

Corn Pudding

Meat/Meat Alternate-Vegetable

Vegetables

I-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		2 cups		1 qt	1. Combine milk, flour, eggs, margarine or butter, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix with whip for 2 minutes on low speed, 1 minute on medium speed, and 1 minute on high speed.
Enriched all-purpose flour	12 oz	2 $\frac{3}{4}$ cups	1 lb 8 oz	1 qt 1 $\frac{1}{2}$ cups	
Frozen whole eggs, thawed OR Fresh large eggs, beaten (see Special Tip)	1 lb 8 oz	3 cups OR 14 each	3 lb	1 qt 1 $\frac{2}{3}$ cups OR 27 each	
Margarine or butter, melted	4 oz	$\frac{1}{2}$ cup	8 oz	1 cup	
Sugar		2 Tbsp		$\frac{1}{4}$ cup	
Ground black or white pepper		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	
Canned liquid pack whole-kernel corn, drained	2 lb 12 oz	1 qt 2 $\frac{1}{2}$ cups ($\frac{2}{3}$ No. 10 can)	5 lb 8 oz	3 qt 1 cup (1 $\frac{1}{3}$ No. 10 cans)	2. Change to paddle. Add whole-kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed.
Canned cream style corn	4 lb 8 oz	2 qt ($\frac{2}{3}$ No. 10 can)	9 lb	1 gal (1 $\frac{1}{3}$ No. 10 cans)	
*Fresh onions, chopped (optional) OR Dehydrated onions (optional)	4 oz OR 1 $\frac{1}{2}$ oz	$\frac{2}{3}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	8 oz OR 2 $\frac{2}{3}$ oz	1 $\frac{1}{3}$ cups OR $\frac{3}{4}$ cup	3. Pour 10 lb 12 oz (1 gal 1 $\frac{2}{3}$ qt) into each steamtable pan (12" x 20" x 2 $\frac{1}{2}$ ") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. Bake until golden brown: Conventional oven: 375° F for 50-60 minutes Convection oven: 325° F for 30-40 minutes CCP: Heat to 145° F or higher for 3 minutes.
					5. CCP: Hold for hot service at 135° F or higher.
					Cut each pan 5 x 10 (50 pieces per pan).

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	5 oz	10 oz

Corn Pudding

Meat/Meat Alternate-Vegetable

Vegetables

I-10

SERVING:

1 piece provides ½ oz equivalent meat/meat alternate and ¼ cup of vegetable.

YIELD:

50 Servings: about 10 lb 4 oz

100 Servings: about 20 lb 8 oz

Tested 2004

VOLUME:

50 Servings: 1 steamtable pan

100 Servings: 2 steamtable pans

Special Tip:

For 50 servings, use 7 oz (2 ¼ cups 2 Tbsp) dried whole eggs and 2 ¼ cups 2 Tbsp water in place of eggs.

For 100 servings, use 13 ½ oz (1 qt ½ cup) dried whole eggs and 1 qt ½ cup water in place of eggs.

Nutrients Per Serving

Calories	117	Saturated Fat	0.87 g	Iron	0.90 mg
Protein	4.15 g	Cholesterol	58 mg	Calcium	24 mg
Carbohydrate	18.46 g	Vitamin A	246 IU	Sodium	214 mg
Total Fat	3.69 g	Vitamin C	4.1 mg	Dietary Fiber	1.2 g