

3 Sisters Stew											
Food Category:		Entrees	Recipe Category:		Unassigned	Recipe Number:		Ing002			
Serving Size:		Cup	Serving Description:		1 Cup (8.75oz)						
Recipe Source:		TBD	Process Category:		Same Day						
Stock Number	Stock Description	Amount 1	Measure 1	+ / -	-1 Servings	Amount 2	Measure 2	Instructions			
2592	SQUASH BUTTERNUT 40 LB	14	Pound		+		14	Ounce			
2538	ONION YELLOW BURNED 36 LB	2	Pound		+		5 2/3	Ounce			
9577	PEPPER GREEN LG 25 LB	4	Pound		+		9 1/2	Ounce			
2570	GARLIC WHOLE PEELED 5 LB	24	3/4 Gram								
1311	OIL OLIVE CANOLA BLEND 10 L	3 1/2	Cup		+						
1011	SALT KOSHER	14	Tbsp								
1022	SPICE PEPPER BLK 180Z	2	Tbsp		+		1	tsp			
1046	SPICE CUMEN BULK 10 LB	7	Tbsp								
1049	SPICE OREGANO BULK 5 LB	7	Tbsp								
1017	SPICE CHILI POW 200Z	7	Tbsp								
2505	CORN FROZEN 12/2.5 LB	4	Pound		+		11 1/4	Ounce			
32466	Diced Green Chiles, Canned	1 3/4	Pound		+						
6945	TOMATOES DICED CORN 6/10	12	Pound		+		4	Ounce			
9063	BEANS PINTO CORN 6/10	6	Pound		+		2	Ounce			
8574	Stock, Chicken, Low Sodium	42	Cup								
Cooking Instructions		Cooking Time:		Hours:		0 Minutes:		0			
Temperature:		0									
Pre-Preparation Instructions											
		Butternut Squash Yield = 84% Onion Yield = 78% 1. Preheat oven to 375 degrees. 2. Dice butternut squash, onions, and bell peppers. 3. Mince garlic.									
Preparation Instructions											
		1. Prep butternut squash. Spread on a sheet pan and roast in oven for about 30 min at 375 degrees. 2. In large pot over medium heat, heat oil. Add onion and garlic and saute for about 5 min. 3. Add all spices and stir. 4. Add bell pepper and squash and stir to combine. 5. Add remaining ingredients and simmer for about an hour.									
Serving Instructions											
		Serving = 1 Cup or 8.75 oz									
Apple Cinn Sheet Pan Pancakes											
Food Category:		Breakfast recipes	Recipe Category:		Unassigned	Recipe Number:		OU522			
Serving Size:		Each	Serving Description:		1 Piece (2.85oz)						
Recipe Source:		Boulder Valley School District	Process Category:		Same Day						
Stock Number	Stock Description	Amount 1	Measure 1	+ / -	-1 Servings	Amount 2	Measure 2	Instructions			
2102	APPLES CO 150 CT	5	Pound								
1204	FLOUR WHOLE WHEAT	6	Pound		+		6 1/2	Ounce			
1200	SUGAR GRAN CANE 25 LB	1	Pound		+		2 1/8	Ounce			
1011	SALT KOSHER	2 1/2	tsp								
1206	BAKING POWDER 6/5 LB	10	Tbsp								
1500	MILK, 1%, LOWFAT	6	Pound		+		3 1/3	Ounce			
1201	VANILLA EXTRACT 32 OZ	10	Tbsp								
1514	EGG LIQUID 15/2 LB	1	Pound		+		11 1/2	Ounce			
1501	BUTTER SOLID UNSLT	1	Pound		+		3 1/3	Ounce			
1044	SPICE CINNAMON GRD	3	Tbsp		+		1	tsp			
Cooking Instructions		Cooking Time:		Hours:		0 Minutes:		0			
Temperature:		0									
Pre-Preparation Instructions											
		1. Preheat oven to 375 degrees F. 2. Core and dice apples. 3. Line half sheet pans with parchment paper.									
Preparation Instructions											
		1. In a large bowl, combine all ingredients with a whisk except for the cinnamon and apples. 2. Once all ingredients are well combined into a batter, add the cinnamon and apples and fold them into the batter using a spoon or rubber spatula. 3. Pour 1/8, 1/4oz. of batter into each half sheet pan. 4. Bake at 375 degrees for about 15 min. or until the pancakes are golden in color and puffed up. 5. Once slightly cooled, cut each half sheet pan 1/4 to create 20 pieces. Each piece should be approximately 2.85 oz.									
Serving Instructions											
		Serving = 1 Piece (2.85oz)									
Baked Beef and Sausage Penne											
Food Category:		Entrees	Recipe Category:		Entree	Recipe Number:		F5003			
Serving Size:		Ounces	Serving Description:		3/4 Cup (8oz.)						
Recipe Source:		Boulder Valley School District	Process Category:		Complex						
Stock Number	Stock Description	Amount 1	Measure 1	+ / -	-1 Servings	Amount 2	Measure 2	Instructions			
6945	TOMATOES DICED CORN 6/10	1 2/3	CAN(#10)								
2514	TOMATO PASTE 6/106 OZ	1 1/4	CAN(#10)								
1311	OIL OLIVE CANOLA BLEND 10 L	6 1/2	Tbsp		+						
2570	GARLIC WHOLE PEELED 5 LB	1	Ounce		+		5 2/3	Gram			
1020	SPICE PARSLEY FLAKE BULK 5 LB	1	Tbsp		+		1 3/4	tsp			
1026	SPICE THYME WHL BULK 5 LB	2 1/2	tsp								
1016	SPICE BASIL LEAVES BULK 5 LB	1	Tbsp		+		1 3/4	tsp			
1049	SPICE OREGANO BULK 5 LB	1	Tbsp		+		1 3/4	tsp			
1011	SALT KOSHER	2	Tbsp		+		1/2	tsp			
1022	SPICE PEPPER BLK 180Z	2 1/2	tsp								
2504	PEPPER RED RST 12/28 OZ	7	Pound								
3028	PASTA PENNE REG	8	Pound								
1311	OIL OLIVE CANOLA BLEND 10 L	1 1/4	Cup								
3001	BEEF GROUND FRESH 85/15	10	Pound								
3006	SAUSAGE ITAL BULK 10 LB	10	Pound								
1063	SPICE GARLIC POWDER BULK 25 LB	1 2/3	tsp								
1011	SALT KOSHER	2	Tbsp								
1509	CHEESE PARM 6/5 LB	12	Ounce								
9018	CHEESE MOZZ FRESH SHRED 20 LB	2	Pound		+		12	Ounce			
9018	CHEESE MOZZ FRESH SHRED 20 LB	3	Pound								
Cooking Instructions		Cooking Time:		Hours:		0 Minutes:		0			
Temperature:		0									
Pre-Preparation Instructions											
		Recipe Source: Boulder Valley School District Food Services Cooked beef yields 70% Cooked sausage yields 62% 1. Make pizza sauce. Sauce Ingredients: TOMATOES DICED TOMATO PASTE									
Preparation Instructions											
OIL OLIVE CANOLA BLEND (First amount) GARLIC WHOLE PEELED SPICE PARSLEY FLAKE SPICE THYME SPICE BASIL SPICE OREGANO											

