

Herbed Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	8 oz	1 cup	1 lb	2 cups	1. Heat margarine or butter in a stock pot until browned.
Lemon juice		¼ cup		½ cup	2. Turn off heat and add lemon juice.
*Fresh onions, diced 1/4 "	5 oz	¾ cup 2 Tbsp	10 oz	1 ¾ cups	3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside.
OR	OR	OR	OR	OR	
Dehydrated onions	1 oz	½ cup	2 oz	1 cup	
Dried basil		1 Tbsp		2 Tbsp	
Dried parsley		2 Tbsp		4 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Grated Parmesan cheese	4 oz	1 ½ cups	8 oz	3 cups	
Enriched dry bread crumbs	10 oz	2 cups	1 lb 4 oz	1 qt	
Frozen broccoli spears	6 lb 4 oz		12 lb 8 oz		4. Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2 ½"). Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. CCP: Heat to 140° F or higher. Drain water from pans.
Frozen cauliflower	6 lb 4 oz		12 lb 8 oz		5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving.
					7. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz

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SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ½ cup of vegetable.	50 Servings: about 12 lb 11 oz	50 Servings: about 1 gallon 2 ¼ quarts
	100 Servings: about 25 lb 6 oz	100 Servings: about 3 gallons 2 cups

Edited 2004

Special Tip:
For best results, use perforated pans to steam vegetables.

Nutrients Per Serving					
Calories	92	Saturated Fat	1.27 g	Iron	1.00 mg
Protein	4.26 g	Cholesterol	2 mg	Calcium	84 mg
Carbohydrate	9.56 g	Vitamin A	1176 IU	Sodium	216 mg
Total Fat	4.83 g	Vitamin C	38.8 mg	Dietary Fiber	3.3 g