of chicken soup, 3 cups sour cream, 1 cup chopped green onions, and 1 oz shredded carrots. Combine with zucchini. Mix 1 lb 12 oz herb-seasoned bread crumbs and 8 oz melted margarine and spread half in a 12 × 20 × 2-inch counter pan. Pour zucchini mixture over crumbs. Top with remaining crumbs. Bake at 350°F for 30–40 minutes or until heated through. Other vegetables such as broccoli, asparagus, cauliflower, or French-cut green beans may be used in this casserole.
- **Zucchini and Summer Squash.** Wash and slice 5 lb zucchini and 5 lb yellow summer squash. Cook until just tender. Season with 8 oz melted margarine, salt and pepper to taste. Add 2 lb cherry tomatoes just before serving.
- **Zucchini and Tomato Casserole.** In 12 × 20 × 2-inch counter pan, layer 7 lb zucchini, 3 lb fresh tomatoes, peeled and chopped, and 1 lb chopped onion. Salt and pepper lightly. Sprinkle 1 lb grated cheddar cheese and 1 lb bacon, cooked and crumbled, over top. Cover with buttered bread crumbs. Bake covered at 400°F for about 1 hour, uncovered for the last 20 minutes.

BAKED TOMATOES

Yield: 50 portions *Portion:* ½ tomato
Oven: 400°F *Bake:* 10–12 minutes

Ingredient	*Amount*	*Procedure*
Tomatoes, fresh (5 oz each)	25	Wash tomatoes. Cut in halves. Sprinkle each tomato with salt and pepper or seasoned salt.
Salt	1 tsp	
Pepper, black	1 tsp	
Margarine, melted	6 oz	Combine margarine, bread crumbs, and onion.
Bread crumbs	2 oz	Place 2 tsp mixture on each tomato half.
Onion, finely chopped	6 oz	Bake at 400°F for 10–12 minutes.

Approximate nutritive values per portion **Calories** 45

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 0 mg	0%	**Total Carb.** 4 g	1%	**Vitamin A**	5%	**Calcium**	0%
Sat. Fat 1 g	3%	**Sodium** 90 mg	4%	Fiber 1 g	4%	**Vitamin C**	23%	**Iron**	2%
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Seasonings for tomatoes: basil, bay leaf, chili powder, garlic, marjoram, oregano, rosemary, tarragon, thyme.

Variations

- **Mushroom-Stuffed Tomatoes.** Add 2 lb sautéed mushrooms, sliced or chopped, to crumb mixture.
- **Broiled Tomato Slices.** Cut tomatoes in ½-inch slices. Salt, dot with margarine, and broil.
- **Spinach-Stuffed Tomatoes.** Wash medium-size fresh tomatoes. Remove core and part of the tomato pulp. Fill center with 2 oz Spinach Soufflé (p. 671). Sprinkle with buttered crumbs and Parmesan cheese. Bake at 350°F for about 1 hour.

HERB ROASTED TOMATOES

Yield: 50 portions *Portion:* 3 halves
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Plum tomatoes, halved lengthwise (stem and blossom blemish removed)	14 lb	Place tomatoes cut side up in a 12 × 20 × 2-inch pan. Brush with olive oil.
Olive oil	8 oz	
Salt	1 Tbsp	Sprinkle tomatoes lightly with salt and pepper.
Pepper, black	1½ tsp	
Parsley, chopped fresh	8 Tbsp (½ cup)	Mix herbs. Sprinkle half of herb mixture over tomtoes. Save remainder of herb mixture for garnish.
Basil, chopped fresh	8 Tbsp (½ cup)	
Rosemary, finely chopped fresh	4 Tbsp (¼ cup)	
Thyme, chopped fresh	4 Tbsp (¼ cup)	
		Bake tomatoes at 350°F until tender and slightly browned around the edges, 50–60 minutes.
Parmesan cheese, freshly grated (optional)	1 cup	Garnish tomatoes with remaining herbs and parmesan cheese.