AT THIS UNIVERSITY

- SALT KOSHER (Final amount)  
SPICE PEPPER BLE  
a. Refrigerate all tomato products for at least 3 hours before making sauce.  
b. Combine all ingredients in a large container, in batches if needed.  
c. Blend thoroughly with a hand mixer.  
d. Keep sauce refrigerated.  
e. Drain and puree roasted red peppers  
3. Cook pasta until half way done and cool  
4. Preheat oven to 350 degrees

Preparation Instructions

1. Cook beef and onion mixture in oil with second oil amount for about 30 minutes or until it reaches 165 degrees.  
a. Make sure it is chopped up well while cooking to break up all of the clumps.  
b. Drain off fat and add to pan, use second amount, and pepper puree.  
c. Mix well.  
d. Remove from heat and cool on sheet pans.  
2. In large bowl mix pasta, beef mixture, pizza sauce, parn cheese, and 1st mozzarella ingredient.  
a. The second mozzarella amount will be added as a topping before cooking at the dish during the cooking process.  
3. Place 12lbs Box of pasta mixture per hotel pan.  
4. Cover with parchment and foil and label.  
5. When ready to cook, heat covered in 350 degree oven for approximately 25 minutes or until it reaches 165 degrees.  
6. Remove parchment and foil and using the second amount of mozzarella, add 12oz. of cheese per pan on top, then cook and for another 10 minutes uncovered.

Serving Instructions

There are about 23 servings per full pan.  
1 Servings = 2/4 cup (Box)

BAKED POTATO: TACO MEAT & CH

Food Category:		Entrees		Recipe Category:		Unassigned		Recipe Number:		MV065			
Serving Size:		Each		Serving Description:				1 Each					
Recipe Source:		Cook Book		Process Category:		Complex							
Stock Number		Stock Description		Amount 1		+ / -		-1 Servings		Amount 2 Measure 2		Instructions	
1203	FLOUR AP 50 LB			10 Ounce				+		24 3/4 Gram			
1501	BUTTER SOLID UNELTD			10 Ounce				+		24 3/4 Gram			
1500	MELX 1% LOWFAT			1 Gal				+		1 1/3 Cup			
1017	SPICE CHILI POW 20OZ			8 1/2 Gram									
1063	SPICE GARLIC POWDER BULK 25 LB			4 1/2 Gram									
1019	SPICE PAPRIKA 18OZ			18 2/3 Gram									
1046	SPICE CUMIN BULK 10 LB			1 Tbsp				+		1 1/2 tsp			
9004	CHEESE CHED SHRED 30 LB			4 Pound				+		6 2/3 Ounce			
1011	SALT KOSHER			1 Ounce				+		2 1/3 Gram			
3061	BEEF GROUND FRESH 85/15			50 Pound									
2502	BEANS RED PCY 6/10			5 Pound				+		14 2/3 Ounce			
1015	SPICE TACO SEASONING 25 LB			2 Pound				+		14 3/4 Ounce			
TAP	WATER			3 Quart				+		1 Cup			
SAS08	BROCCOLI FLORETS			10 Pound									
2587	POTATO 70 CT SOLB			46 Pound				+		15 Ounce			
Cooking Instructions				Cooking Time:				Hours:		0 Minutes:		0	
Temperatures:		0											
Pre-Preparation Instructions													
Ground beef (15% fat) yields 75%													
Drained canned beans yield 64%													
Baked potatoes yield 62%													
Broccoli yield 81%													
1. Gather the cheese sauce ingredients together:													
FLOUR													
BUTTER SOLID UNELTD													
MELX 1%													
SPICE CHILI POWDER													
SPICE GARLIC POWDER													
SPICE PAPRIKA													
SPICE CUMIN													
CHEESE CHED SHRED													

- SALT KOSHER  
2. Gather the beef ingredients together:  
BEEF GROUND FRESH  
BEANS RED  
SPICE TACO SEASONING  
WATER  
3. Wash and chop broccoli into florets.  
4. Preheat oven to 375 degrees.

Preparation Instructions

1. Prepare the cheese sauce:  
a. Heat butter until melted, then add flour. Whisk until a blonde roux is reached.  
b. Whisk in milk until combined. Bring to a simmer.  
c. Once a thick bechamel sauce is achieved, whisk in cheese and seasoning.  
2. Prepare the beef mixture:  
a. In 1st skillet, cook the beef for approximately 20 minutes or until it reaches 165 degrees. Be sure to drain off the fat.  
b. Pour in kidney beans with enough water to blend.  
c. Add all ingredients to the 1st skillet and bring to a simmer.  
d. Continue mixing, making sure the beans do not stick to the 1st skillet.  
e. Once mixture has simmered for 5 minutes and is thoroughly cooked, portion into hotel pans, (12.79 lb per pan).  
3. Prepare the potatoes and broccoli:  
a. Clean potatoes, then wrap into individual aluminum sheets.  
b. Bake 45 minutes in 375 degree oven.  
c. Blanch and shock the broccoli and cool.  
d. Labeling instructions.  
a. Reheat baked potatoes wrapped in foil at 350 degrees for 45 min. or until soft. Leave in the foil.  
b. Reheat the cheese sauce and taco meat.

Serving Instructions

- Assembly for service:  
1. Slice a cut into potato through the foil.  
2. Sprinkle ends of potato to create an opening for the toppings.  
3. Add 3 oz taco meat per baked potato, 2oz Cheese Sauce, and 1/4 cup Broccoli.

Bunch M:		Recipe Category:		Recipe Number:	
Food Category:		Unassigned		OU002	
Serving Size:		Serving Description:		1 Sandwich	
Recipe Source:		Process Category:		Complex	
Sandwich recipes					
Sandwich					
TBD					

