

2019-11-04 – Burien – Meals

PRINT DATE 10/30/2019

NAME	TOTAL
Steel Cut Oatmeal	8 gal
Roasted Spiced Apples	2 gal
Kale Gratin - Packaged	136 each
Kale Gratin	9 gal
Brown Rice, Cooked	5 gal
Arugula Radicchio Salad - Packaged	128 each
Arugula Radicchio Blend	16 lb
Red Wine Vinaigrette	203 floz
Spaghetti Squash Burrito Bowl - packaged	148 each
Roasted Spaghetti Squash	19 gal
Mexican Seasoning	11 cup
Burrito Bowl Salad	14 gal
Avocado-cilantro dressing	296 floz
SALAD: Sesame Cured Broccoli Salad	9 gal
Maple Roasted Carrots - Packaged	240 each
Maple Roasted Carrots	240 each
Honey Mustard Chicken Thighs - Packaged	150 each
Whole Grain Mustard & Honey Marinade	3 gal
Herb Roasted Potatoes - Packaged	250 each
Herb Roasted Potatoes	16 gal
Green Goddess - Packaged	8 each
Green Goddess	4 lb
Golden Beet Salad - Packaged	145 each
Golden Beet Salad	10 gal

Golden Beets, cooked	73 lb
Beet Salad Dressing	1 gal
Sweet Potato Salmon Cakes	220 servings
Sriracha Lime Aioli	440 floz
French Lentil Shepherd's Pie - Packaged	150 each
Stewed French Lentils	15 gal
Whipped Redskin Potatoes	10 gal
Black Bean Soup - Packaged	175 each
Black Bean Soup	17 gal
Beef & Barley Stew - Packaged	375 each
Beef & Barley Stew	47 gal
Wild Rice Artichoke Salad	10 gal
Wild Rice, Cooked	6 gal
Wild Rice Salad Dressing	2 gal
White Bean Pesto Soup	15 gal
Basil Pesto	2 gal
Wheatberry Salad - Packaged	50 each
Wheatberry Salad	5 gal
Wheat Berries, cooked	3 gal
Minestrone & Sausage Soup - Packaged	150 each
Minestrone with Italian Sausage	150 lb
Mexican Shrimp & Quinoa Salad	13 gal
Quinoa, Cooked	4 gal
Chicken Sweet Potato Salad Packaged	120 each
Chicken Sweet Potato Salad	75 lb
Chipotle Vinaigrette	1 gal
Chipotle Vinaigrette Spice Mix	11 tbsp

Quiche Base	4 gal
Prosciutto Mama Lil + Spinach Mix In	2 lb
Fresh Veggie Mix In	8 cup
Egg Muffin Base	360 floz
Fruit Salad	40 pt
Granola: Orange Cranberry with Crystallized Ginger	7 lb

Steel Cut Oatmeal

Total Yield: 8 gal

Components

Half & Half	~2 1/8 gal
Water	~4 3/8 gal
Vanilla Extract	~5 7/8 tbsp
Kosher Salt	~2 7/8 tsp
Steel Cut Oats	~1 5/8 gal

Instructions

1. Bring half n' half, water, extract & salt to a simmer.
2. Add Oats. Simmer for 5 minutes. Remove from heat & stif occassionally for 1 hour.
3. Refrigerate until thickened, add fruit & package in 12 oz. containers.

Notes

maple can be subbed for vanilla if needed

Roasted Spiced Apples

Total Yield: 2 gal

Components

Apples, Fuji	peeled; Sliced	20 lb
Butter		1 lb
Cinnamon, Ground		1 tbsp
Cardamom, Ground		1 tbsp
Nutmeg, Ground		1 tbsp
Kosher Salt		1 tsp
Brown Sugar		1 lb

Instructions

1. Peel & core apples using peeler/corer tool, then toss with butter, spices & brown sugar.
2. Roast at 350 until tender, but not falling apart.

