CHAPTER 12

Sandwiches

Sandwiches continue to be favorite choices for the noon and evening meals. They have become popular, too, at breakfast or any meal throughout the day where a fast, flavorful meal is desired. Sandwiches are also popular as hors d'oeuvres or buffet foods. Sandwiches may be closed or open faced and may be served hot or cold. Nutritional requirements are easily satisfied by choosing breads and fillings that are high in fiber, low in fat, and low in cholesterol.

PREPARATION OF INGREDIENTS

Sandwich ingredients include bread, spread, filling, and vegetable accompaniments. Many ingredient variations are possible, but the basic procedures for preparing ingredients are the same.

Breads

Different breads and rolls add variety in flavor, texture, size, and shape. In addition to the traditional loaves, foccacia, pita, tortillas, quick breads, and flavored speciality breads may be used for sandwiches.

Bread should be kept fresh during and after preparation. Keep bread tightly wrapped until used. French bread or other crusty breads, however, should not be wrapped because the crust will soften. They should be used the day they are baked. Bread should not be refrigerated, because it will become stale faster than if kept at room temperature. If bread must be kept longer than 1–2 days, it may be frozen. Defrost frozen bread without unwrapping.

Spreads

Bread for sandwiches is first spread with plain or seasoned margarine or butter, mayonnaise, mustard, olive paste, pesto, chutney, or a Sandwich Spread (p. 534). Covering bread evenly with a spread helps keep the sandwich from becoming soggy. Margarine or butter may be softened by letting it stand at room temperature, or it may be whipped for easy spreading (see p. 534). Allow 1 tsp of spread per slice of bread.

Fillings

Slice meat and cheese into even slices. Tender meats may be sliced thicker than less tender ones. A serving of thinly sliced or wafer-sliced meats usually appears larger than an equal weight of thicker slices. Since sliced meats and cheese dry out quickly, they should be sliced only as needed and kept covered. Mixed fillings should be prepared the day they are served and kept chilled. Nonmeat fillings in addition to cheese may include salads and grilled or fresh vegetables.

Vegetable Accompaniments

Prepare greens, tomato and onion slices, and pickles or other vegetable accompaniments. Ingredients should be fresh, crisp, and attractive. See pp. 465–467 for preparing vegetable accompaniments.

PREPARATION OF SANDWICHES

Closed Sandwiches

1. Prepare filling and spread.
2. Arrange fresh bread in rows on a baking sheet or a worktable. Four rows of 10 slices each is a manageable number.
3. Spread all bread slices to the edges with softened margarine or butter or other spread.
4. Portion filling with dipper or spoon on alternate rows of bread and spread to the edges, or arrange sliced filling to fit the sandwich.
5. If lettuce or other vegetable accompaniment is used, arrange on filling. If sandwiches are to be held for some time, vegetable accompaniments should be omitted.
6. Place plain buttered (or spread) slices of bread on the filled slices.
7. If the sandwiches are to be cut in half or in fourths, stack two or three together and cut with a sharp knife, being careful not to mash bread.
8. To keep sandwiches fresh, place in sandwich bags or plastic wrap. Avoid stacking sandwiches more than three high, because stacking insulates the filling and prevents it from reaching the desired temperature as quickly as it should.
9. Refrigerate until served. If freezing sandwiches for later use, see precautions on p. 533.
10. Handle bread and fillings as little as possible during preparation. Use plastic gloves or tongs when picking up food.

Grilled and Toasted Sandwiches

1. For a grilled sandwich, place filling between two slices of bread. Fillings may be sliced cheese, meat, or poultry; chopped fillings as in salads; or a combination of fillings as in a Reuben Sandwich (p. 555).
2. Brush the outside with melted margarine or butter. For large quantities, a brush or roller dipped in the melted spread may be used. The steps for this method are: (a) Place parchment paper in bottom of baking sheet. (b) Place bread slices directly on coated paper. Add filling to all slices in pan. (c) Top with slices of bread.
3. Brown sandwich on a griddle, in a hot oven, or under a broiler.
4. For a toasted sandwich, toast the bread before filling.

Open-Faced Hot Sandwiches

1. Place buttered or unbuttered bread on a serving plate.
2. Cover with hot meat or other filling.
3. Top with gravy, sauce, or other topping.
4. For a hot sandwich that is to be broiled, arrange slices of bread on a baking sheet. Cover with slices of cheese or other topping. Broil just before serving.

Canapés

1. Remove crusts from bread.
2. Cut into desired shapes.
3. Spread with softened margarine or butter.
4. Cover with filling.
5. Decorate with parsley, sliced olives, sliced radishes, pimiento pieces, chopped hard-cooked eggs, or other garnish.

Ribbon Sandwiches

1. Remove crusts from two kinds of bread, being careful to have all slices the same size.
2. Spread one or more fillings on slices of breads.
3. Make stacks of five slices of bread, alternating kinds of bread.
4. Press together firmly.
5. Arrange stacks in shallow pan; cover with plastic wrap, plastic bag, or waxed paper.
6. Chill for several hours.
7. To serve, cut each slice into thirds, halves, or triangles.

Checkerboard Sandwiches

1. Spread slices of white and whole wheat bread with desired filling.
2. Make stacks of ribbon sandwiches by alternating two slices of white and two slices of whole wheat bread. Trim and cut each stack into ½-inch slices.
3. Using butter or smooth spread as a filling, stack three slices together so that white and whole wheat squares alternate to give a checkerboard effect.
4. Chill for several hours.
5. Remove from refrigerator and, with sharp knife, slice into checkerboard slices, ½ inch thick.

Rolled Sandwiches

1. Remove crusts from three sides of a loaf of unsliced bread.
2. With crust at left, cut loaf into lengthwise slices ⅛–¼ inch thick.
3. Run rolling pin the length of each slice to make it easier to handle.
4. Spread with softened margarine or butter.
5. Spread with desired smooth filling.
6. Place olives, watercress, or other foods across the end.
7. Starting at end with garnish, roll tightly, being careful to keep sides straight. Tight rolling makes for easier slicing.
8. Wrap rolls individually in waxed paper or aluminum foil, twisting ends securely.
9. Chill several hours or overnight. Rolls may be made ahead of time, then wrapped and frozen. Let thaw about 45 minutes before slicing.
10. Cut chilled rolls into ¼–⅓ inch slices.

FREEZING SANDWICHES

When making sandwiches to be frozen for later use, certain precautions should be taken.

1. Spread bread with margarine or butter instead of mayonnaise or salad dressing.
2. Do not use fillings containing mayonnaise, egg white, or some vegetables such as tomatoes and parsley. Chicken, meat, fish, cheese, and peanut butter freeze well.
3. Place large closed sandwiches individually in a sandwich bag or wrap individually in plastic wrap.
4. Pack tea-sized closed sandwiches in layers, separated by waxed paper or plastic wrap, in freezer boxes; or place in any suitable box and overwrap with moisture-proof material.
5. Place open-faced sandwiches on trays, wrap as for closed sandwiches.
6. Wrap ribbon, closed, or other loaf sandwiches uncut.
7. Allow 1–2 hours for sandwiches to defrost. Do not remove outer wrapping until sandwiches are partly thawed.
8. If sandwiches are not served immediately after thawing, refrigerate until serving time.

SANDWICH RECIPES

WHIPPED MARGARINE OR BUTTER

Yield: spread for 50 sandwiches *Portion:* 1 tsp per slice

Ingredient	*Amount*	*Procedure*
Margarine or butter	1 lb	Place in mixer bowl. Let stand at room temperature until soft enough to mix.
Milk or boiling water (optional)	½ cup	Add milk or water while whipping. Mix on low speed, gradually increasing to high speed. Whip until fluffy.