Approximate nutritive values per portion **Calories** 77

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5.6 g	9%	**Cholest.** 1.6 mg	1%	**Total Carb.** 6 g	2%	**Vitamin A**	9%	**Calcium**	4%
Sat. Fat 1 g	5%	**Sodium** 189 mg	8%	Fiber 1.5 g	6%	**Vitamin C**	43	**Iron**	4%
Protein 2 g				Sugars 3.5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Other herbs may be substituted for those in the recipe.
- A vegetable marinade may be substituted for the olive oil.
- If substituting dried herbs, reduce amount by two-thirds.

BAKED ITALIAN TOMATOES AND ZUCCHINI

Yield: 50 portions *Portion:* 4 oz
Oven: 325°F

Ingredient	*Amount*	*Procedure*
Plum tomatoes (small size)	3 lb 12 oz (AP)	Submerge tomatoes in boiling water for a few seconds to loosen skins. Peel tomatoes and core. Cut tomatoes in half, from stem to flower end (long way). Save for layering step.
Marinara Sauce (p. 572) Zucchini, ½-inch dice Mozzarella cheese, shredded Parmesan cheese, freshly shredded	2 qt 3 lb (EP) 3 lb 8 oz	Layer ingredients in the following order in each of two 12 × 10 × 2-inch pans: 1. Marinara Sauce, 2 cups 2. Diced zucchini, 12 oz 3. Tomato halves, 12 oz 4. Mozzarella cheese, 1 lb 5. Parmesan cheese, 2 oz Repeat steps 1, 2, and 3. Bake covered for 30–40 minutes or until mixture reaches 165°F.
Parsley, chopped (fresh) (see Notes) Basil, chopped (fresh)	1 oz 1 oz	Remove from oven and uncover. Top each pan with 8 oz mozzarella cheese and 2 oz Parmesan cheese. Sprinkle ½ oz parsley and ½ oz basil on each pan. Bake uncovered for 10 minutes until cheese is melted and lightly browned.

Approximate nutritive values per portion **Calories** 128

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	12%	**Cholest.** 2.5 mg	8%	**Total Carb.** 6.3 g	2%	**Vitamin A**	13%	**Calcium**	20%
Sat. Fat 4.5 g	23%	**Sodium** 319 mg	13%	Fiber 1.4 g	5%	**Vitamin C**	21%	**Iron**	4%
Protein 8 g				Sugars 1.6 g					

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Notes

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- Dried basil and dried parsley may be substituted for fresh. Use 2 Tbsp parsley and 1 Tbsp basil.
- Serve as a vegetable or with pasta for a nonmeat entree.
- 1 lb mushrooms (small whole or quartered) may be substituted for 1 lb of the zucchini.

STIR-FRIED VEGETABLES

Yield: 50 portions *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cornstarch Water	2 oz 1 cup	Combine cornstarch and water. Set aside for last step.
Assorted vegetables (see Notes for suggestions)	5 lb 8 oz (EP)	Cut vegetables into uniform-size thin slices, strips, or diagonal slices to ensure quick cooking. Pat dry before frying.
Cooking oil Garlic, minced Ginger root, fresh, sliced	1 cup 2 cloves ½ tsp	Combine oil, garlic, and ginger root in frying pan. Heat to 350°F and cook slightly. Remove ginger root and discard.
Water chestnuts, sliced, drained	8 oz	Add water chestnuts and prepared vegetables to heated oil. Stir with long spatula in a folding motion. Cook until vegetables are tender-crisp.
Chicken Stock (p. 598) Soy sauce	3 cups ½ cup	Combine stock and soy sauce. Mix quickly into vegetables. Reduce heat. Pour cornstarch mixture over vegetables. Cook and stir just until sauce thickens and vegetables are glazed.