Kale Gratin - Packaged

Total Yield: 136 each

Components

Kale Gratin (subrecipe)	8 1/2 gal
8 oz Plastic Round	136 each

Kale Gratin

Total Yield: 9 gal

Components

Butter		~2 lb
Onions, Yellow	1/4" dice	~2 gal
Flour, Low Gluten		471.273 g
Heavy Cream		~15 3/4 cup
Milk, Whole		~2 gal
Parmesan Cheese		~15 3/4 cup
Kosher Salt		~6 7/8 tbsp
Black Pepper, ground		~2 5/8 tbsp
Chopped Tuscan Kale		5.236 bags
Brown Rice, Cooked (subrecipe)		~4 5/8 gal

Instructions

1. Saute onions over medium-low heat until very tender about 15 minutes. Add flour, s&p & cook for a few minutes, stirring constantly.
2. Add cream & milk. Bring to a simmer to thicken. Add parmesan & stir to combine.
3. Mix hot sauce with kale & brown rice. Adjust seasoning. Cool

Notes

Brown Rice, Cooked

Total Yield: 5 gal

Components

Brown Rice	~1 2/3 gal
Water	3 1/3 gal
Kosher Salt	~6 2/3 tbsp

Arugula Radicchio Salad - Packaged

Total Yield: 128 each

Components

Arugula Radicchio Blend (sub-recipe)	16 lb
Goat Cheese Crumbles	8 cup
Red Wine Vinaigrette (subrecipe)	128 floz

Arugula Radicchio Blend

Total Yield: 16 lb

Components

Arugula	~12 3/4 lb
Radicchio	6.4 each

Red Wine Vinaigrette

Total Yield: 203 floz

Components

Olive Oil	~1 gal
Red Wine Vinegar	~6 3/4 cup
Mustard Powder, Dry	~6 3/4 tbsp
Chili Flakes	~3 3/8 tbsp
Kosher Salt	~13 1/2 tbsp
Sugar	~6 3/4 tbsp

Instructions

1. Whisk to combine - Do NOT use immersion blender.

Notes

Do not refrigerate.

Spaghetti Squash Burrito Bowl - packaged

Total Yield: 148 each

Components

Roasted Spaghetti Squash (sub-recipe)	18 1/2 gal
Mexican Seasoning (subrecipe)	9 1/4 cup
Burrito Bowl Salad (subrecipe)	13 7/8 gal
Avocado-cilantro dressing (sub-recipe)	296 floz

Roasted Spaghetti Squash

Total Yield: 19 gal

Components

Squash, Spaghetti	166 1/4 lb
Olive Oil	9 1/2 cup
Kosher Salt	~1 1/4 cup

Instructions

1. Halve squash & scoop out seeds
2. Rub with olive oil & salt. Place cut-side down on sheet pans.
3. Roast @ 375 for about 25+ minutes until soft to firm touch.
4. Scoop out cooled squash from shells.

Mexican Seasoning

Total Yield: 11 cup

Components

Cumin, Ground	~1 7/8 cup
Chili Powder	~3 2/3 cup
Garlic, Granulated	~1 7/8 cup
Kosher Salt	~3 2/3 cup

Burrito Bowl Salad

Total Yield: 14 gal

Components

Shredded Purple Cabbage		17 1/2 lb
Pepper, Red Bell	1/4" dice	2 5/8 gal
Black Beans, canned	drained	3.5 #10 can
Grape tomatoes		1 3/4 gal
Cilantro	minced	14 oz
Onions, Green		14 oz
Olive Oil		3 1/2 cup
Rice Wine Vinegar		1 3/4 cup
Kosher Salt		3 1/2 tbsp
Mexican Seasoning (subrecipe)		7 tbsp

Instructions

1. Combine all ingredients & season to taste

Avocado-cilantro dressing

Total Yield: 296 floz

Components

Avocado	Very RIPE	20.182 each
Garlic	minced	~13 1/2 tbsp
Cilantro		~10 1/8 cup
Lime Juice		~5 cup
Rice Wine Vinegar		~2 1/2 cup
Water		~6 3/4 cup
Frank's Red Hot Sauce		~6 3/4 tbsp
Canola Oil		~15 1/8 cup
Kosher Salt		~6 3/4 tbsp

Instructions

1. Combine all ingredients and blend smooth.

SALAD: Sesame Cured Broccoli Salad

Total Yield: 9 gal

Components

Broccoli		~21 1/8 lb
Sesame Oil		~6 3/8 cup
Cumin Seeds		~8 1/2 tbsp
Chili Flakes		~2 1/8 tbsp
Red Wine Vinegar		~12 3/4 tbsp
Kosher Salt	To Taste	~2 1/8 tbsp
Garlic		~1 cup

Instructions

1. Trim broccoli into florets.
2. Heat sesame oil, cumin seeds, & chili flakes over medium heat until warm.
3. Watch the seeds to make sure they aren't burning.
4. Add in the minced garlic, the oil should bubble around it. Turn off the heat and let the garlic steep in the oil for 10+ minutes. Add in the vinegar.
5. Pour over broccoli with salt to taste.