Variations

- **Honey Butter.** Cream 1 lb butter or margarine until light and fluffy. Add 8 oz honey gradually, beating on medium speed until mixture is light. Serve with hot biscuits or other hot bread.
- **Savory Spread.** Add minced cucumber, onion, or pimiento; chopped chives or parsley; horseradish; or prepared mustard to whipped butter or margarine.

SANDWICH SPREAD

Yield: spread for 100 sandwiches *Portion:* 1 tsp per slice

Ingredient	*Amount*	*Procedure*
Margarine or butter	8 oz	Whip margarine on high speed until light and fluffy.
Light cream (half-and-half)	¼ cup	Add cream and mix.
Prepared mustard Mayonnaise Pickle relish	1½ tsp 3 cups ½ cup	Fold in remaining ingredients. Use as a spread for meat or cheese sandwiches.

CHEESE SALAD SANDWICH

Yield: 50 sandwiches

Ingredient	*Amount*	*Procedure*
Cheddar cheese	3 lb 8 oz	Grind or shred cheese.
Salad dressing or cream Salt Pepper, cayenne Margarine, softened	2 cups 2 tsp Few grains 4 oz	Combine with cheese. Refrigerate and remove small amounts of filling as necessary for production.
Bread	100 slices	Assemble filling and bread (p. 532). Portion filling with No. 20 dipper.

Approximate nutritive values per portion **Calories** 318

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 18 g	**28%**	**Cholest.** 36 mg	**12%**	**Total Carb.** 28 g	**9%**	**Vitamin A**	**11%**	**Calcium**	**27%**
Sat. Fat 7 g	**37%**	**Sodium** 726 mg	**30%**	Fiber 6 g	**25%**	**Vitamin C**	**0%**	**Iron**	**11%**
Protein 13 g				Sugars 3 g					

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

Note
- Potentially hazardous food. Store filling at an internal temperature below 41°F.

Variation
- **Pimiento Cheese Sandwich.** Add 6 oz chopped pimiento.

EGG SALAD SANDWICH

Yield: 50 sandwiches *Portion:* 2 oz filling

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	36	Peel eggs and chop coarsely.
Mayonnaise or salad dressing	2½ cups	Combine and add to eggs. Mix lightly.
Pickle relish	1 cup	Refrigerate and remove small amounts of filling as necessary for production.
Salt	2 tsp	
Pepper, white	¼ tsp	
Onion juice	1 tsp	
Pimiento, chopped	4 oz	
Bread	100 slices	Assemble filling, bread, and lettuce (p. 532).
Lettuce, iceburg or leaf	2–3 heads	Portion filling with No. 20 dipper.

Approximate nutritive values per portion **Calories** 248

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 157 mg	**52%**	**Total Carb.** 31 g	**10%**	**Vitamin A**	**8%**	**Calcium**	**6%**
Sat. Fat 2 g	**8%**	**Sodium** 611 mg	**25%**	Fiber 7 g	**26%**	**Vitamin C**	**4%**	**Iron**	**14%**
Protein 10 g				Sugars 3 g					

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

Notes
- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 1 lb chopped celery may be substituted for pickle relish.
- 2 Tbsp prepared mustard may be added.

HAM SALAD SANDWICH

Yield: 50 sandwiches *Portion:* 2 oz filling

Ingredient	*Amount*	*Procedure*
Cooked ham	4 lb	Grind ham coarsely.
Eggs, hard-cooked (p. 271)	6	Peel eggs and chop coarsely.
Onion, finely chopped	4 oz	Combine all ingredients. Mix lightly. Refrigerate and remove small amounts of filling as necessary for production.
Pickle relish	8 oz	
Mayonnaise or salad dressing	2–2½ cups	
Bread	100 slices	Assemble filling, bread, and lettuce (p. 532). Portion filling with No. 20 dipper.
Lettuce, iceberg or leaf	2–3 heads	

Approximate nutritive values per portion **Calories** 257

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 50 mg	**17%**	**Total Carb.** 30 g	**10%**	**Vitamin A**	**2%**	**Calcium**	**5%**
Sat. Fat 2 g	**9%**	**Sodium** 1013 mg	**42%**	Fiber 7 g	**26%**	**Vitamin C**	**15%**	**Iron**	**14%**
Protein 15 g				Sugars 3 g					

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

Notes

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).

Variations

- **Ham and Cheese Sandwich.** Delete eggs. Reduce ham to 3 lb. Add 1 lb 8 oz cheddar or Swiss cheese, ground.
- **Meat Salad Sandwich.** Substitute ground cooked beef or pork for ham. Add 4 oz finely chopped celery. Check for seasoning and add salt and pepper if needed.

CHICKEN SALAD SANDWICH

Yield: 50 sandwiches *Portion:* 2 oz filling

Ingredient	*Amount*	*Procedure*
Cooked chicken	5 lb	Chop chicken coarsely.
Salt	2 tsp	Add remaining ingredients. Mix to blend. Refrigerate and remove small amounts of filling as necessary for production.
Pepper, white	½ tsp	
Celery, finely chopped	8 oz	
Lemon juice or cider vinegar	¼ cup	
Mayonnaise or salad dressing	2–2½ cups	
Bread	100 slices	Assemble filling, bread, and lettuce (p. 532). Portion filling with No. 20 dipper.
Lettuce, iceberg or leaf	2–3 heads	

Approximate nutritive values per portion **Calories** 258

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	13%	**Cholest.** 40 mg	13%	**Total Carb.** 28 g	9%	**Vitamin A**	2%	**Calcium**	5%
Sat. Fat 1 g	6%	**Sodium** 546 mg	23%	Fiber 7 g	27%	**Vitamin C**	2%	**Iron**	14%
Protein 18 g				Sugars 3 g					

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

Notes

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 4 oz chopped, toasted almonds may be added.
- Alfalfa sprouts may be placed on top of filling for variety.

TUNA SALAD SANDWICH

Yield: 50 sandwiches *Portion:* 2 oz filling

Ingredient	*Amount*	*Procedure*
Eggs, hard-cooked (p. 271)	7	Peel eggs and chop coarsely.
Tuna, flaked	4 lb	Combine all filling ingredients.
Celery, chopped	4 oz	Refrigerate and remove small amounts of filling as necessary for production.
Lemon juice	¼ cup	
Onion juice	1 tsp	
Mayonnaise or salad dressing	1½ cups	
Bread	100 slices	Assemble filling, bread, and lettuce (p. 532).
Lettuce, iceberg or leaf	2–3 heads	Portion filling with No. 20 dipper.

Approximate nutritive values per portion **Calories** 251

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	13%	**Cholest.** 38 mg	13%	**Total Carb.** 28 g	9%	**Vitamin A**	3%	**Calcium**	5%
Sat. Fat 1 g	6%	**Sodium** 547 mg	23%	Fiber 7 g	26%	**Vitamin C**	2%	**Iron**	14%
Protein 17 g				Sugars 3 g					

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

Notes

- Potentially hazardous food. Store filling at an internal temperature below 41°F.
- Chilling ingredients before combining shortens the time product is in the temperature danger zone (above 41°F).
- 1 cup pickle relish may be substituted for celery.

Variations

- **Grilled Tuna Salad Sandwich.** Brush both sides of sandwiches with melted margarine or butter. Grill until golden brown.
- **Salmon Salad Sandwich.** Substitute salmon for tuna.