1036	SAUCE SOY GFLS 5.2 GAL	2 Quart		2 2/3 Pt Oz
2004	LIME JUICE 6/32 Oz	4 Ounce		
2570	GARLIC WHOLE PEELED 5 LB	1 Pct		
9006	CHICKEN THIGH STRIP CORN 30 LB	17 Pound	+	13 Ounce
1003	MAYONNAISE 4/1 GAL	2 Quart	+	8 3/4 Tbsp
Cooking Instructions				
Temperature:	0	Cooking Time:	Hours:	0 Minutes:
Pre-Preparation Instructions				
1. Slice cucumber, jalapeno, and radishes. 2. Strain carrots. 3. Chop cheddar. 4. Cut 4 baguette (1 baguette = 1oz.) into thirds (this will create 3oz. baguette rolls). 5. Preheat oven to 350 degrees.				
Preparation Instructions				
1. Mix together salt, sugar, and rice wine vinegar. a. Let it sit a few hours before adding cucumbers, carrots, and radishes. b. Marinate for at least 30 minutes. 2. Mix together fish sauce, soy sauce, lime juice, and garlic. a. Let it sit for a few hours before adding the chicken thigh strips. b. Marinate for at least 30 minutes. 3. Heat chicken in the oven at 350 for 25 minutes, or when internal temperature of 165 degrees F is reached.				
Assembly baguettes:				
a. Spread 2 Tbsp of mayo on the bottom slice of the baguette. b. Top with 2.85oz chicken, 3oz pickled veggies, fresh cheddar, and jalapenos. c. Place the top of the baguette on top.				
Serving Instructions				
Serving = 1 Sandwich				
BEAN & CHEESE NACHOS 9-12				
Food Category:		Recipe Category:	Unassigned	Recipe Number:
Vegetarian		Serving Description:		RV017
Serving Size:		1 Serving		
Recipe Source:		Process Category:	Complex	
Stock Number		Amount 1 Measure 1	+ / -	-1 Servings
9063	BEANS PINTO CORN 6/10	32 Pound	+	Amount 2 Measure 2
8001	BEAN LIQUID	1 Quart	+	4 1/2 Ounce
1046	SPICE CUMIN BULK 10 LB	1 Tbsp	+	5 Pt Oz
1011	SALT KOSHER	1 Ounce	+	2 1/4 Tsp
1203	FLOUR AP 50 LB	13 Ounce	+	8 2/3 Gram
1801	BUTTER SOLID UNGLTD	13 Ounce	+	1 1/8 Gram
1500	MILK 1%, LOWFAT	1 Gal.	+	2 1/8 Gram
1017	SPICE CHILI POW 200Z	10 1/2 Gram		1 1/4 Quart
1063	SPICE GARLIC POWDER BULK 25 LB	5 1/3 Gram		
1019	SPICE PAPRIKA 100Z	22 1/4 Gram		
1046	SPICE CUMIN BULK 10 LB	1 Tbsp	+	1 2/3 tsp
9004	CHEESE CHED SHRED 30 LB	4 Pound	+	3 1/2 Ounce
1011	SALT KOSHER	4 Tbsp	+	2 tsp
3520	CHIP TORTILLA 6/2 LB	15 Pound		
Cooking Instructions				
Temperature:	0	Cooking Time:	Hours:	0 Minutes:
Pre-Preparation Instructions				
Pinto Bean Yield 62.4% Gather Bean Ingredients together: BEANS PINTO BEAN LIQUID SPICE CUMIN (First amount) SALT KOSHER (First amount) Gather Cheese Sauce Ingredients together: FLOUR AP BUTTER SOLID UNGLTD MILK 1% SPICE CHILI POW SPICE GARLIC POWDER SPICE PAPRIKA SPICE CUMIN (Second amount)				
CHEESE CHED SHRED				
SALT KOSHER (Second amount)				
1. Drain the liquid of the beans - Reserve the amount of liquid listed in the recipe for later use.				
Preparation Instructions				
Prepare Beans: 1. Combine beans and bean liquid with cumin and salt. 2. Burn mix until smooth. 3. Portion into 2oz. heat pans a. If sending to site kitchens for service: Cover with parchment and foil. Keep chilled until transport. Prepare the Cheese Sauce: 1. Heat butter until melted, then add flour. Whisk until a blonde roux is reached. 2. Whisk in milk until well combined. Bring to a simmer. 3. Once a thick bechamel sauce is achieved, whisk in cheese and seasoning. 4. If sending to site kitchens for service: Cool and pipe in hotel pans to site.				
Serving Instructions				
Reheating Instructions for day of service: 1. Reheat beans and cheese sauce separately in 350 - degree oven or steamer covered until temperature of 165 is reached. 2. Stir halfway through. Serving: 1. Put 2 ounces tortilla chips on tray. 2. Serve 1/4 cup (2.5oz) of beans next to chips 3. Top nachos with 3oz of cheese sauce.				
Beef and Broccoli K-6				
Food Category:		Recipe Category:	Entree	Recipe Number:
Entrees		Serving Description:		P3004
Serving Size:		1 Bowl		
Recipe Source:		Process Category:	Complex	
Stock Number		Amount 1 Measure 1	+ / -	-1 Servings
1036	SAUCE SOY GFLS 5.2 GAL	1 Quart	+	Amount 2 Measure 2
1030	VINEGAR WHITE WINE 4/1 GAL	1 Pint	+	2 1/4 Pt Oz
1027	SUGAR BRN LGT 16/2 LB	1 Pound	+	1 1/4 Cup
2575	ONION GREEN 12 BUNCH	11 Ounce	+	8 1/8 Gram
3032	BEEF CHUCK RKT 3 1/4/3 LBS	10 Pound	+	16 1/4 Gram
2570	GARLIC WHOLE PEELED 5 LB	6 Ounce	+	8 Ounce
2568	GINGER ROOT 1 LB	5 Ounce	+	14 1/8 Gram
1036	SAUCE SOY GFLS 5.2 GAL	6 Pt Oz		
1028	VINEGAR APPLE CIDER 4/1 GAL	6 Tbsp		
1044	SPICE CINNAMON GRD	2 Tsp		
1000	CORN STARCH 24/1 LB	6 Ounce		
3533	RICE BROWN 25 LB	4 Pound	+	8 Ounce
TAP	WATER	1 Gal.		
2521	BROCCOLI CROWNS 20 LB	10 Pound	+	6 Ounce
1311	OIL OLIVE CANOLA BLEND 10 L	2 1/3 Cup	+	
Cooking Instructions				
Temperature:	0	Cooking Time:	Hours:	0 Minutes:

**Pre-Preparation Instructions**

Recipe Source: Project Bread's "Let's Cook Healthy School Meals" Cookbook

Cooked beef roast: yields 87%

Trimmed broccoli: yields 87%

Gather Asian Sauce ingredients together:

SAUCE SOY (first amount)

VINEGAR WHITE WINE

SUGAR BRN LOT

ONION GREEN

Prepare Asian Sauce:

1. Mix all ingredients together

2. Set aside

**Preparation Instructions**

1. Trim meat and then partially freeze for approximately 1 hour. (The meat will be easier to slice if partially frozen.)

2. Slice meat into 1/2" slices.

3. Mince garlic and ginger.

4. Toss meat with the garlic, ginger, second soy sauce amount, cider vinegar, and cinnamon in large bowl and let sit for 30 minutes.

5. After meat has sit for 30 minutes, add the cornstarch to the meat, tossing well.

6. Combine rice and water and steam for 60 minutes until water is absorbed and rice is tender.

7. Cut broccoli into bite size pieces using as much of the stem as possible.

8. In a 18 skillet, heat the oil over medium heat.

9. Add the meat and cook for approximately 20 minutes, letting a crust form on meat.

10. Remove meat from skillet and return to a clean bowl.

11. Cook the broccoli, adding 1 to the skillet 15 skillet and slowly adding water to let the broccoli steam. Broccoli will become tender in 10 - 15 minutes, stirring from time to time.