Notes

****VERIFY CONVERSION OF CUPS TO LBS****
Used generic Broccoli 3 cups = .5 lbs

Maple Roasted Carrots - Packaged

Total Yield: 240 each

Components

Maple Roasted Carrots (subrecipe)	240 each
8 oz Plastic Round	240 each

Maple Roasted Carrots

Total Yield: 240 each

Components

Baby Carrots	60 lb
Baby Rainbow Carrots	30 lb
Olive Oil	12 cup
Kosher Salt	3/4 cup
Thyme, Dried	3/4 cup
Maple Syrup	1 1/8 gal

Instructions

1. Toss carrots with olive oil, salt & thyme.
2. Roast @ 425 for 15+ minutes until firm-tender.
3. Drizzle with maple syrup immediately upon removing from oven. Shake pans to to roll carrots & coat.

Honey Mustard Chicken Thighs - Packaged

Total Yield: 150 each

Components

Whole Grain Mustard & Honey Marinade (subrecipe)	~2 3/8 gal
Chicken Thighs Skin-On Bone-In	300 thighs

Instructions

1. Marinate Chicken thighs in marinade overnight. Roast @ 400 to 165, Rotating part way through.
2. Reserve marinade & save juice. Heat & combine to make sauce for chicken.

Notes

10.30 - Use leftover apricot dijon sauce in Freezer.

Whole Grain Mustard & Honey Marinade

Total Yield: 3 gal

Components

Apple Cider Vinegar	~7 1/8 cup
Whole Grain Mustard	~5 3/8 cup
Garlic	~1 3/4 cup
Lime Juice	~3 5/8 cup
Lemon Juice	~3 5/8 cup
Honey	~14 3/8 cup
Kosher Salt	~14 3/8 tbs
Olive Oil	~10 3/4 cup
Black Pepper, ground	~7 1/8 tbs

Notes

Menu Item: Honey Mustard Chicken Thighs
Utensils
Yield (ea, servings) 320
Portion Size 2 thighs
Oven Temp °
Cook Temp °
Special Instructions:
Ingredients Measure Unit
Cider Vinegar 16 cups
Whole Grain Mustard 12 cups
Garlic 4 cups
Lime Juice 8.0 cups
Lemon Juice 8 cups
Honey 32 cups
Salt 32 Tbs
Olive Oil 24 cups
Pepper 16 Tbs
Combine all ingredients & immersion blender until smooth.

Herb Roasted Potatoes - Packaged

Total Yield: 250 each

Components

Herb Roasted Potatoes (sub-recipe)	15 5/8 gal
8 oz Plastic Round	250 each

Herb Roasted Potatoes

Total Yield: 16 gal

Components

Mixed Marble Potatoes		~91 3/8 lb
Olive Oil		~1 1/8 gal
Rosemary		2.286 bunch
Sage, fresh		2.286 bunches
Thyme, Dried		~4 5/8 tbsp
Kosher Salt		~1 1/8 cup
Garlic	minced	~2 1/4 cup

Instructions

1. Combine oil, garlic, herbs & spices in food processor to make a paste.
2. Toss herb oil blend with potatoes & spread on sheet pans.
3. Roast @ 375 until potatoes are tender 20+ minutes depending on size of potatoes

Green Goddess - Packaged

Total Yield: 8 each

Components

Green Goddess (subrecipe)	4 lb
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Green Goddess

Total Yield: 4 lb

Components

Mayonnaise	~1 3/8 lb
Sour Cream	~1 5/8 lb
Basil, Fresh	~12 3/4 oz
Onions, Green	~6 3/8 oz
Lemon Juice	~1 5/8 oz
Anchovy Paste	~1/4 oz
Kosher Salt	~2 3/8 tsp

Instructions

1. Blend basil & green onions in food processor until minced.
2. Add remaining ingredients & run for 1 minute.
3. Portion in 8 oz. plastic containers.