Approximate nutritive values per portion **Calories** 63

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	7%	**Cholest.** 0 mg	0%	**Total Carb.** 5 g	2%	**Vitamin A**	3%	**Calcium**	2%
Sat. Fat 1 g	6%	**Sodium** 238 mg	10%	Fiber 0 g	0%	**Vitamin C**	14%	**Iron**	3%
Protein 2 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Select vegetables for contrast in color, shape, texture, and flavor. At least three vegetables should be selected. Cut vegetables into small enough pieces to cook quickly. Frozen vegetables should be thawed before stir-frying.
- Suggested vegetables: asparagus cut diagonally, broccoli or cauliflower florets, green beans, carrot strips or diagonal slices, celery slices, sliced fresh mushrooms, snow peas, onion rings, pepper strips (red, green, or yellow), zucchini or summer squash slices or sticks.
- Suggested combinations (total of 5 lb 8 oz): 1 lb 8 oz sliced carrots, 1 lb 8 oz broccoli florets, 1 lb 8 oz celery sticks, 8 oz mushroom slices, and 8 oz sliced onion; 1 lb 8 oz asparagus cut diagonally, 1 lb 8 oz zucchini slices, 1 lb 8 oz cauliflower florets, 8 oz sliced onions, and 8 oz fresh mushrooms; 1 lb 8 oz sliced celery, 1 lb 8 oz pea pods, 1 lb 8 oz julienne carrots, 8 oz green pepper strips, and 8 oz sliced fresh mushrooms.

RATATOUILLE

Yield: 50 portions *Portion:* 4 oz
Oven: 300°F *Heat:* 5 minutes

Ingredient	*Amount*	*Procedure*
Vegetable oil Onion, cut in wedges Garlic, minced	⅓ cup 8 oz 1 clove	Heat oil in tilting frypan. Add onion and garlic. Cook until tender-crisp.
Eggplant, peeled, 1-inch cubes	2 lb 8 oz	Add eggplant. Sauté 2 minutes.
Zucchini Green peppers, fresh, 1½-inch strips	2 lb 2 lb	Add squash and peppers. Sauté 5 minutes or until vegetables are still crisp and brightly colored.
Tomatoes, canned, diced Salt Pepper, black Basil, dried, crumbled Oregano, dried, crumbled	6 lb 2½ tsp 1½ tsp 1 tsp 1 tsp	Add to vegetable mixture. Simmer for 5 minutes. Scale into two 12 × 10 × 2-inch pans, 6 lb per pan.
Monterey Jack cheese, shredded	1 lb	Sprinkle 8 oz cheese over each pan. Heat in 300°F oven for 5 minutes to melt the cheese. Do not cover. Serve with a spoon.

Approximate nutritive values per portion **Calories** 73

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	7%	**Cholest.** 8 mg	3%	**Total Carb.** 6 g	2%	**Vitamin A**	7%	**Calcium**	8%
Sat. Fat 2 g	11%	**Sodium** 246 mg	10%	Fiber 1 g	3%	**Vitamin C**	43%	**Iron**	3%
Protein 3 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Sliced Japanese eggplant may be substituted for all or part of the cubed eggplant.
- Yellow summer squash may be substituted for some or all of the zucchini.

SUMMER RATATOUILLE

Yield: 50 portions *Portion:* 4 oz
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Eggplant, 1-inch cubes (unpeeled)	2 lb 12 oz (EP)	Put eggplant in colander. Sprinkle with salt and let set for 30 minutes.
Salt	1 oz	Rinse eggplant and drain thoroughly. Use eggplant in following step.
Olive oil	4 oz	Heat oil in large frypan or steam-jacketed kettle.
Onions, ¼-inch slice	1 lb 6 oz (EP)	Sauté onions, garlic, and eggplant until tender, 10–12 minutes.
Garlic, minced	2½ oz (EP)	
Zucchini squash, ½-inch slice	1 lb 12 oz (EP)	Add squash to onion-garlic-eggplant mixture. Sauté squash and peppers until heated through and most of the liquid is absorbed.
Yellow summer squash, ½-inch slice	1 lb (EP)	
Red bell peppers, cut in 1-inch square pieces	8 oz (EP)	
Green bell peppers, cut in 1½-inch strips	8 oz (EP)	
Tomatoes, fresh, quartered	1 lb 8 oz (EP)	Add tomatoes and spices. Stir to combine. Pan in 12 × 10 × 2-inch pans. Bake uncovered 20 minutes
Salt	1 Tbsp	
Pepper, black	½ tsp	
Red pepper, crushed	¼ tsp	
Basil, fresh, coarsely chopped	1 oz	
Oregano leaves, dried	1 tsp	

Approximate nutritive values per portion **Calories** 44

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2.4 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 5 g	2%	**Vitamin A**	4%	**Calcium**	1%
Sat. Fat 0.3 g	2%	**Sodium** 367 mg	15%	Fiber 1.6 g	6%	**Vitamin C**	28%	**Iron**	2%
Protein 1 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.