12. Add meat and Asian Sauce, cook until sauce thickens enough to coat the back of a spoon.

13. Taste for seasoning.

**Serving Instructions**

Serving: 1 bowl = 1/2 cup beef mix (3.75oz) with 1/2 cup rice

**Beef Burrito Tacos**

Food Category:		Recipe Category:		Recipe Numbers:	
Entrées		Unassigned		OUS16	
Serving Size:	Each	Serving Description:	3 Tacos		
Recipe Source:	Boulder Valley School District	Process Category:	Same Day		
Stock Number	Stock Description	Amount 1	Measure 1	Amount 2	Measure 2
2570	GARLIC WHOLE PEELED 5 LB	4	Ounce	3 1/2	Cup
2549	TOMATO SKS CS 20 LB	3	Pound	15	Ounce
1311	OIL OLIVE CANOLA BLEND 10 L	2 3/4	Cup		
3632	BEEF CHUCK RST 3 EASY LBS	33	Pound		
1011	SALT KOSHER	5	Thsp	1 1/2	tsp
1022	SPICE PEPPER BLK 18OZ	5	Thsp	1 1/2	tsp
9615	CHIPOTLE PEPPERS IN ADOSHO	4	Pound	13	Ounce
1550	Dried Guajillo Peppers	2	Ounce	21 3/4	Gram
1030	VINEGAR WHITE WINE 4/1 GAL	1	Pint	12	Thsp
1049	SPICE OREGANO BULK 5 LB	11	Thsp		
1046	SPICE CUMIN BULK 10 LB	11	Thsp		
1019	SPICE PAPRIKA 18OZ	3	Thsp	2	tsp
1044	SPICE CINNAMON GRD	3	Thsp	2	tsp
3501	TORTILLA CORN 4.5" 12/H	297	TOHT (75 OZ)		
1551	Cheese Grate	18	Pound	9	Ounce
1311	OIL OLIVE CANOLA BLEND 10 L	2	Cup		

**Cooking Instructions**

Temperature:	0	Cooking Time:		Hours:		0 Minutes:	0
Pre-Preparation Instructions							
1. Preheat oven to 275 degrees F							
2. Mince garlic.							
3. Chop tomatoes.							

**Preparation Instructions**

1. Add the first oil amount to skillet over medium - high heat.
2. Add the beef to the skillet and brown all sides.
3. Sprinkle the beef with salt and pepper.
4. Once all sides are browned, add the beef to deep hotel pans, approximately 3lb. of beef per hotel pan.
5. To each hotel pan add the following amounts of ingredients:
  - a. 1/4oz. of minced Garlic
  - b. 7oz. of Canned Chipotle in Adobo
  - c. 3 3/4oz. of chopped Tomatoes
6. 1/4oz. of Dried Guajillo Peppers
7. 1/4 Cup White Vinegar
8. 1 Tbsp. Oregano, 1 Tbsp. Cumin, 1 Tsp. Paprika, 1 tsp. Cinnamon
9. Add water to each pan until the beef is 3/4 of the way covered.
10. Lower the pans with parchment and lid.
11. Cook the beef at 275 degrees for about 4 hours until it is shreddable.
12. Once cooked, shred the beef. Reserve the liquid to serve with beef if desired.
13. Assemble the tacos: Add 1oz. of shredded beef and 1oz. of cheese to each tortilla.
14. In a skillet, add 2oz of oil (this is the second oil amount) every 3 tacos cooked. Brown tacos quickly on each side.

**Serving Instructions**

Serving = 3 Tacos							
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**Beef Bulgogi**

Food Category:		Recipe Category:		Recipe Numbers:	
Entrées		Unassigned		OUS04	
Serving Size:	Ounces	Serving Description:	4 Ounces		
Recipe Source:	TBD	Process Category:	Same Day		
Stock Number	Stock Description	Amount 1	Measure 1	Amount 2	Measure 2
2541	RAJSH RED 25 LB (19 LB EP)	5	Pound	5	Ounce
2564	CUCUMBER 45 LB	5	Pound	7 1/2	Ounce
2576	ONION GREEN 1/2 CS 24 BUNCH	4	Pound	11	Ounce
2560	CARROT LOCKSE 25 LB	3	Pound	2	Ounce
2570	GARLIC WHOLE PEELED 5 LB	6	Ounce		
1011	SALT KOSHER	8	Thsp		
1010	VINEGAR WHITE WINE 4/1 GAL	1	Quart	1 1/8	Pint
1036	SAUCE SOY GFRLS 5.2 GAL	1	Cup	5 1/2	Fl Oz
1200	SUGAR GRAN CANE 25 LB	1	Cup	4	Fl Oz
1010	VINEGAR WHITE WINE 4/1 GAL	1	Cup	8	Thsp
1307	OIL SESAME TOASTED 4/1 GAL	1	Cup	8	Thsp
1022	SPICE PEPPER BLK 18OZ	1	Thsp	1/4	tsp
	Beef, Shaved Steak, Frozen; slices, 100% beef sandwich, 2 oz, 2/10# box, as purchased	15	Pound	10	Ounce

**Cooking Instructions**

Temperature:	0	Cooking Time:		Hours:		0 Minutes:	0
Pre-Preparation Instructions							
1. Thinly slice radishes and cucumbers into coins.							
2. Chop green onions.							
3. Shred carrots.							
4. Mince garlic.							

**Preparation Instructions**

1. Combine salt and first vinegar amount. Let it sit for a few hours before adding the vegetables.
2. Add the cucumbers, radishes, and shredded carrots to the vinegar mixture and let it sit for at least 30 minutes.
3. Combine soy sauce, water, sugar, vinegar (second amount on list), garlic, sesame oil, and pepper.
4. Add the shaved beef and let it marinate for at least 30 minutes.
5. If you wish to use a 1/2 cup (120ml) of oil, add it to the mixture.
6. If you wish to use a 1/2 cup (120ml) of oil, add it to the mixture.



**Preparation Instructions**

1. Whisk together the olive oil, vinegar, salt, honey, and mustard in a mixing bowl.  
2. Combine the dressing with the shredded Brussels sprouts and mix together.

