

### Whole Grain Giddle Cakes & Mushroom Ragout



Savory whole grain cakes with a wild mushroom ragout.

Yield	37-3/4 lbs 50 (12oz) servings 150 cakes + 25 cups of sauce
Serves	50
Preparation time	15 minutes
Cooking time	3 minutes

#### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	3	gallons	Wheat flour, whole-grain	
2	oz	1/4	cup	Baking powder	
.5	oz	3	tsp	Salt	
112	fl oz	3-1/2	qts	Milk	
19	fl oz	13	each	Eggs	beaten
8	fl oz	1	cup	Olive oil	
3	oz	1/4	cup	Honey	
56	oz	2	qt	Quinoa with Minor's® Low Sodium Vegetable Base - prepared	
44	oz	2	qt	Minnesota Wild Rice, cooked with Minor's® Low Sodium Vegetable Base - prepared	
50	oz	2	qt	Barley, prepared with Minor's® Vegetable Base Low Sodium	
24	fl oz	3	cups	Olive oil	
21	oz	1-1/2	qts	Oyster mushrooms, fresh	roasted
21	oz	1-1/2	qts	Shiitake mushrooms, fresh	roasted
21	oz	1-1/2	qts	Portabella mushrooms	roasted
21	oz	1-1/2	qts	Crimini mushrooms	roasted
50	fl oz	6-1/4	cups	Sherry, dry	
16	oz	1	pkg	<b>Trio® White Sauce Mix 8x16oz US</b>	prepared
6.25	oz	1-1/2	cups	Parmesan cheese, grated	
.75	oz	1/4	cup	Parsley, fresh	chopped
.75	oz	1/4	cup	Chives, fresh	chopped
.75	oz	1/4	cup	Tarragon, fresh	chopped

#### Preparation Steps

1. Combine flour, baking powder and salt. Whisk together thoroughly.
2. Combine eggs, milk, olive oil and honey. Whisk together thoroughly. Add liquid egg mix to dry flour mix slowly while whisking. Fold in quinoa, rice and barley.
3. Sauté mushrooms in olive oil over high heat. Deglaze with sherry. Reduce sherry until almost dry.
4. Add White Sauce to mushrooms. Reduce slightly.
5. Finish creamed mushrooms with Parmesan cheese, parsley, chives and tarragon.
6. Ladle 1/4 cup of batter into sauté pan over medium high heat for each cake. Once bubbles form on the surface of the pancake and the bottom is golden brown, flip to finish cooking.

#### Chef's tip

Almost any cooked grain or mushroom can be substituted into this recipe by volume using a 1:1 ratio.

#### Nutrition

##### Nutritional analysis per serving

Energy (Kcal)	513.6
Energy (Kj)	2197.7

Protein (g)	14.1
Carbohydrate, total (g)	54.1
Fats, total (g)	25.1
Fats, saturated (g)	5.5
Fiber, total dietary (g)	8.3
Sodium (mg)	517.9
Calcium (mg)	220.7
Cholesterol (mg)	55.1
Iron (mg)	3
Vitamin A (µg_RAE)	60.3
Vitamin C (mg)	2.3

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*

## Wild Mushroom Ragout



Creamy wild mushroom ragout featuring TRIO® White Sauce Mix.

Yield	3-1/8 gal 50(8oz)servings 25 cups ragout
Serves	50
Preparation time	15 minutes
Cooking time	3 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	fl oz		1-1/2 cups	Olive oil	
21	oz		1-1/2 qts	Oyster mushrooms, fresh	roasted
21	oz		1-1/2 qts	Shiitake mushrooms, fresh	roasted
21	oz		1-1/2 qts	Portabella mushrooms	roasted
21	oz		1-1/2 qts	Crimini mushrooms	roasted
50	fl oz		6-1/4 cups	Sherry, dry	
144	fl oz		1 pkg	Trio® White Sauce - prepared	
6.25	oz		1-1/2 cups	Parmesan cheese, grated	
.75	oz		1/4 cup	Parsley, fresh	chopped
.75	oz		1/4 cup	Chives, fresh	chopped
.75	oz		1/4 cup	Tarragon, fresh	chopped

### Preparation Steps

1. Sauté all variety of mushrooms in olive oil over high heat. Deglaze with sherry. Reduce sherry until almost dry.
2. Add White Sauce to mushrooms. Reduce slightly.
3. Finish creamed mushrooms with Parmesan cheese, parsley, chives, and tarragon.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	216.8
Energy (KJ)	914.8
Protein (g)	3.2
Carbohydrate, total (g)	9.8
Fats, total (g)	15.5
Fats, saturated (g)	3.2
Fiber, total dietary (g)	1.1
Sodium (mg)	210.8
Calcium (mg)	49.1
Cholesterol (mg)	3.1
Iron (mg)	0.5
Vitamin A (µg_RAE)	7.4
Vitamin C (mg)	2.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# WHOLE GRAIN GRIDDLE CAKES

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ Whole wheat flour 4 lbs  
☐ Baking powder 2 oz  
☐ Honey 3 oz  
☐ Milk 1 gal  
☐ Eggs 13 ea  
☐ Quinoa 1.5 lbs or 2 cups (or use leftover in house grains)  
☐ Wild rice 12 oz or 2 cups (or use leftover in house grains)  
☐ Barley, hulled or 14 oz or 2 cups (or use leftover in house grains)  
☐ Sherry, dry 2 bottles

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- ☐ Sliced wild mushroom blend 12 lbs  
☐ Parsley, fresh 4 oz  
☐ Chives 4 oz  
☐ Tarragon 4 oz  
☐ Thyme 4 oz

### > Frozen

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### > Protein

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### > Dairy

- ☐ Parmesan cheese

### > Refrigerated

- ☐ MINOR'S® Vegetable Base Low Sodium (No Added MSG) 1 tub  
☐ TRIO® White Sauce Mix 1 bag

# WHOLE GRAIN GRIDDLE CAKES

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Place olive oil in squirt bottles
- € ☐ Oil and roast 12 lbs sliced wild mushrooms
- € ☐ Clean and chop herbs
- € ☐ Reserve sherry
- € ☐ Prepare whole grain griddle cake batter recipe, do not cook cakes
- € ☐ Secure TRIO® White Sauce Mix
- € ☐ Grate Parmesan

### > Day of Service

- €€€ ☐ Prepare mushroom ragout

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for mushroom ragout
- € ☐ ½ cup scoop for mushroom ragout
- € ☐ Container for holding batter cold
- € ☐ 4 oz ladle for batter
- € ☐ Pan spray
- € ☐ Spatula for flipping and serving cakes

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