VEGETABLE TIMBALE

Yield: 40 portions or 1 pan 12 × 20 × 2 inches *Portion:* 3 oz
Oven: 300°F *Bake:* 2 hours

Ingredient	*Amount*	*Procedure*
Eggs	16 (1 lb 9 oz)	Beat eggs.
Salt Margarine, melted Milk	2 Tbsp 5 oz 1½ qt	Add salt, margarine, and milk.
Spinach, chopped, frozen	3 lb	Cook spinach (p. 631). Drain well. Add to egg mixture. Mix until well blended.
		Pour into greased 12 × 20 × 2-inch pan. Set into another pan with 3 cups hot water in it. Bake at 300°F for 2 hours. Test with a silver knife as for custard. Cut 5 × 8. Serve with 1 oz Cheese Sauce (p. 561).

Approximate nutritive values per portion **Calories** 84

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 80 mg	27%	**Total Carb.** 4 g	1%	**Vitamin A**	32%	**Calcium**	10%
Sat. Fat 2 g	9%	**Sodium** 423 mg	18%	Fiber 1 g	3%	**Vitamin C**	7%	**Iron**	4%
Protein 5 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Spinach, broccoli, brussels sprouts, asparagus, or any combination of these vegetables may be used.

Variation

- **Chicken Timbale.** Use 32 eggs (3 lb 8 oz), 1 oz salt, 1 lb margarine, melted, 1 tsp white pepper, 12 oz bread crumbs, and 6 lb chopped cooked chicken. Mix melted margarine, bread crumbs, and milk. Cook for 5 minutes. Add beaten eggs, seasonings, and chicken. Bake as for Vegetable Timbale. Cut 6 × 8. Serve with Béchamel Sauce (p. 562).

GRILLED OR ROASTED MARINATED VEGETABLES

Yield: 50 portions *Portion:* 3 oz
Oven: 400°F

Ingredient	*Amount*	*Procedure*
Vegetables (see suggestions listed below)	12 lb (EP)	Prepare vegetables per instructions (below).
Marinade: Vegetable Marinade (p. 594) Balsamic Vinegar Marinade (p. 595) Vinaigrette Marinade (p. 596) Herb and Garlic Marinade (p. 596)	3 qt	Marinate vegetables 10–15 minutes. Drain marinade from vegetables before grilling or roasting. **Save marinade.** Baste vegetables once or twice with marinade while grilling or roasting. Reserved marinade may be heated to 165°F and drizzled on vegetables when served. (See grilling and oven roasting instructions below.)

Grilling Instructions

1. Clean grill grids thoroughly. Clean as often as necessary to keep vegetables from sticking.
2. Preheat grill grids until very hot. Place drained vegetables on grill. Turn often. Brush marinade on vegetables after each turn.
3. Grill vegetables until desired doneness. Serve warm or at room temperature.

Oven Roasting Instructions

1. Preheat oven to 400°F. Oven must be hot enough to caramelize the vegetables but not so hot as to dry them out.
2. Place vegetables on a lightly greased sheet pan in a single layer. Do not overcrowd or they will steam rather than roast. For large quantities of vegetables, roast separately and combine prior to service. For smaller quantities, put the slower cooking, hard vegetables to the outside of the roasting pan (vegetables will cook faster on the outside of the pan).
3. Turn vegetables often during roasting. If cooking different kind of vegetables on the same pan, remove the vegetables as they become tender. Brush marinade on vegetables after each turn.
4. Roast vegetables until desired doneness. Serve warm or at room temperature.

