

Cornbread

Grains/Breads

Grains/Breads

B-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 $\frac{3}{4}$ cups	2 lb	1 qt 3 $\frac{1}{2}$ cups	1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal OR Enriched corn grits	1 lb OR 1 lb	3 $\frac{3}{4}$ cups OR 2 $\frac{3}{4}$ cups	2 lb OR 2 lb	1 qt 3 $\frac{1}{2}$ cups OR 1 qt 1 $\frac{1}{2}$ cups	
Sugar	5 $\frac{1}{4}$ oz	$\frac{3}{4}$ cup	10 $\frac{1}{2}$ oz	1 $\frac{1}{2}$ cups	2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Baking powder		2 Tbsp 2 tsp	2 oz	$\frac{1}{3}$ cup	
Salt		1 $\frac{1}{4}$ tsp		2 $\frac{1}{2}$ tsp	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 $\frac{1}{4}$ oz	$\frac{3}{4}$ cup OR 3 each	10 $\frac{1}{2}$ oz	1 $\frac{1}{4}$ cups OR 6 each	
Instant nonfat dry milk, reconstituted		3 $\frac{3}{4}$ cups		1 qt 3 $\frac{1}{2}$ cups	
Vegetable oil		$\frac{1}{2}$ cup		1 cup	
Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh green chili peppers, chopped (optional)	4 oz	$\frac{3}{4}$ cup 3 Tbsp	8 oz	1 $\frac{3}{4}$ cups 2 Tbsp	
					3. Pour 2 lb 7 oz (1 qt 1 cup) batter into each sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. For 50 servings use 2 pans. For 100 servings, use 4 pans
					4. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes
					5. Cut each sheet pan 5 x 5 (25 pieces per pan).

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green chili peppers	5 oz	10 oz

Cornbread

Grains/Breads

Grains/Breads

B-09

SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of grains/breads.	50 Servings: 4 lb 14 oz (batter) 2 sheet pans	50 Servings: about 2 quarts 2 cups (batter) 50 pieces
	100 Servings: 9 lb 12 oz (batter) 4 sheet pans	100 Servings: 1 gallon 1 quart (batter) 100 pieces

Edited 2004

Special Tip:

For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Nutrients Per Serving					
Calories	108	Saturated Fat	0.45 g	Iron	0.90 mg
Protein	2.65 g	Cholesterol	13 mg	Calcium	68 mg
Carbohydrate	18.03 g	Vitamin A	51 IU	Sodium	151 mg
Total Fat	2.82 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g