BACON, LETTUCE, AND TOMATO SANDWICH

Yield: 50 sandwiches

Ingredient	*Amount*	*Procedure*
Tomatoes, fresh	7 lb	Wash tomatoes. Peel, if desired, and cut into thin slices.
Lettuce, iceberg or leaf	2–3 heads or 2 lb leaf	Wash lettuce and separate leaves. Drain.
Bacon	150 slices (7 lbs)	Cook bacon according to directions on p. 356. Drain.
Bread (white or whole wheat)	100 slices	Spread 50 slices of bread with mayonnaise.
Mayonnaise	1 cup	Place 3 cooked bacon slices, 2 tomato slices, and a lettuce leaf on each.
Whipped Margarine or Butter (p. 534)	8 oz	Top with remaining 50 slices of bread, which have been spread with Whipped Margarine or Butter.

Approximate nutritive values per portion **Calories** 287

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 15 g	23%	**Cholest.** 18 mg	6%	**Total Carb.** 29 g	10%	**Vitamin A**	4%	**Calcium**	6%
Sat. Fat 4 g	18%	**Sodium** 770 mg	32%	Fiber 7 g	28%	**Vitamin C**	27%	**Iron**	15%
Protein 12 g				Sugars 4 g					

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

Variations

- **Club Sandwich.** Use 150 thin-sliced white bread, toasted. Spread with mayonnaise. Place on first slice 1 lettuce leaf, 2 tomato slices, and 2 strips of bacon. Place second slice of toast on top, spread side down. Spread top with mayonnaise, then add 2 oz thinly sliced turkey or chicken breast and lettuce leaf. Top with third slice of toast, spread side down. Secure with 4 picks. Cut into quarters to serve.
- **Sliced Ham and Cheese Sandwiches.** Substitute 6 lb 8 oz wafer-sliced ham and 3 lb 2 oz (1 oz slices) cheese for bacon.
- **Turkey Club Hoagie.** Reduce bacon to 2 lb. Substitute 7-inch hoagie buns for sliced bread. Use 6 lb 8 oz cooked turkey breast (approximately 10 lb AP), wafer sliced. Each sandwich includes choice of sandwich spread, 2 oz sliced turkey, 1 bacon slice, 1 lettuce leaf, and 2 tomato slices. Garnish plate with dill pickle spear.

CHICKEN POCKET SANDWICH

Yield: 50 sandwiches *Portion:* 1 sandwich

Ingredient	*Amount*	*Procedure*
Pita pockets, 6 inch	50	Open pita pockets carefully.
Leaf lettuce leaves	2 lb	Just prior to service fill each pocket in the order below:
Tomato slices	3 lb	1 leaf lettuce
Alfalfa sprouts	1 lb 8 oz	2 tomato slices
Chicken Salad (p. 536)	1 recipe	3 oz Chicken Salad
		½ oz alfalfa sprouts
		Serve soon after filling.

Approximate nutritive values per portion **Calories** 480

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 32 g	**49%**	**Cholest.** 95 mg	**32%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**10%**	**Calcium**	**5%**
Sat. Fat 6 g	**29%**	**Sodium** 990 mg	**41%**	Fiber 2 g	**9%**	**Vitamin C**	**17%**	**Iron**	**15%**
Protein 19 g				Sugars 1 g					

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

Note
- Potentially hazardous food. Keep chilled to below 41°F.

Variation
- **Vegetarian Pocket.** Delete Chicken Salad. In addition to the lettuce, tomato, and alfalfa sprouts, stuff each pita pocket with 1 oz cucumber slices, ½ oz slice of Swiss cheese, and 1 oz avocado slices. Drizzle sandwich with ½ oz Italian salad dressing.

SPICY PORK LOIN SANDWICH WITH SOUTHWEST PEACH SALSA

Yield: 50 sandwiches *Portion:* 1 sandwich (4 oz meat, 2 oz salsa, 1 bun)

Ingredient	*Amount*	*Procedure*
Garlic and Peppercorn Pork Loin (p. 348)	20 lb EP	Prepare pork loin according to recipe. Chill. Slice thinly.
Southwest Peach Salsa (p. 570)	1 recipe	
Kaiser bun	50	To serve, place open bun on plate. Portion on bottom half of bun, 4 oz thinly sliced pork garnished on top with 2 oz salsa.

Approximate nutritive values per portion **Calories** 512

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 125 mg	**42%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**37%**	**Calcium**	**8%**
Sat. Fat 3 g	**17%**	**Sodium** 474 mg	**20%**	Fiber 2 g	**7%**	**Vitamin C**	**278%**	**Iron**	**155%**
Protein 59 g				Sugars 3 g					

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

Note
- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F.

SUBMARINE SANDWICH

Yield: 50 sandwiches *Portion:* 3 oz meat + 1 oz cheese

Ingredient	*Amount*	*Procedure*
Buns, submarine or hoagie, 4–5 inches	50	Slice buns in half lengthwise. Spread both sides of bun with Sandwich Spread.
Sandwich Spread (p. 534)	½ recipe	
Salami, 1-oz slices	3 lb 2 oz	Cut slices of meat and cheese in half.
Luncheon meat, 1-oz slices	3 lb 2 oz	Arrange 1 oz of each kind of meat and 1 oz cheese on bottom half of each bun.
Ham, pullman, 1-oz slices	3 lb 2 oz	Alternate meat and cheese and arrange so that full length of each bun is covered.
Cheese, processed, American or Swiss, 1-oz slices	3 lb 2 oz	
Tomatoes, fresh, sliced	24	Place 2 slices tomato, ½ oz shredded lettuce, and 2 dill pickle slices on each sandwich.
Dill pickle slices, well drained (optional)	1 qt	Cover with top half of bun. To serve, cut each sandwich in half.
Shredded head lettuce	1 lb 9 oz	

Approximate nutritive values per portion **Calories** 789

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 37 g	**57%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 81 g	**27%**	**Vitamin A**	**15%**	**Calcium**	**25%**
Sat. Fat 14 g	**70%**	**Sodium** 2557 mg	**107%**	Fiber 5 g	**20%**	**Vitamin C**	**46%**	**Iron**	**26%**
Protein 32 g				Sugars 13 g					

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

Notes

- Potentially hazardous food. Store meats at an internal temperature below 41°F.
- Other meats such as turkey, corned beef, pastrami, or roast beef may be used.
- Shredded red or green cabbage, alfalfa sprouts, or leaf lettuce may be substituted for shredded head lettuce.
- Mayonnaise or Italian dressing may be substituted for sandwich spread.

Variations

- **Buffet Submarine.** Use 12 long, thin buns, approximately 18 inches. Arrange 4 oz each of meats and cheese on each bun. Garnish with 2 tomatoes, sliced, ⅓ cup pickle slices, and 1–2 oz shredded lettuce. Secure with long picks. Portion as served into 4–5-inch sections.
- **Ring Submarine.** Use bread shaped in a ring. See p. 137 for Sandwich Ring recipe.