**Serving Instructions**

Serving = 1/2 cup (1.375oz)

**BURRITO CHICKEN**

Food Category:		Entrees		Recipe Category:		Unassigned		Recipe Number:		MP070	
Serving Size:		Burrito		Serving Description:		1 Burrito					
Recipe Source:		Cook Book		Process Category:		Complex					
Stock Number		Stock Description		Amount 1		Measure 1		+ / -		-1 Servings	
3533		RICE BROWN 25 LB		3		Pound		+		Amount 2	
9006		CHICKEN THIGH STRIP CORN 30 LB		5		Pound		+		Measure 2	
9004		CHEESE CHEDDAR 30 LB		2		Pound		+		Instructions	
9063		BEANS PINTO CORN 6/10		17		Pound		+		6 Ounce	
8001		BEAN LIQUID		1		Pint		+		1 Ounce	
1046		SPICE CUMIN BULK 10 LB		1 2/3		tsp		+		13 Ounce	
1011		SALT KOSHER		2		Tbsp		+		3 2/3 Ounce	
1010		SALSA MEDIUM RED 4 1/2 GAL		1		Quart		+		2 Fl Oz	
1011		SALT KOSHER		1		Tbsp		+		3/4 tsp	
1046		SPICE CUMIN BULK 10 LB		1		Tbsp		+		1 1/2 Pint	
1049		SPICE OREGANO BULK 5 LB		1		Tbsp		+		1 1/2 tsp	
3542		TORTILLA 9" WG 12/12 CT		90		TORT 9"					
Cooking Instructions											
Temperature:		0		Cooking Time:				Hours:		0 Minutes:	
Pre-Preparation Instructions										0	
1. Cook and chill brown rice prior to assembly of burrito.											
2. Thaw chicken and cheese.											
3. Prepare Refried Bean:											
Ingredients:											
BEANS PINTO											
BEAN LIQUID											
SPICE CUMIN (first amount)											
SALT KOSHER (first amount)											
a. Drain beans and reserve liquid. Weigh beans and liquid needed separately.											
b. Combine beans and bean liquid with cumin and salt.											
c. Beat rice until half of the beans are smooth.											
d. Keep cool and eat aside.											

**Preparation Instructions**

1. Combine cold chicken, cold beans, cold cheese, cold rice, oregano, salt (second amount), cumin (second amount), and salsa in hotbar mixer to combine.  
2. Lay tortillas out on workspace.  
3. Assemble burrito.

- a. Using a #8 disher (or flat), place chicken/bean/rice mixture in center of tortilla.  
b. Heat a salsa lightly and roll.  
c. Place 26 burritos on each parchment - lined sheet pan, 4 x 6 plus 2 on end.  
d. Cover pans with a piece of parchment paper and then foil.  
e. Heat covered burrito in a 350 - degree oven until internal temperature reaches 165 degrees (approximately 1 hour). Check internal temperature of a couple of burritos after 30 minutes of cooking time.  
Note: If serving to site kitchens for service or prepping ahead of time  
f. Cover pans with a piece of parchment paper, then place in plastic bag.  
g. Label, date, and refrigerate until ready to transport.  
h. Cook burrito per HACCP. Keep cold during transport to satellite kitchens.  
i. At site kitchens on day of service: Take sheet pans out of the plastic bag, lightly wrap the pans with parchment paper with foil, and heat burrito in a 350 - degree oven until internal temperature reaches 165 degrees (approximately 1 hour).

**Serving Instructions**

Serving grades 3 - 12 = 1 Burrito  
Serving grades K - 2 = 1/2 Burrito

**Butternut Squash and Chicken**

Food Category:		Entrees		Recipe Category:		Entree		Recipe Number:		P5010	
Serving Size:		Cup		Serving Description:		1 Cup (Box.)					
Recipe Source:		Minneapolis Public Schools		Process Category:		Same Day					
Stock Number		Stock Description		Amount 1		Measure 1		+ / -		-1 Servings	
2518	ONION YELLOW JUMBO 50 LB			1		Pound		+		Amount 2	
2570	GARLIC WHOLE PEELED 5 LB			4		Ounce				7 Ounce	
2568	GINGER ROOT 1 LB			6		Ounce					
2530	KALE LACINATO ORG 24 CT 15 LB			4		Pound		+		7 Ounce	
2592	SQUASH BUTTERNUT 40 LB			10		Pound		+		13 Ounce	
1311	OL OLIVE CANOLA BLEND 10 L			1/2		Cup					
1123	SPICE CURRY POW ORG 17 OZ BAG			1		Cup		+		4 Tbsp	
1011	SALT KOSHER			1		Tbsp					
1105	SPICE PEPPER BLK TBL ORG 80 OZ			1		Tbsp					
1211	COCONUT MILK UNSWT 6/#10			4		#10 CAN					
9006	CHICKEN THIGH STRIP CORN 30 LB			14		Pound		+		4 Ounce	
2004	LIME JUICE 6/32 OZ			1		Cup		+		4 Tbsp	
Cooking Instructions		0		Cooking Time:				Hours:		0 Minutes:	
Pre-Preparation Instructions										0	
Recipe source: Minneapolis Public Schools Nutrition Services											
Butternut squash yields: 60%											
Cooked onion yield: 78%											
Kale yields: 75%											
Ginger yields: 63%											
1. Cook the onion.											
2. Mix the garlic and ginger.											
3. Dr - steam kale and chop into 2" pieces.											
4. Peel and deseed butternut squash. Chop into large dice.											
Preparation Instructions											
1. Sauté squash and onion in oil for about 5 minutes.											
2. Add the minced garlic, ginger, dried spices, and coconut milk.											
3. Bring mixture to a boil.											
4. Reduce to a simmer once it comes to a boil, then add the chicken.											
5. Simmer for about 20 minutes.											
6. Remove from the heat and add the lime juice and kale.											

**Chicken Enchiladas**

Food Category:		Entrees		Recipe Category:		Unassigned		Recipe Number:		MP003	
Serving Size:		Each		Serving Description:		2 Enchiladas					
Recipe Source:		Cook Book		Process Category:		Complex		-1 Servings			
Stock Number		Stock Description		Amount 1		Measure 1		+ / -		Amount 2 Measure 2	
9538		ONION YELLOW JMB 50 LB		3		Pound		+		2 Ounce	
2570		GARLIC WHOLE PEELED 5 LB		5 2/3		Gram					
										Instructions	

2600	CLANTRO 6 CT	1 2/3 BUNCH			
1111	Oil OLIVE CANOLA BLEND 10 L	6 1/8 Tbsp	+		
1011	SALT KOSHER	2 Ounce	+	6 1/2 Gram	
1022	SPICE PEPPER BLK 18OZ	10 1/3 Gram			
1046	SPICE CUMIN BULK 10 LB	6 Tbsp	+	2 tsp	
1019	SPICE PAPRIKA 18OZ	2 Ounce	+	6 1/4 Gram	
1017	SPICE CHILI POW 20OZ	2 Ounce	+	6 1/2 Gram	
1049	SPICE OREGANO BULK 5 LB	4 3/4 Gram			
9045	TOMATOES DICED CORN 6/10	14 Pound	+	12/3 Ounce	
TAP	WATER	1 Gal.	+	1 3/4 Cup	
1000	CORN STARCH 24 1/2 LB	6 Ounce	+	18 3/4 Gram	
1024	SPICE PEPPER RED CRSHD	10 1/2 Gram			
2500	BEANS BLACK 4/10	4 Pound	+	22/3 Ounce	
9006	CHICKEN THIGH STRIP CORN 30 LB	13 Pound	+	82/3 Ounce	
1516	CHEESE CHED SHRED 20 LB	8 Pound	+	5 1/3 Ounce	
1046	SPICE CUMIN BULK 10 LB	2 Tbsp	+	2 1/3 tsp	
3043	TORTILLA 6" W6 12/12 CT	200 TORT 6"			