Notes

Check weight on Anchovy Paste - 1 Tbs = ?

Golden Beet Salad - Packaged

Total Yield: 145 each

Components

Golden Beet Salad (subrecipe)	~9 1/8 gal
Cheese, Gorgonzola	~9 1/8 cup
8 oz Plastic Round	145 each

Golden Beet Salad

Total Yield: 10 gal

Components

Golden Beets, cooked (subrecipe)	Cut with French Fry Cutter	80 lb
Baby Spinach, fresh		~6 3/8 lb
Beet Salad Dressing (subrecipe)		~1 1/8 gal

Golden Beets, cooked

Total Yield: 73 lb

Components

Golden Beets	91 1/4 lb
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Instructions

1. Boil beets for 45+ minutes until tender. Peel, cool & use french fry cutter.

Beet Salad Dressing

Total Yield: 1 gal

Components

Rice Wine Vinegar	~8 3/4 cup
Olive Oil	~5 1/2 cup
Kosher Salt	~13 1/8 tbsp
Whole Grain Mustard	~1 1/8 cup

Sweet Potato Salmon Cakes

Total Yield: 220 servings

Components

Salmon, Sockeye Fillets Skin-On	Roasted	66 lb
Russet Potatoes	Boiled	33 lb
Eggs		99 each
Thyme, Dried		~6 5/8 tbsp
Kosher Salt		~6 3/4 tbsp
Garlic		~4 3/8 tbsp
Jumbo Yams	peeled	49 1/2 lb
Panko		~2 1/4 gal

Instructions

1. Rub Salmon with Olive oil S&P. Roast @ 350 until just flakey ~ 15 minutes. Cool & remove skin/bones
2. Peel & cube sweet potatoes. Roast with evoo, garlic s&p @375 until very soft.
3. Peel & cube russets. Boil in salted water until very tender.
4. While potatoes are still hot combine sweet potatoes & russets in mixer. Whip until smooth. Add flaked, boned salmon, eggs & thyme.
5. Scoop with Green Scoop. Find out how many need to be Gluten Free. All remaining toss in Panko, flatten just enough to flatten mound. Wrap & Freeze.

Notes

Serve with Sriracha Lime Aioli

Sriracha Lime Aioli

Total Yield: 440 floz

Components

Mayonnaise		~22 7/8 lb
Sriracha		~4 5/8 cup
Lime Juice		~1 1/8 cup
Limes, Zested	zested	18.333 each

French Lentil Shepherd's Pie - Packaged

Total Yield: 150 each

Components

Stewed French Lentils (subrecipe)	~14 1/8 gal
Whipped Redskin Potatoes (sub-recipe)	9 3/8 gal
24 oz Black Plastic	150 each

Stewed French Lentils

Total Yield: 15 gal

Components

Olive Oil		1 7/8 cup
Onions, Yellow	1/4" dice	1 7/8 gal
Diced Carrots		1 7/8 gal
Garlic	minced	1 7/8 cup
Diced Tomatoes, Canned		26 1/4 lb
Red Wine		7 1/2 cup
French Lentils		1 7/8 gal
Water		~3 1/4 gal
Veggie Base		15 tbsp
Curry Powder		10 tbsp
Thyme, Dried		5 tbsp
Kosher Salt		10 tbsp
Black Pepper, ground		10 tbsp
Red Wine Vinegar		15 tbsp
Diced Celery		1 7/8 gal
Sliced Mushrooms		3 3/4 lb
Tomato Paste		1 7/8 cup

Instructions

1. Saute veggies with oil & salt on flat top until tender & caramelized. Mix in garlic & spices once in bus tubs.
2. In bathtub, combine veggies & remaining ingredients except vinegar & simmer, covered, until lentils are falling apart, about 40 minutes. Turn off heat & let them sit for another 10 minutes. Add vinegar & season to taste. Cool.
3. Saute veggies with oil & salt on flat top until tender & caramelized. Mix in garlic & spices once in bus tubs.
4. In bathtub, combine veggies & remaining ingredients except vinegar & simmer until lentils are falling apart

Notes

VERIFY YIELD

Whipped Redskin Potatoes

Total Yield: 10 gal

Components

Red Potatoes	1/2" Sticks	70 lb
Half & Half		8 cup
Butter		3 lb
Sour Cream		4 cup
Alea Red Salt		1/2 cup

Notes

Drain potatoes. Layer potatoes & additional ingredients in batches that fill mixer bowl about 3/4 full. Mix on speed 1 until blended.
Add Red Salt to taste if necessary.