DELI WRAP

Yield: 50 portions *Portion:* 1 wrap (2 halves)

Ingredient	*Amount*	*Procedure*
Wraps, 12 inch	50 wraps	If frozen, thaw under refrigeration.
Honey mustard Mayonnaise	1 lb 1 lb 8 oz	Mix mustard and mayonnaise. Place wraps flat on baking sheet. Spread 2 Tbsp of mustard-mayonnaise mixture over each wrap, leaving a 1-inch border.
Deli turkey, wafer sliced Deli ham, wafer sliced	3 lb 3 lb	Portion 1 oz each of turkey and ham over dressing.
Fresh salsa (see Notes) Lettuce, shredded Cheddar cheese, shredded	3 qt 3 lb (EP) 1 lb 8 oz	Portion 2 oz salsa, 1 oz lettuce, and ½ oz cheese over meat. To roll sandwich: (a) Fold 2 sides of wrap 2 inches over filling. (b) Roll tightly as for jelly roll, starting to roll from side not over filling. Cut wrap in half diagonally. One portion is two halves. keep cold, below 41°F.

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. ••• for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat produce only once, discard if not used.
- Use any fresh fruit or fresh vegetable salsa. Try Cucumber and Melon Salsa (p. 569).

Variation

- **Southwestern-Style Steak Wrap.** Brown 5 lb seasoned fajita meat in hot oil. Add 3 lb 8 oz fresh mushrooms and sauté until tender. In separate bowl combine 2 lb 8 oz diced tomatoes, 1 lb 4 oz chopped red onions, and 3 oz fresh chopped cilantro. Mix together 3 lb 4 oz shredded cheddar cheese and 2 lb 8 oz shredded Monterey jack cheese. Place 12-inch wrap on plate. Portion 2 oz mixed cheeses onto center of wrap, leaving a 1-inch border. Sprinkle 1 oz of tomato mixture over cheese. Portion 2 oz of beef-mushroom mixture over vegetables. Fold two sides over filling and roll.

PACK-A-PITA PLATE

Yield: 50 portions *Portion:* one plate = 3 oz filling, 2 pita halves

Ingredient	*Amount*	*Procedure*
Leaf lettuce	1 lb 8 oz (EP)	Place one large leaf on dinner plate, leaving room for the pita bread.
Pita filling (see Notes)	9 lb 8 oz	Place 3 oz filling on top of lettuce leaf.
Tomatoes, thinly sliced	12 lb (EP)	Place 4 slices of tomato beside filling.
Alfalfa sprouts (see Notes)	8 oz	Place a small amount of sprouts on top of tomatoes.
Sweet pickles, sliced Olives, black	4 lb 8 oz	Garnish plate with 6 pickle slices and 2 black olives.
Pita bread	50 rounds	Just before service, place 2 pita halves on plate.

Notes

- Potentially hazardous food. *Food Safety Standard:* Hold food for service at an internal temperature below 41°F.
- Alfalfa sprouts may be potentially hazardous. Purchase sprouts from a reputable source and follow carefully all food safety standards.
- Filling choices may include egg salad, tuna salad, ham salad, sliced meats, sliced cheese, or chilled grilled vegetables. Small, thin portions of cooked and chilled solid meats may be used, for example, chicken breast, baked salmon.

MARINATED VEGETABLE PITA

Yield: 50 portions *Portion:* one-half pita, 2 oz vegetables, 1 oz cheese

Ingredient	*Amount*	*Procedure*
Herb and Garlic Marinade (p. 596)	1 qt	Prepare marinade.
Eggplant, ½-inch dice	1 lb 4 oz (EP)	Pour marinade over vegetables. Toss to coat.
Summer squash, ½-inch dice	1 lb (EP)	Let stand 30 minutes, drain well.
Zucchini squash, ½-inch dice	1 lb (EP)	Heat fry pan. Stir-fry vegetables 8–10 minutes until vegetables are tender-crisp.
Red bell pepper, ¼ × 1-inch strips	8 oz (EP)	
Green bell pepper, ¼ × 1-inch strips	8 oz (EP)	
Onion, sliced (rings separated)	8 oz (EP)	
Mushrooms, sliced	1 lb 12 oz (EP)	
Pita bread (see Notes)	25 rounds	Cut pita bread into halves.
Mozzarella cheese, shredded	3 lb	Open pita and stuff with 2 oz vegetables. Sprinkle 1 oz cheese over filling.

Approximate nutritive values per portion **Calories** 300

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	32%	**Cholest.** 21 mg	7%	**Total Carb.** 20 g	7%	**Vitamin A**	10%	**Calcium**	17%
Sat. Fat 5.5 g	28%	**Sodium** 412 mg	17%	Fiber 1.6 g	6%	**Vitamin C**	23%	**Iron**	6%
Protein 9 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.
- Gyro bread may be substituted for the pita bread. Serve by placing one warmed gyro-style bread on a plate. Portion 2 oz filling onto center of bread. Sprinkle with 1 oz cheese. Fold over and serve immediately.

Variation

- **Marinated Vegetable Fajita.** Substitute flour tortillas for pita bread. Serve with Mexican condiments.

GRILLED SANDWICHES

Yield: 50 portions *Portion:* 1 sandwich

Ingredient	*Amount*	*Procedure*
Bread (white, whole wheat, or rye)	100 slices	See following procedures for preparing sandwiches.
Meat and/or cheese	6 lb 4 oz	
Margarine	1 lb	Grill sandwiches at 350°F on griddle until both sides are delicately brown.

Procedure No. 1

1. Melt margarine. Pour into 2-inch counter pan.
2. Pick up two slices of bread, one in each hand. Dip one side of one slice in melted margarine. Press dipped slice against second slice.
3. Place buttered side of one slice on 18 × 26-inch baking sheet lined with parchment or waxed paper. Place 24 slices 4 × 6.
4. Top each slice with 2 oz meat and/or cheese.
5. Top meat and/or cheese with buttered bread (from Step 2), buttered side up.
6. Cover layer with parchment or waxed paper.
7. Repeat for a second layer or use another baking sheet. Cover tightly with plastic wrap if the sandwiches are not to be grilled immediately.

Procedure No. 2

1. Place meat and/or cheese between two slices of bread.
2. Brush sandwiches with melted margarine; or in large quantities, use a roller dipped in melted margarine.
3. Place sandwiches on baking sheet and cover with plastic wrap until grilled.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. 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.

Variations

- **Grilled Cheese.** Use processed American cheese, 2 1-oz slices per sandwich.
- **Grilled Corned Beef and Swiss on Rye.** Substitute corned beef for ham in variation No. 3. Use Swiss cheese and rye bread.
- **Grilled Ham and Cheese.** Use 1½ oz ham and 1 oz cheese per sandwich, 4 lb 12 oz wafer-sliced ham and 3 lb 2 oz (1-oz slices) will be needed.
- **Grilled Turkey and Swiss on Whole Wheat.** Use 1½ oz turkey and 1 oz Swiss cheese per sandwich. 4 lb 12 oz wafer-sliced turkey and 3 lb 2 oz cheese (1-oz slices) will be needed.
- **Hot Tuna Grill.** Use No. 10 dipper of Tuna Salad Sandwich filling (p. 537) for each sandwich. Other salad sandwich fillings may be used.