Cooking Instructions					
Temperature:	0	Cooking Time:	Hours:	0 Minutes:	0
Pre-Preparation Instructions					
#18 CAN BLACK BEANS YIELD ~ 55%					
1. Make Enchilada Sauce:					
Ingredients:					
ONION YELLOW 3lb					
GARLIC WHOLE PEELD					
CLANTRO					
Oil OLIVE CANOLA BLEND					
SALT KOSHER					
SPICE PEPPER BLK					

SPICE CUMIN BULK (first amount)  
SPICE PAPRIKA  
SPICE CHILI POW  
SPICE OREGANO  
TOMATOES DICED  
WATER  
CORN STARCH  
SPICE PEPPER RED CRSHD  
a. Whisk the corn starch with enough water to form a slurry - The consistency of thin gravy.  
b. Dice onions and mince garlic.  
c. Sauté onions and garlic in oil.  
d. Add remaining ingredients (except the slurry) and bring to a simmer.  
e. Burn rice and add slurry.  
f. Bring sauce to a boil.  
g. Strain beans using a China cap and set aside.  
h. Drain and rinse black beans.  
i. Preheat oven to 350 degrees.

Preparation Instructions  
1. In the chicken, half of the cheese amount, beans, and spices in hotwat with the paddle.  
2. Scoop 2 oz of filling onto each tortilla.  
3. Roll tortilla around filling.  
4. Spread 1/4oz of sauce on bottom of each hotel pan.  
5. Place 25 enchiladas in each pan.  
6. Cover with 24oz of sauce in each pan.  
7. Cover with parchment and foil.  
8. Cook at 350 degrees for 20 minutes covered. After 20 minutes, uncover and top with remaining cheese amount, then cook for another 10 - 15 minutes until cheese is melted. Internal temperature should be 165 degrees.  
Note: If preparing ahead of time or sending to site kitchens for service. Send remaining cheese amount separately on the side, then follow step #8 cooking instructions for day of service at site kitchens.

Serving Instructions					
Serving ~ 2 Enchiladas					

CHICKEN OVEN FRY DRUM					
Food Category:	Entrées	Recipe Category:	Unassigned	Recipe Number:	MP320
Serving Size:	Each	Serving Description:	1 Drumstick		
Recipe Source:	Cook Book	Process Category:	Same Day	-1 Servings	

Stock Number	Stock Description	Amount 1	Measure 1	+ / -	Amount 2	Measure 2	Instructions
3105	CHICKEN DRUM FRESH 40LB 17OE	10	1 DRUM (1.2 OZ raw)				
1203	FLOUR AP 50 LB	6	Pound				
1011	SALT KOSHER	9	Tbsp				
1022	SPICE PEPPER BLK 18OZ	2 1/4	tsp				
1017	SPICE CHILI POW 20OZ	9	Tbsp				
1019	SPICE PAPRIKA 18OZ	9	Tbsp				
1519	BUTTEROLX 1/2 GAL	2	Quart	+	1 1/2	Pint	
1311	Oil OLIVE CANOLA BLEND 10 L	1 3/4	Cup	+			

Cooking Instructions					
Temperature:	0	Cooking Time:	Hours:	0 Minutes:	0
Pre-Preparation Instructions					
Note: Average weight of a drumstick is approximately 3.66 OZ. Cooking weight loss on dark pieces 32%.					
1. Thaw chicken.					
2. Prepare 2 lbs of flour.					
a. The first bin has half the flour and salt needed in the recipe.					
b. The second bin has the rest of the spices including the other half of the salt and flour.					
3. Preheat oven to 350 degrees.					

Preparation Instructions  
1. Coat chicken in the first bin with flour and salt mixture. Dust off excess flour.  
2. Dip in butter milk.  
3. Coat in the second flour mixture.  
4. Place on sheet pans with pan liner and spray with canola oil enough to coat entire the entire drumstick.  
5. Cook at 350 for about 25 minutes or until internal temperature reaches 165 degrees.  
Note: Do not open oven and spray chicken during cooking process it has to be sprayed before cooking.  
6. Serve immediately.

Serving Instructions					
Serving size ~ 1 Drumstick					

Chicken Pizzale w/ Tortilla Chip					
Food Category:	Entrées	Recipe Category:	Entree	Recipe Number:	R2998
Serving Size:	Cup	Serving Description:	1 Cup (Box.)		
Recipe Source:	Cook Book	Process Category:	Same Day	-1 Servings	

Stock Number	Stock Description	Amount 1	Measure 1	+ / -	Amount 2	Measure 2	Instructions
1014	BASE CHICKEN 3 1/2 LB	8	Ounce				
TAP	WATER	2	Gal.	+	1 1/8	Pint	
2538	ONION YELLOW JUMBO 50 LB	9	Pound				
2570	GARLIC WHOLE PEELD 5 LB	2	Tbsp	+	2 1/3	tsp	
2600	CLANTRO 6 CT	1	Quart	+	1	Cup	
9002	CHICKEN DICED CORN 30 LB	6	Pound	+	4	Ounce	
1049	SPICE OREGANO BULK 5 LB	2	Tbsp	+	2 1/3	tsp	
1011	SALT KOSHER	4	Tbsp	+	1/2	tsp	
2519	TOMATILLOS 6/10	25	Pound				
S252	Dried Pasailla Pepper	2	Pound	+	8	Ounce	
S156	Honey, White	15	Pound	+	82/3	Ounce	

CHIP TORTILLAS 4/2 LB

Cooking Instructions

Temperature:0

Pre-Preparation Instructions

Thank you to Ross Calleson for creating this delicious dish!