Black Bean Soup - Packaged

Total Yield: 175 each

Components

Black Bean Soup (subrecipe)	~16 3/8 gal
12 oz Plastic Round Container	175 each

Black Bean Soup

Total Yield: 17 gal

Components

Onions, Yellow		~2 3/8 gal
Diced Carrots		~7 3/4 lb
Garlic		~1 1/2 cup
Cumin, Ground		~6 1/8 tbsp
Oregano, dried		~6 1/8 tbsp
Embasa Red Salsa		1.545 can
Black Beans, Dry	soaked; Salty Water	~15 1/2 lb
Black Beans, canned	undrained	3.091 #10 can
Poblanos	1/4" dice	~12 3/8 cup
Water		~4 5/8 gal
Lime Juice		~1 1/2 cup
Salsa Verde		1.545 can

Instructions

1. Soak dried black beans overnight.
2. Saute veggies until soft. Mix in garlic, cumin & oregano after removing from heat.
3. In bathtubs, add veggies, salsas, soaked beans & water. Simmer until falling apart. Blend smooth.
4. Add remaining canned black beans. Blend & add salt & lime juice to finish.

Beef & Barley Stew - Packaged

Total Yield: 375 each

Components

Beef & Barley Stew (subrecipe)	46 7/8 gal
16 oz Plastic Round	375 each

Beef & Barley Stew

Total Yield: 47 gal

Components

Beef Chuck Roll		~161 1/8 lb
Diced Carrots	1/2" Dice	~4 gal
Onions, Yellow	1/4" dice	~5 3/8 gal
Diced Celery	1/2" Dice	~4 gal
Red Potatoes	1/2" Dice	~4 gal
Parsnips	1/2" Dice	~5 3/8 gal
Garlic	minced	~4 3/4 cup
Water	To Cover	~4 gal
A-1 Steak Sauce		~6 3/4 cup
Worchestershire Sauce		~2 cup
Soy Sauce, GF		~2 cup
Chili Flakes		~3 3/8 tbsp
Barley		~2 gal
Sliced Mushrooms		~40 1/4 lb
Thyme, Dried		~8 tbsp
Mushroom Powder	To Taste	~2 5/8 tbsp

Wild Rice Artichoke Salad

Total Yield: 10 gal

Components

Wild Rice, Cooked (subrecipe)		~5 3/4 gal
Pepper, Red Bell	1/4" dice	~2 1/8 gal
Onions, Green	Sliced Thinly	~1 3/8 lb
Marinated Artichoke Hearts	undrained	1.429 can
Marinated Artichoke Hearts	drained	1.429 can
Wild Rice Salad Dressing (sub-recipe)		~1 1/8 gal

Wild Rice, Cooked

Total Yield: 6 gal

Components

Wild Rice	7 1/2 lb
Water	4 1/2 gal

Wild Rice Salad Dressing

Total Yield: 2 gal

Components

Canola Oil	1 gal
White Wine Vinegar	6 cup
Parmesan Cheese	8 cup
Sugar	1 cup
Kosher Salt	4 tbsp
Celery Seed	5 1/3 tbsp
Black Pepper, ground	~2 2/3 tbsp
Mustard Powder, Dry	~2 2/3 tbsp
Smoked Paprika	1 1/3 tbsp
Garlic	16 clove

Instructions

1. Blend all with immersion Blender

Notes

Wild Rice Salad - Dressing

Utensils

Yield

Portion Size

Oven Temp°

Cook Temp°

Special Instructions:

IngredientsWeights & Measures

Canola Oil4 cups

White Wine Vinegar1.5 cups

Parmesan2 cups

Sugar1/4 cup

Salt1+ Tbs

Celery Seed1 Tbs + 1tsp

Pepper2 tsp

Dry Mustard2 tsp

Smoked Paprika1 tsp

Garlic4 cloves

Blend all with immersion Blender

White Bean Pesto Soup

Total Yield: 15 gal

Components

Great Northern Beans, Dried		37 1/2 lb
Onions, Yellow	1/4" dice	2 1/4 gal
Garlic		3/4 cup
Water		4 1/2 gal
Basil Pesto (subrecipe)		1 1/8 gal

Instructions

1. Saute onions (no salt) on flat top until soft & caramelized. Remove from heat, mix in garlic. Cool.
2. Soak Great Northern beans overnight in very salty water.
3. Drain & Rinse beans.
4. Place in bathtubs with onions & water. Bring to a boil & then turn down & simmer until starting to fall apart.
5. Partially blend soup to give it body. Remove from heat & divide between bus tubs.
6. Divide pesto evenly between tubs & mix until combined. Adjust salt as needed.