BIEROCKS

Yield: 50 sandwiches
Oven: 400°F *Bake:* 25–30 minutes, 5 minutes

Ingredient	*Amount*	*Procedure*
Dough		
Yeast, active dry	1¼ oz	Sprinkle yeast over water. Let stand 5 minutes.
Water, warm (110°F)	2 qt	

Sugar, granulated Salt Flour, all-purpose	14 oz 1 oz (1½ Tbsp) 2 lb 6 oz	Add sugar, salt, and flour to yeast. Mix on medium speed, until mixture is smooth, using dough arm or flat beater.
Eggs Shortening, melted	8 (14 oz) 5 oz	Add eggs and shortening. Continue beating.
Flour, all-purpose	5 lb 8 oz	Add flour on low speed to make a soft dough. Knead 5 minutes. Cover and let rise until double in bulk.
		When dough has doubled, punch down and divide into 4 or 5 portions. Roll dough to ¼-inch thickness. Cut into 4 × 6-inch rectangles. Place on each piece of dough a No. 8 dipper of filling (recipe follows). Fold lengthwise and pinch edges of dough securely to seal. Place on baking sheets with sealed edges down. Bake at 400°F for 25–30 minutes.
Egg, yolk Water	1 2 Tbsp	Brush with egg and water mixture. Return to oven for 5 minutes.

Filling

Ground beef	10 lb AP (7 lb EP)	Cook beef to an internal temperature of 155°F. Drain.
Cabbage, chopped Onion, chopped	2 lb 8 oz 3 lb	Steam cabbage and onion until slightly underdone.
Worcestershire sauce Salt Pepper, black Savory, ground Chili powder	⅓ cup 2½ oz 1½ tsp 1 tsp 1½ tsp	Add seasonings and vegetables to beef. If not used immediately, cool quickly to below 41°F. See p. 44 for cooling procedures.

Approximate nutritive values per portion **Calories** 530

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	25%	**Cholest.** 100 mg	33%	**Total Carb.** 67 g	22%	**Vitamin A**	2%	**Calcium**	4%
Sat. Fat 6 g	29%	**Sodium** 834 mg	35%	Fiber 3 g	12%	**Vitamin C**	25%	**Iron**	31%
Protein 27 g				Sugars 10 g					

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

Note

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Variation

- **Bierock Pockets.** Scale 3 lb dough onto 18 × 26 × 1-inch greased pans. Cut dough in half lengthwise. Spread 2 lb beef mixture evenly onto each strip of dough. Roll jelly roll fashion and seal tightly. Place seam side down on greased 18 × 26 × 1-inch pan. Bake at 350°F for 30–35 minutes or until done. Cut each roll into 8 portions, 16 per pan.

HOT MEAT AND CHEESE SANDWICH

Yield: 50 sandwiches *Portion:* 2½ oz meat + 1½ oz sauce

Ingredient	*Amount*	*Procedure*
Ham, roast beef, or corned beef	8 lb	Wafer-slice meat into 12 × 10 × 2-inch pans. Cover and heat to 165°F.
Hamburger buns	50	To serve, place open bun on plate. Portion 2½ oz meat on bottom half of bun.
Cheese Sandwich Sauce, American or Cheddar (p. 561) or Swiss (p. 561)	3 qt	Ladle 1½ oz (No. 30 dipper) sauce over meat.

Approximate nutritive values per portion **Calories** 458

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**37%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**12%**	**Calcium**	**34%**
Sat. Fat 11 g	**53%**	**Sodium** 1740 mg	**73%**	Fiber 0 g	**0%**	**Vitamin C**	**28%**	**Iron**	**16%**
Protein 30 g				Sugars 3 g					

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

Note

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TUNA MELT

Yield: 50 *Portion:* 1 sandwich
Griddle: 350°F

Ingredient	*Amount*	*Procedure*
Tuna, drained	3 lb 4 oz	Mix drained tuna and drained pickle with celery and salad dressing.
Pickle relish, drained	12 oz	
Celery, finely chopped	1 lb	Refrigerate filling, removing small amounts as needed for production.
Salad dressing	1 lb 8 oz	
Wheat bread, pullman	100 slices	Assemble and cook sandwiches as described next.
Swiss cheese, ½ oz slices	3 lb 2 oz	
Margarine, melted	1 lb	

To Assemble:

1. Preheat griddle to 350°F.
2. Assemble sandwiches on greased griddle as follows:
   1 slice wheat bread
   1 slice Swiss cheese
   1 No. 24 (2 oz) dipper tuna mixture (preceding recipe)
   1 slice Swiss cheese
   1 slice wheat bread
3. When bread has browned (approximately 10 minutes), pour small amount of melted margarine on empty portion of grill.
4. Flip the sandwiches onto empty portion of grill. Cook until browned.
5. Place cooked sandwiches in 12 × 20 × 2-inch pans. Serve within 15 minutes.
6. Serve cut in half diagonally and garnish with tomato wedge on parsley sprig.

Approximate nutritive values per portion **Calories** 411

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**34%**	**Cholest.** 30 mg	**10%**	**Total Carb.** 32 g	**11%**	**Vitamin A**	**10%**	**Calcium**	**32%**
Sat. Fat 7 g	**36%**	**Sodium** 780 mg	**32%**	Fiber 6 g	**25%**	**Vitamin C**	**0%**	**Iron**	**16%**
Protein 22 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. 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.

Variation
- **Patty Melt.** Substitute grilled ground beef patty for tuna mixture. Place 1 oz grilled onions on top of patty before last slice of cheese is added. Rye bread may be substituted for wheat bread and cheddar or American cheese for Swiss cheese.

HOT ROAST BEEF SANDWICH

Yield: 50 sandwiches *Portion:* 3 oz meat + ¼ cup gravy

Ingredient	*Amount*	*Procedure*
Beef roast	10 lb EP (15 lb AP)	Roast beef according to directions on p. 313. Slice into 3-oz portions. Place in two 12 × 20 × 2-inch counter pans.
Beef Stock (p. 599)	1½ qt	Heat stock to 190°F. Pour over meat. Cover with aluminum foil and place in oven to keep warm.
Bread	50 slices	Place 3 oz meat on each slice of bread.
Mashed Potatoes (p. 658)	12 lb 8 oz	Serve No. 12 dipper of Mashed Potatoes on the plate beside the bread.
Pan Gravy (p. 564)	1 gal	Cover meat and potato with Pan Gravy, using 2-oz ladle.

Approximate nutritive values per portion **Calories** 417

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	26%	**Cholest.** 84 mg	28%	**Total Carb.** 35 g	12%	**Vitamin A**	2%	**Calcium**	6%
Sat. Fat 6 g	28%	**Sodium** 1025 mg	43%	Fiber 5 g	20%	**Vitamin C**	11%	**Iron**	24%
Protein 32 g				Sugars 6 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 tender cut of meat should be used.
- Meat may be covered with additional slice of bread if desired. Omit mashed potatoes. Cover entire sandwich with gravy.

Variations

- **Barbecued Beef Sandwich.** Place thinly sliced beef roast in two counter pans and keep warm. Heat 1½ qt Barbecue Sauce (p. 567) and pour 3 cups over each pan of meat. Toss together until sauce is evenly distributed. Serve in warm hamburger buns.
- **French Dip Sandwich.** Slice roast beef wafer thin. Place in 12 × 20 × 2-inch counter pan. Pour 1 cup Beef Stock (p. 599) over meat. Cover with aluminum foil and keep warm. To serve, place 3 oz beef on hard roll. Serve with side cup of hot seasoned broth for dipping.
- **Hot Roast Pork Sandwich.** Substitute roast pork for beef.
- **Hot Turkey Dip.** Follow directions for French Dip Sandwich, but substitute wafer-sliced turkey for beef and chicken broth for beef broth. Season chicken stock with poultry seasoning.
- **Hot Turkey Sandwich.** Substitute roast turkey or turkey roll for beef. Use Chicken Stock (p. 598) in place of Beef Stock.
- **Meat Loaf Sandwich.** Prepare Meat Loaf (p. 332). Substitute Meat Loaf for roast beef.

