

Mexicali Corn

Vegetable

Vegetables

I-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn,	4 lb 2 oz OR 3 lb 12 oz	2 qt 2 ⅜ cups (1 No. 10 can) OR 2 qt 2 ½ cups	8 lb 4 oz OR 7 lb 8 oz	1 gal 1 ⅝ qt (2 No. 10 cans) OR 1 gal 1 ¼ qt	1. Combine corn, green peppers, and onions.
*Fresh green pepper, finely chopped	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
*Fresh onions, chopped OR Dehydrated onions	6 oz OR 1 oz	1 cup OR ½ cup	12 oz OR 2 oz	2 cups OR 1 cup	<p>2. To steam: Place corn mixture in steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Heat uncovered, in steamer at 5 lb pressure. For canned corn, heat 4-8 minutes. For frozen corn, heat 9-13 minutes.</p> <p>To heat: Place corn mixture in stock pot or steam-jacketed kettle. For 50 servings, add 2 cups water. For 100 servings, add 1 qt water. Heat, uncovered. Drain. Pour into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>CCP: Heat to 140° F or higher.</p>
Canned chopped pimientos, drained	3 oz	¼ cup 1 Tbsp	6 oz	½ cup 2 Tbsp	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
†Seasonings Chili powder Ground cumin Paprika Onion powder		1 ¼ tsp ¾ tsp ½ tsp ½ tsp		2 ½ tsp 1 ½ tsp 1 tsp 1 tsp	
					<p>4. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with No. 16 scoop (¼ cup).</p>

Mexicali Corn

Vegetable

Vegetables

I-12

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 2 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green peppers	10 oz	1 lb 4 oz
Mature onions	7 oz	14 oz

SERVING:

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

YIELD:

50 Servings: about 5 lb 3 oz
1 steamtable pan

VOLUME:

50 Servings: about 3 quarts ½ cup

100 Servings: about 10 lb 6 oz
2 steamtable pans

100 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	42	Saturated Fat	0.25 g	Iron	0.41 mg
Protein	1.10 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	7.72 g	Vitamin A	204 IU	Sodium	132 mg
Total Fat	1.33 g	Vitamin C	7.8 mg	Dietary Fiber	0.9 g