1. Add 1/2lb chicken back to 2 gallon, 2 1/4 cup water to create broth.

2. Chop onions.

3. Mince garlic.

4. Chop parsley.

Preparation Instructions

1. Boil onions over medium-high heat until translucent.

2. Add chicken, minced garlic, and seasonings. Toss to combine.

3. Add broth to chicken mixture.

4. Add tomatoes, pavsita peppers, and hummy.

5. Bring to a boil, reduce, and simmer.

Serving Instructions

Serving:

1. 1 Cup (8oz.) of pavsita

1. Top with cilantro.

2. Serve with hot tortilla chips (~24 chips).

CHECKPEA MASALA

Food Category:Vegetarian

Serving Size:CUP

Recipe Source:Plant Forward

Stock NumberStock Description

2574ONION RED 25 LB

2570GARLIC MINCE PEELLED 5 LB

2510JALAPENO SLICED 4/10

2568GINGER ROOT 1 LB

2600CLAMATO 6 CT

9045TOMATOES DICED CORN 6/10

2501BEANS GARBANZO 4/10

1311OIL OLIVE CANOLA BLEND 10 L

1102SPICE CHILL POW DK ORG 20 OZ

1123SPICE CURRY POW ORG 17 OZ BAG

1011SALT KOSHER

2544SPINACH BABY 4 LB

Cooking Instructions

Temperature:0

Pre-Preparation Instructions

Recipe source: Chef Ann Foundation Plant Forward

Canned chickpeas yield 65%

Canned dried tomatoes yield 65% but reserve liquid for recipe

Canned sliced jalapenos yield 65%

Canned onions yield 70%

1. Chop onions, garlic, jalapenos, ginger, and clamato.

2. Drain tomatoes, reserving liquid.

3. Drain and rinse garbanzo beans.

Preparation Instructions

1. Slightly puree tomatoes using an immersion blender, leaving slightly chunky.

2. Heat oil in a large skillet over medium-low heat.

3. Add oil powder and curry powder to skillet and warm for 1-2 minutes until fragrant.

4. Add chopped onions, garlic, and ginger and saute for 3-5 minutes until fragrant.

5. Once vegetables are soft, add clamato, salt, and pureed tomatoes.

6. Puree all ingredients in the skillet with an immersion blender until smooth.

7. Add reserved tomato liquid while pureeing to help make smooth consistency.

8. Cook for an additional 2-3 minutes until sauce is the consistency of a thick gravy.

9. Bring up to a boil and add in drained chickpeas.

10. Reduce heat to medium and cook until chickpeas are heated through - About 5-7 minutes or until internal temperature reaches 140 degrees.

11. Remove from heat and add spinach.

12. Mix to combine and with spinach.

Serving Instructions

Serving = 3/4 cup (7.5oz)

CHILI Roasted Sweet Potatoes

Food Category:Vegetable recipes

Serving Size:Cup

Recipe Source:Cook Book

Stock NumberStock Description

9586POTATO SWEET 10M 40 LB

1102SPICE CHILL POW DK ORG 20 OZ

1046SPICE CUMIN BULK 10 LB

1063SPICE GARLIC POWDER BULK 25 LB

1011SALT KOSHER

1311OIL OLIVE CANOLA BLEND 10 L

Cooking Instructions

Temperature:0

Pre-Preparation Instructions

Sourced via partnership with the CSA Healthy Kids Collaborative

1. Wash, peel, and cut sweet potatoes into 1 inch dice.

2. Preheat oven to 375 degrees F.

Preparation Instructions

1. Mix together all dry spices and shake in oil.

2. Place potatoes in a large bowl, pour oil and spices over and toss to lightly coat.

3. Transfer sliced potatoes to parchment lined sheet pans in a single layer. Do not overcrowd the potato pieces.

4. Bake in a 375 degree F oven for 35 minutes until the potatoes are tender with crisp brown edges. Minimum internal temperature should be 140 degrees F or above.

Serving Instructions

Serving = 1/2 cup

Cilantro Lime Rice

Food Category:Grains

Serving Size:Cup

Recipe Source:TBD

Stock NumberStock Description

2600CLAMATO 6 CT

3533RICE BROWN 25 LB

TAPWATER

1311OIL OLIVE CANOLA BLEND 10 L

1011SALT KOSHER

2004LIME JUICE 6/32 OZ

Cooking Instructions

Temperature:0

Pre-Preparation Instructions

1. Preheat oven to 350 degrees F.

2. Chop the cilantro.

Preparation Instructions

Recipe Category:Entree

Serving Description:3/4 Cup (7.5oz.)

Process Category:Same Day

Amount 1Measure 1

+ / -

-1 Servings

Amount 2Measure 2

Instructions

7 Pound

2 Ounce

7 Ounce

6 Ounce

1 Pound

16 Pound

32 Pound

1 Cup

2 Tbsp

3 Ounce

1 Tbsp

3 Pound

8 Ounce

14 1/8 Gram

7 1/8 Gram

12 3/4 Ounce

1 1/2 tsp

1 tsp

12 Ounce

Recipe Category:Unassigned

Serving Description:1/2 Cup

Process Category:Same Day

Amount 1Measure 1

+ / -

-1 Servings

Amount 2Measure 2

Instructions

22 Pound

5 Tbsp

3 Tbsp

1 tsp

1 Tbsp

1 Cup

1 Cup

3 1/8 Ounce

2 2/3 tsp

3/4 tsp

Recipe Category:Side

Serving Description:1/2 Cup (3oz.)

Process Category:Same Day

Amount 1Measure 1

+ / -

-1 Servings

Amount 2Measure 2

Instructions

1 Quart

6 Pound

2 Gal.

1 1/4 Cup

6 Tbsp

1 Cup

1 Quart

4 Ounce

2 Quart

2 top

4 Tbsp

1. Combine rice, water, and olive oil in 4" full size hotel pan.
2. Cover the hotel pan with parchment and foil and bake for 45 minutes at 350 degrees.
3. Combine the cooked rice with salt, lime juice, and cilantro.

#### Serving Instructions

Serving = 1/2 cup (3oz.)

#### Cool & Spicy Cucumber Salad

Food Category:		Salads		Recipe Category:		Side		Recipe Number:		HK2231	
Serving Size:		Cup		Serving Description:		1/2 Cup (2.7oz.)					
Recipe Source:		Cook Book		Process Category:		No Cook					
Stock Number		Stock Description		Amount 1		Measure 1		+ / -		-1 Servings	
2551		TOMATO ROMA 25 LB		3 Pound				+		Amount 2 Measure 2	
2600		CILANTRO 6 CT		1 Ounce				+		12 Ounce	
2564		CUCUMBER 45 LB		10 Pound				+		9 Gram	
2576		ONION GREEN 1/2 CS 24 BUNCH		1 Pound				+		14 Ounce	
1024		SPICE PEPPER RED CRSHD		3 Tbsp				+		1 tsp	
2088		JUICE LEMON FRESH 16/32 OZ		1 Pound				+		9 Ounce	
Cooking Instructions		0		Cooking Time:		Hours:		0 Minutes:		0	
Pre-Preparation Instructions											
Sourced via partnership with the CIA Healthy Kids Collaborative											
1. Large dice tomatoes.											
2. Chop cilantro.											
3. Slice cucumbers and green onions.											
Preparation Instructions											
1. Place the tomatoes, red pepper flakes, green onions, cilantro, and lemon juice in a large bowl. Mix well.											
2. Add the cucumber slices and fold into the mixture.											
3. Transfer into an appropriate bowl and cover.											
4. CCP - Hold refrigerated at internal temperature of 40 degrees F, or below for service.											
Serving Instructions											
Serving = 1/2 cup (2.7oz)											