BROCCOLI AND RICOTTA CALZONE

Yield: 50 portions *Portion:* 1 calzone
Oven: 350°F

Ingredient	*Amount*	*Procedure*
Broccoli cuts, frozen	6 lb (AP)	Thaw broccoli cuts in a colander or perforated pan. Drained EP yield should equal 5 lb 8 oz. Save drained broccoli for later step.
Pizza dough	50 dough balls (5 oz)	If using frozen dough balls, cover and let thaw to 65°F, 2–3 hours. Working with a small number of dough balls at a time, flatten into rounds.
Ricotta cheese Parmesan cheese, shredded Pepper, black Garlic powder	6 lb 6 oz 10 oz 1 Tbsp ½ tsp	Blend cheeses and spices together. Portion 2 oz (No. 16 dipper) of cheese mixture onto one-half of flattened dough ball. Smooth filling slightly, leaving ½-inch border. Distribute ½ cup (1¾ oz) of thawed broccoli (reserved from earlier step) over cheese. Brush edges of dough with water. Fold dough over filling and crimp edges to seal tightly.
Eggs, whole Water Italian herbs	1 oz 2 oz 3 Tbsp	Mix eggs and water. Brush over tops of calzones. Sprinkle with herbs. Bake at 350°F for 18 –25 minutes in a conventional oven until the calzone registers 185°F. Follow the manufacturers' directions when using a conveyor-type pizza oven.
Marinara sauce Parmesan cheese, shredded	3 qt 1 lb	Serve 2 oz warm marinara sauce ladled on top of calzone. Serve with Parmesan cheese.

Approximate nutritive values per portion **Calories** 520

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 45 mg	**15%**	**Total Carb.** 7 g	**24%**	**Vitamin A**	**21%**	**Calcium**	**29%**
Sat. Fat 8 g	**39%**	**Sodium** 471 mg	**20%**	Fiber 4.3 g	**18%**	**Vitamin C**	**46%**	**Iron**	**26%**
Protein 24 g				Sugars 3 g					

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

Notes

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Variations

- **Roasted Vegetable and Ricotta Calzone.** Heat 3 lb frozen roasted peppers and onions (available commercially) with 6 oz sliced black olives. In a bowl mix 6 lb 12 oz ricotta cheese, 1 lb 8 oz freshly grated Parmesan cheese, ¾ oz dried parsley, 3 Tbsp dried basil, 5 tsp black pepper, 4 tsp crushed red pepper, and 1 oz salt. Portion 1½ oz vegetables and 2 oz ricotta cheese mixture (approximately No. 16 dipper) on dough. Follow makeup and service procedures as for Broccoli and Ricotta Calzone.
- **Ham and Swiss Florentine Calzone.** Steam 2 lb fresh spinach for 1 minute. Drain well and reserve for later step. Blend together 6 lb 6 oz ricotta cheese, 10 oz freshly grated parmesan cheese, and 1 Tbsp black pepper. Portion 2 oz cheese mixture and ¾ oz (No. 30 dipper) drained spinach on dough. Portion ¾ oz of wafer-sliced ham over spinach. Follow makeup and service procedures as for Broccoli and Ricotta Calzone.

GRILLED CORN AND ROASTED PEPPER QUESADILLAS

Yield: 50 portions *Portion:* 2 quesadillas

Ingredient	*Amount*	*Procedure*
Vegetable oil	4 oz	Mix oil and chipotle base. Heat in a tilting fry pan, or on a griddle.
Chipotle base (see Notes)	2 oz	
Corn, frozen (see Notes)	5 lb 4 oz	Sauté corn and onion in flavored oil until onion is translucent and corn is slightly browned.
Onion, chopped	2 lb (EP)	Add roasted peppers and crushed red pepper.
Roasted Red Bell Peppers, diced (p. 655) (seeNotes)	3 lb 4 oz	Heat through. Save for later step.
Red pepper, crushed	¾ tsp	
Flour tortillas (6 inch)	100 tortillas	Place flat on 18 × 26 × 1-inch pans.
Cojack cheese, shredded	6 lb 4 oz	Distribute 1 oz shredded cheese on one-half of tortilla, leave ½-inch border without cheese.
		Distribute 1¾ oz corn-pepper blend over cheese (reserved from earlier step).
		Place open tortilla on oiled, 300°F griddle.
		Cook until cheese begins to melt and tortilla is soft.
		Fold empty half of tortilla over filled half, press slightly with spatula. Turn and grill until slightly brown.
		Serve immediately. May serve with salsa, guacamole, and sour cream.

Approximate nutritive values per portion **Calories** 525

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 27 g	**42%**	**Cholest.** 51 mg	**17%**	**Total Carb.** 50 g	**17%**	**Vitamin A**	**33%**	**Calcium**	**49%**
Sat. Fat 14 g	**69%**	**Sodium** 847 mg	**35%**	Fiber 4 g	**17%**	**Vitamin C**	**112%**	**Iron**	**14%**
Protein 20 g				Sugars 3 g					

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

Notes

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- Chipotle base is available commercially.
- Roasted corn and roasted peppers may be purchased frozen and substituted for the corn and peppers in the recipe. When using frozen roasted peppers, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).

Variation

- **Cheese Quesadillas.** Mix together 6 lb shredded monterey jack cheese, 6 lb shredded cheddar cheese, 3 lb 8 oz canned green chilies, drained, and 4 Tbsp dried cilantro. Scale 2½ oz cheese mixture onto each 6-inch or 8-inch tortilla. Proceed as for Grilled Corn and Roasted Pepper Quesadillas.

CHICKEN FAJITAS

Yield: 50 fajitas *Portion:* 4 oz meat mixture (two 6-inch fajitas or one 10-inch fajita)

Ingredient	*Amount*	*Procedure*
Vegetable oil	¼ cup	Heat oil to 350°F in tilting or large fry pan.
Chicken white meat, cut into strips	10 lb (EP)	Add chicken and garlic. Stir-fry until chicken begins to brown.
Garlic, minced	3 oz (EP)	
Lime juice	1 qt	Add liquids, herbs, and spices to chicken. Cook until liquid evaporates and chicken is done, above 165°F.
Water	2 cups	
Chicken base	2 oz	
Cilantro leaves, finely chopped (see Notes)	¾ oz	
Pepper, black	1 Tbsp	
Red pepper, crushed	1 tsp	
Salt	1½ Tbsp	
Onions, sliced	2 lb 6 oz (EP)	Add onions and pepper. Stir-fry until tender-crisp.
Green bell peppers, cut in 1-inch long strips	12 oz (EP)	
Red bell peppers, cut in 1-inch long strips	8 oz (EP)	
Yellow bell peppers, cut in1-inch long strips	8 oz (EP)	
Flour tortillas	50 10-inch or 100 6-inch	Heat tortillas to soften. Keep covered. Do not allow to dry out. Serve 4 oz meat mixture on one 10-inch or two 6-inch tortillas. Serve with condiments: Guacamole (pp. 78, 80), shredded Monterey Jack cheese, shredded lettuce, sour cream, Salsa (p. 568), sliced black olives, sliced jalapeños.

Approximate nutritive values per portion **Calories** 350

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7g	**11%**	**Cholest.** 53 mg	**18%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**4%**	**Calcium**	**10%**
Sat. Fat 1.6 g	**8%**	**Sodium** 733 mg	**31%**	Fiber 3 g	**12%**	**Vitamin C**	**53%**	**Iron**	**17%**
Protein 27 g				Sugars 1 g					

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

Notes

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- 3 Tbsp of dried cilantro leaves can be substituted for fresh cilantro.
- Ranchero Base (commercial product) can be substituted for chicken base. Adjust seasonings as necessary.