Basil Pesto

Total Yield: 2 gal

Components

Basil, Fresh		8 lb
Garlic		24 clove
Parmesan Cheese		4 cup
Olive Oil	To Taste	16 oz
Kosher Salt		4 tbsp

Wheatberry Salad - Packaged

Total Yield: 50 each

Components

Wheatberry Salad (subrecipe)	~4 3/4 gal
12 oz Plastic Round Container	50 each

Wheatberry Salad

Total Yield: 5 gal

Components

Wheat Berries, cooked (subrecipe)	2 1/2 gal
Diced Celery	~1 2/3 gal
Dried Cherries	~6 2/3 cup
Red Wine Vinaigrette (subrecipe)	10 cup
Onions, Green	3 1/3 cup

Wheat Berries, cooked

Total Yield: 3 gal

Components

Wheat Berries	1 1/2 gal
Water	4 1/2 gal

Instructions

1. Soak wheat berries overnight.
2. Bring salted water to a boil & add wheat berries, simmer until tender & not squeaky on your teeth :)
3. Drain & cool.

Minestrone & Sausage Soup - Packaged

Total Yield: 150 each

Components

Minestrone with Italian Sausage (subrecipe)	150 lb
16 oz Plastic Round	150 each

Minestrone with Italian Sausage

Total Yield: 150 lb

Components

Italian Sausage	20 lb
Onions, Yellow	2 gal
Diced Celery	2 gal
Diced Carrots	2 gal
Garlic	2 cup
Kosher Salt	1/2 cup
Oregano, dried	4 tbsp
Marjoram	4 tbsp
Basil, Dry	4 tbsp
Rosemary	4 tbsp
Thyme, Dried	2 tbsp
Yukon Gold Potatoes	10 lb
Kidney Beans	With Juice 4 can
Diced Tomatoes, Canned	4 can
Water	~5 3/4 gal
Chicken base	1 3/8 cup
Gemelli Pasta	4 lb
French Green Beans	4 lb

Instructions

1. Brown Italian sausage on flattop, breaking into small pieces
2. Saute onions, carrots & celery with oil & salt on flattop until tender & browned. Add garlic at to finish
3. Add sausage & veggies to bathtub, add herbs, potatoes, beans wth liquid, diced tomatoes (BLEND HALF OF THE CANS), tomato paste, water & chicken base.
4. Add cooked gemelli & green beans to finish. Season to finish

Notes

VERIFY YIELD - 5.17

Mexican Shrimp & Quinoa Salad

Total Yield: 13 gal

Components

Shrimp, 71-90		~28 7/8 lb
Garlic		~11 1/2 tbsp
Chili Powder		~11 1/2 tbsp
Kosher Salt		~2 1/8 tsp
Olive Oil		~1 1/2 cup
Lime Juice		~5 3/4 tbsp
Black Beans, canned	drained	4.333 #10 can
Red Onion	1/4" dice	~11 1/2 cup
Cilantro	minced	~11 1/2 oz
Quinoa, Cooked (subrecipe)		~3 3/4 gal
Tomato, Roma	1/2" Dice	~1 1/2 gal

Instructions

1. Toss Shrimp with spices & olive oil. Roast @ 425 to 145 degrees. Cool.
2. Toss all ingredients together & season with Mexican Seasoning to taste.