Vegetables suitable for Grilling or Roasting

Asparagus	Blanch thick stalks until barely tender, leave whole.
Green Beans	Blanch until barely tender, leave whole.
Beets	Cut in quarters or in half (peeled or unpeeled). To reduce cooling time, blanch first until slightly tender. Peel blanched beets before roasting. Cooking time: 18–20 minutes.
Broccoli	Blanch until barely tender. May split stalks into halves.
Carrots	Slice into ¼ to ½-inch slices, 1 to 2-inch sections, or split in half lengthwise. Blanch until slightly tender. Cooking time: 18–20 minutes.
Cauliflower	Blanch until barely tender. Cut into large florets.
Celery Root	Cut away thick skin. Cut bulb in half. Cooking time: 18–20 minutes.
Corn	Cut across cob into 2-inch sections.
Eggplant	Slice ½ inch thick, cut round or lengthwise. For Japanese eggplant, slice or split in half lengthwise. To reduce the bitterness of some eggplant, salt lightly and allow to stand for 30 minutes. Rinse and pat dry.
Fennel	Quarter. Blanch until slightly tender.
Leeks	Split large leeks in half lengthwise. Blanch until slightly tender.
Mushrooms	Leave whole or cut into thick slices or quarters. May easily overcook, so watch carefully during cooking. Grill or roast portabella mushrooms whole for sandwiches (remove the stem and use for vegetable stock).

Onions	Blanch until slightly tender. Leave whole or cut in half.
Parsnips	Slice into ¼ to ½-inch-thick slices, 1 to 2-inch sections, or split in half lengthwise. Blanch until slightly tender. Cooking time: 20–25 minutes.
Peppers, Bell	Quarter and remove seeds, ribs, and stem.
Potatoes	Slice large potatoes ½ inch thick. Small potatoes can be left whole or cut in wedges. Blanch until slightly tender, 5–7 minutes. Cooking time: 18–20 minutes.
Rutabagas	Quarter or slice into ½-inch-thick slices or wedges. Blanch until slightly tender. Cooking time: 18–20 minutes.
Squash	*Summer*—Slice small squash lengthwise in half. Larger squash may be cut into 1-inch-thick slices. *Hard Winter*—Slice into ½-inch wedges. Blanch until slightly tender.
Tomatoes	Cut in half or leave whole. Sear quickly on the grill or broiler.
Turnips	Quarter or slice into ½-inch-thick slices or wedges. Blanch until slightly tender. Cooking time: 18–20 minutes.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once, discard if not used.
- Vegetables may be roasted without first marinating. Follow the ratio: 1 lb vegetable, 1–2 oz olive oil, ½–1 tsp kosher salt, 1 Tbsp fresh finely chopped herbs (oregano, rosemary, sage, thyme). Combine vegetables, salt, and herbs in a bowl. Toss to coat. Follow roasting instructions.

Variations

- **Garlic and Fennel Seed Roasted Vegetables.** Do not use a marinade. Mix and set aside 3 Tbsp olive oil with 2 Tbsp crushed fresh garlic and 2 Tbsp toasted fennel seeds (see p. 592 for toasting spices). Toss vegetables in ½ cup olive oil, 1 oz salt, and 1 tsp black pepper. Roast vegetables according to instructions. When vegetables are *al dente,* remove from oven and toss with oil, garlic, and fennel seed mixture. Roast 10 minutes longer. Remove from oven and toss with 1 oz chopped fresh parsley and ¼ cup balsamic vinegar.
- **Mashed Potatoes and Roasted Vegetables.** Serve 5 oz Mashed Potatoes or Buttermilk Smashed Potatoes (p. •••) surrounded by 3–6 oz of roasted vegetables (not potatoes, unless sweet potatoes). Serve garnished with chopped fresh parsley. Drizzle Mashed Potatoes with olive or nut oil if desired. Serve for a nonmeat entree.
- **Sesame Roasted Vegetables.** Do not use a marinade. Mix and set aside 2 Tbsp sesame oil, 2 Tbsp crushed fresh garlic, 2 Tbsp crushed fresh ginger, and ⅓ cup soy sauce. Toss vegetables in ⅓ cup sesame oil, 1 oz salt, and 1 tsp black pepper. Roast vegetables according to instructions. When vegetables are *al dente,* remove from oven and toss with oil, garlic, ginger, and soy sauce mixture. Roast 10 minutes longer. Remove from oven and toss with 2 Tbsp toasted sesame seeds and ¼ cup rice vinegar (see p. 592 for toasting seeds).
- **Sherry Roasted Root Vegetables.** Select root vegetables from above list. Follow the ratio: 1 lb vegetable, 2 oz olive oil, 3 oz dry sherry, 1 tsp kosher salt, and 1 Tbsp fresh finely chopped thyme. Combine vegetables, salt, and thyme in a bowl. Toss to coat. Follow roasting instructions.