BEEF FAJITAS

Yield: 50 sandwiches *Portion:* 1 fajita, 2 oz meat + 2 oz vegetable

Ingredient	*Amount*	*Procedure*
Pureed jalapeño peppers, with juice	4 oz	Combine in bowl to make a marinade.
Lemon juice	1½ cups	
Pineapple juice	1½ cups	
Salt	1 Tbsp	
Pepper, black	2 Tbsp	
Meat tenderizer	2 oz	
Water	3 cups	
Beef, round or flank steak	10 lb AP	Cut beef into 1 × 5-inch strips, ¼ inch thick (see Notes). Pour marinade over meat. Stir to coat meat. Cover and marinate for 24 hours.
		Drain meat in colander. Discard marinade. Stir-fry in frying pan with a small amount of oil until cooked.
Onions, sliced, separated in rings	2 lb 8 oz	Add onions and green peppers to meat. Stir-fry until tender-crisp.
Green pepper strips	1 lb 8 oz	Transfer to 12 × 10 × 4-inch pan.
Tomatoes, fresh	2 lb 8 oz	Cut tomatoes into thin wedges. Combine carefully with beef. Gently lift beef and vegetables from juice into 12 × 20 × 2-inch counter pan.
Tortillas, flour 10-inch	50	Heat tortillas to soften. Keep covered. Do not allow to dry out. Serve 1 tortilla on plate and 4 oz beef and vegetables in center of tortilla. Tortilla may be rolled or folded in half.
		Serve with condiments: Guacamole (pp. 78, 80), shredded Monterey Jack cheese, shredded lettuce, sour cream, Salsa (p. 568), sliced black olives, sliced jalapeños.

Approximate nutritive values per portion **Calories** 246

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	10%	**Cholest.** 51 mg	17%	**Total Carb.** 25 g	8%	**Vitamin A**	2%	**Calcium**	5%
Sat. Fat 2 g	9%	**Sodium** 360 mg	15%	Fiber 1 g	4%	**Vitamin C**	35%	**Iron**	18%
Protein 21 g				Sugars 3 g					

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

Notes

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- Meat will slice more easily if it is partially frozen.
- Fajita meat can be made spicier by substituting additional pureed jalapeños for equal parts of water. More water in proportion to less jalapeños may be used for a less spicy Fajita.
- Beef strips may be purchased frozen, seasoned, or unseasoned.
- Commercial Fajita marinade mix may be substituted for marinade in the recipe.
- May serve beef separate from onions, peppers, tomatoes.

Variation

- **Chicken Fajitas.** Delete meat tenderizer. Increase salt to 2 Tbsp. Substitute chicken breasts for beef.

WESTERN SANDWICH

Yield: 50 sandwiches *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb AP	Brown beef and onion until internal temperature reaches 155°F. Drain off fat.
Onion, chopped	1 lb	
Tomato puree	3 cups	Add remaining filling ingredients to meat. Simmer 15–20 minutes.
Catsup	3 cups	
Water	1 cup	
Salt	1 Tbsp	
Paprika	2 tsp	
Dry mustard	2 tsp	
Worcestershire sauce	2 Tbsp	
Chili powder	1 Tbsp	
Hamburger buns	50	Serve with No. 12 dipper of filling on buns.

Approximate nutritive values per portion **Calories** 330

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	22%	**Cholest.** 62 mg	21%	**Total Carb.** 28 g	9%	**Vitamin A**	5%	**Calcium**	7%
Sat. Fat 5 g	26%	**Sodium** 646 mg	27%	Fiber 1 g	3%	**Vitamin C**	15%	**Iron**	19%
Protein 21 g				Sugars 2 g					

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

Notes

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- If mixture becomes dry, add a small amount of water.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

Variations

- **Pizzaburger.** Delete paprika and chili powder. Add 1 Tbsp oregano, 1½ tsp basil, and 8 oz sliced mushrooms. Serve meat on bun and sprinkle with 1 lb 8 oz grated mozzarella cheese, ½ oz per serving.
- **Sloppy Joe.** Reduce ground beef to 8 lb. Sauté 2 lb chopped onions, 1 lb chopped celery, and 1 lb chopped green peppers with ground beef. Add 1½ oz flour to beef-vegetable mixture; mix to combine. Cook 10 minutes. Add 2¾ cups tomato puree, 2¾ cups catsup, ⅓ cups water, ⅔ cups Worcestershire sauce, 1 Tbsp red pepper sauce, 1 Tbsp dry mustard, 2 Tbsp paprika, 3 Tbsp chili powder, 3 Tbsp sugar, ¾ oz beef base. Stir to mix. cover and simmer for 15–20 minutes. Stir occasionally.

TACOS

Yield: 50 sandwiches *Portion:* 2 tacos

Ingredient	*Amount*	*Procedure*
Ground beef, round	13 lb AP (9 lb EP)	Brown beef in steam-jacketed or other kettle until internal temperature reaches 155°F. Drain off fat.
Onion, chopped	1 lb	Add onions and cook until softened.
Cornstarch	3 Tbsp	Combine cornstarch and seasonings in a bowl.
Chili powder	½ cup	Add to ground beef and onions. Mix well.
Garlic powder	1¾ Tbsp	
Salt	3 Tbsp	
Oregano, leaf	1 Tbsp	
Cumin, ground	2 Tbsp	
Pepper, cayenne	1 Tbsp	
Water	1½ qt	Add water to meat mixture. Mix. Simmer 45 minutes, stirring frequently.
Taco shells	100	Place shells in counter pans. Heat in oven until warm and crisp. To serve, fill each taco shell with No. 24 dipper of meat mixture, 1½ oz each.

Topping

Heat lettuce, chopped	4 lb EP	Cover meat mixture with lettuce, then tomato, and top with shredded cheese.
Tomatoes, fresh diced	3 lb EP	Serve with Salsa (p. 568) to spoon on top.
Processed cheese, shredded	2 lb	

Approximate nutritive values per portion **Calories** 447

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 26 g	**40%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**10%**	**Calcium**	**33%**
Sat. Fat 9 g	**47%**	**Sodium** 1171 mg	**49%**	Fiber 4 g	**15%**	**Vitamin C**	**7%**	**Iron**	**14%**
Protein 24 g				Sugars 6 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.
- Commercial salsa may be substituted for Salsa recipe.
- Commercial taco seasoning mix may be substituted for spices. Follow manufacturer's directions for amount to use.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

Variations

- **Nacho Tostados.** Place ¾ oz (about 6 large) round unsalted nacho chips on serving plate. Place No. 12 dipper (3 oz) taco meat on top of chips. Ladle 2 oz Nacho Sauce (p. 80) over meat. Place approximately 1½ oz shredded head lettuce and ¾ oz diced fresh tomatoes on top of meat. Serve with condiments: Guacamole (pp. 78, 80), sour cream, and Salsa (p. 568).
- **Tostados.** Fry 50 10-inch flour or corn tortillas in hot oil, 20–30 seconds on each side, until crisp and golden brown. Drain on paper towel. Keep warm. To serve, spread each tortilla with No. 20 dipper Refried Beans (p. 640), then one No. 12 dipper of meat (3 oz). Top with 1½ oz chopped head lettuce, ¾ oz chopped fresh tomatoes, and 1 oz shredded cheese. Serve with condiments: Guacamole (pp. 78, 80), sour cream, Salsa (p. 568), chopped green onions, chopped green chilies, and sliced ripe olives.
- **Turkey Tacos.** Substitute ground turkey for ground beef.