Quinoa, Cooked

Total Yield: 4 gal

Components

Quinoa, tri-colored	8 1/3 lb
Water	~2 2/3 gal

Chicken Sweet Potato Salad Packaged

Total Yield: 120 each

Components

Chicken Sweet Potato Salad (sub-recipe)	75 lb
12 oz Plastic Round Container	120 each

Chicken Sweet Potato Salad

Total Yield: 75 lb

Components

B/S Chicken Thighs	Roasted; Dice, 1/2"	~19 5/8 lb
B/S Chicken Breast, 5oz	Roasted; Dice, 1/2"	~19 5/8 lb
Diced Yams	Roasted	~39 1/4 lb
Hatch Green Chiles		~3 7/8 cup
Onions, Green	Sliced Thinly	~2 lb
Cilantro	Chopped	~15 5/8 oz
Mexican Seasoning (subrecipe)		~15 5/8 tbsp
Chipotle Vinaigrette (subrecipe)		~15 5/8 cup

Chipotle Vinaigrette

Total Yield: 1 gal

Components

Canola Oil	658.667 g
Olive Oil	658.667 g
Red Wine Vinegar	3 lb
Lime Juice	2 oz
Dijon	120 g
Honey	680 g
Chipotle Vinaigrette Spice Mix (subrecipe)	~10 2/3 tbsp

Chipotle Vinaigrette Spice Mix

Total Yield: 11 tbsp

Components

Oregano, dried	~2 tsp
Garlic, Granulated	~2 tsp
Onion Powder	~2 tsp
Paprika	~1 1/4 tbsp
Black Pepper, ground	~2 5/8 tbsp
Kosher Salt	~2 5/8 tbsp
Chipotle Chile Powder	~2 5/8 tbsp

Quiche Base

Total Yield: 4 gal

Components

Heavy Cream	~2 2/3 gal
Eggs	113.778 each
Kosher Salt	~3 1/2 tbsp
Black Pepper, ground	~2 2/3 tsp

Instructions

1. Combine all ingredients.
2. Use immersion blender to emulsify mixture.

Notes

*** Be sure to check how much left over base there is. Subtract this from suggested amount for the week ***

Prosciutto Mama Lil + Spinach Mix In

Total Yield: 2 lb

Components

Prosciutto	~8 3/8 oz
Mama Lil's Peppers	~1 3/8 cup
Spinach, Frozen Chopped	~1 lb

Fresh Veggie Mix In

Total Yield: 8 cup

Components

Spinach, Frozen Chopped	5 1/3 oz
Zucchini	~3 1/2 cup
Tomato, Roma	~3 1/2 cup

Egg Muffin Base

Total Yield: 360 floz

Components

Eggs	196.875 each
Frank's Red Hot Sauce	~1 3/8 lb

Instructions

1. Add Frank's Red Hot to food processor.
2. Carefully crack eggs into processor bowl, removing any eggs shells that may fall in.
3. Press "pulse" button on machine 6 times. Pausing between presses will prevent mixture from oozing out of the top seams.

Notes

Immersion blender method: base must be made at least the day before to prevent final egg muffins from over souffle-ing.
**If making base day off bake off, please use food processor method listed above.

Fruit Salad

Total Yield: 40 pt

Components

cantaloupe	1/2" Dice	2.759 each
Grapes, red	halved	~2 1/8 lb
green grapes	halved	~2 1/8 lb
Pineapple		2.069 each
Pears		3.448 each

Granola: Orange Cranberry with Crystallized Ginger

Total Yield: 7 lb

Components

Quick Oats	Whole	~1 1/8 oz
Quick Oats	Ground	~1 1/8 oz
Brown Sugar		~1 1/8 oz
Butter		~1/2 oz
Water		~2 1/8 tsp
Kosher Salt		0.269 g
Cinnamon, Ground		0.403 g
Ground Ginger		0.134 g
Orange Extract		0.358 g
Sunflower Seeds		~1/2 oz
Pepitas		~1/2 oz
Dried Cranberries		~1 5/8 tsp
Crystallized Ginger		~1 5/8 tsp

Instructions

1. Oven Temp: 300
2. Heat sugar, butter, water, extract, spices & salt until butter is melted over medium/low heat, stirring occasionally. Allow syrup to cool a little bit before using.
3. Grind 6# of oats (2#s at a time in food processor) for 25 seconds.
4. Mix oats, pepitas, sunflower seeds + syrup mixture together and mix by hand making clumps.
5. Spread evenly onto 6 sheet pans.
6. Bake 20 mins, flip/stir, bake 10, repeat until done.
7. Once cooled mix in a bus tub with ginger and cranberries.
8. Portion Size: 16oz

Notes

Smallest stock pot
Bus tub
Food processor
Wooden spoon
Spatula