

Sweet Potato-Plum Bread Squares

Vegetable/Fruit-Grains/Breads

Grains/Breads

B-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	2 lb 14 oz	2 qt 2 ½ cups	5 lb 12 oz	1 gal 1 ¼ qt	1. Blend flour, sugar, brown sugar, dry milk, baking powder, baking soda, salt, allspice, nutmeg (optional), cinnamon, and shortening in a mixer for 3-5 minutes on low speed.
Sugar	14 ½ oz	2 cups	1 lb 13 oz	1 qt	
Brown sugar, packed	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	
Instant nonfat dry milk		¼ cup 2 Tbsp	1 ¾ oz	¾ cup	
Baking powder		2 Tbsp ½ tsp	2 oz	¼ cup 1 tsp	
Baking soda		3 Tbsp	2 ¾ oz	¼ cup 2 Tbsp	
Salt		1 ½ tsp		1 Tbsp	
Ground allspice		1 ½ tsp		1 Tbsp	
Ground nutmeg (optional)		1 ½ tsp		1 Tbsp	
Ground cinnamon		2 tsp		1 Tbsp 1 tsp	
Shortening	15 oz	2 ¼ cups	1 lb 14 oz	1 qt ½ cup	
Canned mashed sweet potatoes OR Canned cut sweet potatoes, drained, mashed	3 lb 4 oz OR 3 lb 4 oz	1 qt 2 ¼ cups (½ No. 10 can) OR 1 qt 2 ¼ cups	6 lb 8 oz OR 5 lb 8 oz	3 qt ½ cup (1 No. 10 can) OR 3 qt ½ cup	3. Add ½ of the sweet potatoes and mix for 2 minutes on low speed.
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	8 oz	¾ cup 3 Tbsp OR 5 each	1 lb	1 ¾ cups 2 Tbsp OR 9 each	
Water		2 cups		1 qt	
Dehydrated plums without pits (prunes), chopped OR †Raisins, plumped	7 ½ oz OR 5 oz	1 ¼ cups OR 1 ½ cups	15 oz OR 10 oz	2 ½ cups OR 2 ¾ cups	5. Add dehydrated plums, remaining sweet potatoes, and nuts (optional). Mix for 3 minutes on low speed.
Chopped walnuts (optional)	6 ½ oz	1 ½ cups 2 Tbsp	13 oz	3 ¼ cups	
					6. Lightly coat steamtable pans with pan release spray. Pour 10 lb 10 oz (3 qt 1 cup) batter into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					7. Bake: Conventional oven: 350° F for 1 hour. Convection oven: 300° F for 40 minutes

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	8. Cool. Cut each pan 5 x 10 (50 pieces per pan).
	9. For loaf pans: Lightly coat with pan release spray. Pour 5 lb 5 oz (1 qt 2 ½ cups) batter into each loaf pan (4" x 10" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake: Conventional oven: 350° F for 1 hour 20 minutes Convection oven: 300° F for 45 minutes Remove from pans. Cool completely. Cut each loaf into 25 slices, about ¾"-½" thick.

Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

SERVING:	YIELD:	VOLUME:
1 piece provides ⅓ cup of vegetable and fruit and 1 ¼ serving of grains/breads.	50 Servings: about 7 lb 6 oz 50 pieces	50 Servings: about 3 quarts 1 cup (batter) 1 steamtable pan or 2 loaves
	100 Servings: about 14 lb 12 oz 100 pieces	100 Servings: about 1 gallon 2 ½ quarts (batter) 2 steamtable pans or 4 loaves

Tested 2004

Special Tip:

50 servings: Use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.

100 servings: Use 5 oz (1 ¾ cups) dried whole eggs and 1 ¾ cups water in place of eggs.

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Nutrients Per Serving					
Calories	283	Saturated Fat	2.33 g	Iron	2.05 mg
Protein	4.14 g	Cholesterol	19 mg	Calcium	66 mg
Carbohydrate	46.49 g	Vitamin A	4586 IU	Sodium	391 mg
Total Fat	9.31 g	Vitamin C	1.8 mg	Dietary Fiber	1.6 g