REUBEN SANDWICH

Yield: 50 sandwiches *Portion:* 3 oz

Ingredient	*Amount*	*Procedure*
Cooked corned beef	4 lb 8 oz	Cut corned beef into very thin slices.
Rye bread Mayonnaise or Sandwich Spread (p. 534)	100 slices 2 cups	Spread No. 100 dipper (scant 2 tsp) dressing on bread.
Sauerkraut, well drained Swiss cheese, 1-oz slices	1½ qt 3 lb 2 oz	Place filling on bread, in order given: 1½ oz corned beef 2 Tbsp sauerkraut 1 oz cheese Cover with top slice of bread.
Margarine, melted	1 lb	Brush sandwiches with melted margarine. Preheat grill to 325°F. Grill sandwiches on both sides until delicately browned.

Approximate nutritive values per portion **Calories** 447

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 26 g	**40%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**10%**	**Calcium**	**33%**
Sat. Fat 9 g	**47%**	**Sodium** 1171 mg	**49%**	Fiber 4 g	**15%**	**Vitamin C**	**7%**	**Iron**	**14%**
Protein 24 g				Sugars 6 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. 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.

CHIMICHANGA

Yield: 50 portions *Portion:* 4 oz
Deep-Fat Fryer: 350°F

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb 12 oz AP	Brown meat in steam-jacketed kettle until internal temperature reaches 155°F. Drain.
Onions, chopped Green chili peppers, chopped	1 lb 10 oz 8 oz	Add onions and chili peppers to meat. Cook until tender.
Flour, all-purpose Garlic powder Cumin, ground Chili powder	4 oz ½ tsp 2 tsp 1 Tbsp	Stir flour and seasonings into meat mixture.
Salsa (see Notes) Beef base Water	1 lb 14 oz ¾ oz 1 qt	Add Salsa, beef base, and water. Cook 15–20 minutes or until very thick. The filling may be prepared the day before and refrigerated.
Flour tortillas, 10 inch	5 lb 8 oz	Separate tortillas and place slightly overlapping in counter pans. Cover tightly and heat a few at a time for about 5 minutes or just until soft.
Water, cold Cornstarch	2¼ cups 2 oz	Mix water and cornstarch.

To Assemble:

1. Brush edges of tortillas with water-cornstarch mixture.
2. Place No. 12 dipper or 4 oz meat mixture slightly below center of each tortilla.
3. Fold bottom edge over filling.
4. Fold sides in, then roll into a cylinder. If necessary, brush on more water-cornstarch mixture to help seal edges.
5. Place seam side down on baking sheets until ready to fry. Cover.
6. Fry at 350°F until golden brown and crisp. Internal temperature should be 165°F.
7. Place in counter pans with liners. Do not cover.
8. Serve with topping (recipe follows).

Topping

Lettuce, shredded Tomato, chopped Guacamole (pp. 78, 80) Sour cream Black olives, chopped Salsa (p. 568) or Spanish Sauce (p. 574)	3 lb 8 oz 3 lb 8 oz 3 lb 8 oz 3 lb 8 oz 3 lb 8 oz 3 qt	Serve each Chimichanga with 1 oz each of shredded lettuce, chopped onion, Guacamole, sour cream, and olives; 2 oz Salsa. See Notes.

Approximate nutritive values per portion **Calories** 581

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 36 g	**55%**	**Cholest.** 76 mg	**25%**	**Total Carb.** 46 g	**15%**	**Vitamin A**	**24%**	**Calcium**	**16%**
Sat. Fat 10 g	**51%**	**Sodium** 1148 mg	**48%**	Fiber 2 g	**9%**	**Vitamin C**	**77%**	**Iron**	**28%**
Protein 27 g				Sugars 2 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. 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.
- Salsa (p. 568) or commercial salsa may be used.
- 7 lb shredded cooked beef may be substituted for ground beef. Omit browning the beef and sauté onions and peppers in a little shortening.
- 3 oz (1½ cups) dehydrated onions, rehydrated in 2½ cups water, may be substituted for fresh onions.

OVEN-BAKED HAMBURGERS

Yield: 50 sandwiches *Portion:* 4 oz
Oven: 400°F *Bake:* 15–20 minutes

Ingredient	*Amount*	*Procedure*
Ground beef	12 lb AP	Place meat in mixer bowl.
Eggs, beaten Milk	3 (5 oz) 2 cups	Combine eggs and milk and add to meat.
Bread crumbs, soft Onion, chopped Salt Pepper, black	4 oz 4 oz 2 Tbsp 2 tsp	Add crumbs and seasonings. Blend on low speed for approximately 1 minute, using flat beater.
		Portion meat mixture with No. 10 dipper onto lightly greased baking sheets. Flatten into patties. Bake at 400°F for 15–20 minutes or until internal temperature reaches 155°F.
Hamburger buns	50	Serve patties on warm buns.

Approximate nutritive values per portion **Calories** 348

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 17 g	**26%**	**Cholest.** 84 mg	**28%**	**Total Carb.** 23 g	**8%**	**Vitamin A**	**0%**	**Calcium**	**8%**
Sat. Fat 6 g	**31%**	**Sodium** 584 mg	**24%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**19%**
Protein 24 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. 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.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

(continues)

Variations

- **Barbecued Hamburgers.** Place browned hamburgers in baking pans. Pour Barbecue Sauce (p. 567) over patties. Cover with aluminum foil and bake at 325°F until hot, about 10–20 minutes.
- **Grilled Hamburgers and Accompaniments.** Cook 4-oz hamburger patties on the grill only until they are no longer pink. Place on bun and serve with accompaniments: mayonnaise, mustard, catsup, sliced dill pickles, sliced or chopped onions, sliced tomato, and leaf lettuce.

CROISSANT WITH SAUTÉED GARDEN VEGETABLES

Yield: 50 *Portion:* 1 sandwich
Oven: 350°F *Heat:* 5–10 minutes

Ingredient	*Amount*	*Procedure*
Green peppers, sliced	2 lb 6 oz	Toss together.
Onions, sliced	2 lb 6 oz	
Mushrooms, fresh, sliced	2 lb 6 oz	
Margarine	14 oz	Melt margarine in steam-jacketed kettle. Add vegetables. Sauté until tender-crisp. Drain.
Croissants, cut in half lengthwise	50 (2½-oz size)	Assemble sandwiches in 12 × 20 × 2-inch pans: 1. bottom of croissant
Swiss cheese, ⅔ oz slices	4 lb 3 oz (100 slices)	2. ⅔ oz Swiss cheese slice 3. 2 oz sautéed vegetables
Ripe olives, sliced, drained	1 lb 6 oz	4. ½ oz sliced olives 5. 2 tomato slices
Tomatoes, sliced	2 lb	6. ⅔ oz Swiss cheese slice 7. top of croissant
		Heat at 350°F just long enough to melt cheese, 5–10 minutes. Do not hold over 15 minutes before serving.

Approximate nutritive values per portion **Calories** 346

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 24 g	**38%**	**Cholest.** 64 mg	**21%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**15%**	**Calcium**	**40%**
Sat. Fat 11 g	**57%**	**Sodium** 544 mg	**23%**	Fiber 2 g	**9%**	**Vitamin C**	**38%**	**Iron**	**10%**
Protein 14 g				Sugars 5 g					

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