#### Corn Salad

Food Category:		Salads		Recipe Category:		Side		Recipe Number:		FS017	
Serving Size:		CLIP		Serving Description:		1/2 Cup (3oz.)					
Recipe Source:		Boulder Valley School District		Process Category:		No Cook		-1 Servings			
Stock Number		Stock Description		Amount 1		Measure 1		Amount 2		Measure 2	
2505		CORN FROZEN 12/2.5 LB		19		Pound		8		Ounce	
2539		PEPPERS PORKANO 10 LB		5		Pound					
2574		ONION RED 25 LB		2		Pound					
2579		PEPPER RED 25 LB		3		Pound					
2600		CLANTRO 6 CT		8		Ounce					
2084		LIME JUICE 6/32 OZ		1		Cup					
1011		SALT KOSHER		7		Gram					
9605		CORRANER		1		Tbsp					
Cooking Instructions				Cooking Time:				Hours:		0 Minutes:	
Temperature:		0								0	
Pre-Preparation Instructions											
		Recipe Source: Boulder Valley School District Food Services									
		Onions yield: 80%									
		Red peppers yield: 80%									
		1. Delfect corn.									
		2. Small dice all vegetables.									
		3. Chop cilantro.									
Preparation Instructions											
		1. Mix all ingredients together.									
Serving Instructions											
		Serving = 1/2 cup (3oz)									

#### Crispy Chicken Sandwich

Food Category:		Sandwich recipes			Recipe Category:		Entree			Recipe Number:		FS045				
Serving Size:		Sandwich			Serving Description:		1 Sandwich									
Recipe Source:		Boulder Valley School District			Process Category:		Same Day									
Stock Number		Stock Description			Amount 1		Measure 1		+ / -		-1 Servings		Amount 2 Measure 2		Instructions	
1203		FLOUR AP 50 LB			8 Pound				+				9 1/8 Ounce			
1011		SALT KOSHER			1 Tbsp											
1102		SPICE CHILI POW DK ORG 20 OZ			5 Tbsp				+				2 3/4 tsp			
1103		SPICE PAPRIKA GRD ORG 15 OZ			7 Tbsp				+				2 3/4 tsp			
1105		SPICE PEPPER BLK TBL ORG 60 OZ			3 3/4 Gram											
3038		CHICKEN RANDOM BREAK-4/10 LB			26 Pound				+				9 1/8 Ounce			
1519		BUTTERMILK 1/2 GAL			3 Quart				+				1 1/8 Pint			
1311		OIL OLIVE CANOLA BLEND 10 L			2 3/4 Cup				+							
3535		BUN BUNGER WPM DOZ			100 KOL (2 OZ)											
Cooking Instructions					Cooking Time:						Hours:		0 Minutes:		0	
Temperature:		0														
Pre-Preparation Instructions																
		Recipe source: Boulder Valley School District Food Services														
		Raw boneless chicken breasts yield 70%														
		1. Prepare 2 bins of flour.														
		a. The first flour bin will contain half of the flour and salt amounts in the recipe.														
		b. The second flour bin will contain all of the spices in the recipe in addition to the remaining flour and salt.														
		2. Trim the fat off the chicken and cut into quarters or thirds depending on the size of the breasts.														
		Note: Try to have each raw chicken piece weight approximately 4.5oz.														
		3. Preheat the oven to 400 degrees.														
Preparation Instructions																
		1. Toss the chicken in the first flour bin.														
		2. Dip in buttermilk.														
		3. Toss in the second flour bin. Dust off any excess.														
		4. Place on sheetpans with parchment.														
		5. Spray with oil to coat all the raw flour.														
		6. Bake at 400 degrees for 15 - 20 minutes or until internal temperature is 165 degrees.														
		If preparing for cook/chillings:														
		6. Bake at 400 degrees for 8 minutes until internal temperature is 145 degrees.														
		7. Send on sheetpans - 20 servings per sheetpan.														
		8. Reheat onsite at 375 degrees to crisp breading and cook until internal temperature is 165 degrees.														
Serving Instructions																
		Serving = 1 piece of chicken (about 3oz.) on a hamburger bun														

#### Cuban Sandwich

Food Category:		Sandwich recipes			Recipe Category:		Unassigned			Recipe Number:		HB450						
Serving Size:		Sandwich			Serving Description:					1 Sandwich								
Recipe Source:		Cook Book			Process Category:		Complex											
Stock Number		Stock Description			Amount 1		Measure 1		+ / -		-1 Servings		Amount 2		Measure 2		Instructions	
9022		PORK LEG CORN FRZ 40 LB			9 Pound				+				8 Ounce					

Cooking Instructions		Cooking Time:		Hours:		Minutes:	
Temperature: 0						0	
Pre-Preparation Instructions							
Yield Pork 50%. Yield Ham 10%.							
1. Thaw pork for a few days before cooking under refrigeration.							
2. Preheat oven to 300 degrees F.							
3. Heat 2 tablespoons pork tallow per pound of pork.							
4. Mix all broth ingredients together: water, cornstarch, salt, pepper, & first portion of mustard.							
5. Put over the deboned pork chops in tinned pans, filling 1/4 of the way up the pan.							
6. Cover with parchment and foil.							
7. Cook for 4 - 6 hours at 300 degrees F.							
8. Shred when pork is still hot.							
9. Steam liquid over pork and drain overnight.							
10. Slice ham into 1/2" slices.							
11. Slice cheese into 1/2" or, slices.							

1. Spread 1 Tbsp of mustard on the slider bun.
2. 1 slice ham at 1/2 oz each
3. 1 slice swiss cheese at 1/4 oz each

  

4. 2 oz of shredded pork
5. 2 pickles
6. Put the assembled sandwiches on sheet pans - You should be able to fit about 50 sandwiches per sheet pan.
7. Cook sandwiches at 350 degrees for about 15 - 20 minutes to melt the cheese.

Serving = 1 Sandwich

2013	TAHINI 12/16 OZ	1 Cup	+	9 1/2 Tbsp
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9602	Avocado	7 Pound	+	15 3/4 Ounce
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•1 Servings

1203	FLOUR AP 50 LB	1 Pound	+	8 3/4 Ounce	FLOUR AP 50	#DIV/0!
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1501	BUTTER SOLID UNSLEET	1 Pound	+	8 3/4 Ounce	BUTTER SOLID	W01V01
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1500	MILK, 1%, LOWFAT	2 Gal.	+	2 Quart	MILK, 1%,	#DIV/0!
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9004	CHEESE CHED SHRED 30 LB	
	8 Pound	+
		1 1/2 Ounce

10/11	SPET. MOUNTAIN	2.0000	1	10.0/1.0000	SPET. MOUNTAIN	10/00
TAP	WATER	8 Col			PASTA FI RICH	#000/00

1011	SALT KOSHER	1 Ounce	+	18 3/4 Gram	18968.6018	#DIV/0!
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[illegible]

[illegible]