

# Chinese Style Vegetables

Vegetable

Vegetables

I-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	6 lb 4 oz		12 lb 8 oz		1. Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh.) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 5.
GROUP A Broccoli Carrots Cauliflower Celery Onions					
GROUP B Cabbage Green beans Green peas Yellow summer squash Zucchini					
Optional vegetables Snow peas Red or green peppers Pimientos Water chestnuts					
Water		½ cup		1 cup	2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
Low-sodium soy sauce		¼ cup		½ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Vegetable oil		½ cup		1 cup	3. Heat oil in steam-jacketed kettle.
Ground black or white pepper		½ tsp		1 tsp	4. Add pepper to oil and stir.
					5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
					6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

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	<p>7. Cover, lower heat, and steam for 2-3 minutes. VEGETABLES SHOULD NOT BE OVERCOOKED as they will continue to cook on the steamtable.</p> <p>CCP: Heat to 140° F or higher.</p>
	<p>8. Pour approximately 3 qt 3 cups into each steamtable table pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p>
	<p>9. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with No. 16 scoop (¼ cup).</p>

## Comments:

Equal amount of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

## SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

## YIELD:

**50 Servings:** 1 steamtable pan

**100 Servings:** 2 steamtable pans

## VOLUME:

**50 Servings:** about 3 quarts 3 cups

**100 Servings:** about 1 gallon 3 ½ quarts

Edited 2004

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Nutrients Per Serving					
Calories	37	Saturated Fat	0.33 g	Iron	0.32 mg
Protein	0.82 g	Cholesterol	0 mg	Calcium	19 mg
Carbohydrate	3.76 g	Vitamin A	2440 IU	Sodium	66 mg
Total Fat	2.34 g	Vitamin C	10.1 mg	Dietary Fiber	1.3 g