

## Roasted Garlic Mashed Potatoes



Classic roasted garlic mashed potatoes.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Russet, peeled, boiled, hot
40	fl oz	1-1/4 qts		Milk	hot
1	lb	2 cups		Butter	cubed
12.5	oz	1-1/4 cups		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Roasted Garlic Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. Sauté zucchini and red peppers over medium high heat until hot. Top potatoes with vegetables, goat cheese, and parsley.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	219.5
Energy (Kj)	920.1
Protein (g)	4.2
Carbohydrate, total (g)	31.7
Fats, total (g)	8.6
Sugars, total (g)	4.2
Fats, saturated (g)	5.2
Fiber, total dietary (g)	4.8
Sodium (mg)	333.5
Calcium (mg)	45.1
Cholesterol (mg)	21.6
Iron (mg)	1
Vitamin A (µg_RAE)	73.1
Vitamin C (mg)	35.8

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

## Roasted Garlic Mashed Potato Bowl



Classic roasted garlic mashed potatoes and vegetables.

Yield	36 lbs 50(11.5oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4	gal	Potatoes	Russet, peeled, boiled, hot
40	fl oz	1-1/4	qts	Milk	hot
1	lb	2	cups	Butter	cubed
12.5	oz	1-1/4	cups	<b>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</b>	
100	oz	1-1/2	gal	Zucchini	medium dice, roasted
9	lb	1-1/2	gal	Red bell peppers	medium dice, roasted
12.5	oz	2	cups	Goats cheese, soft	crumbled
2.75	oz	1	cup	Parsley, fresh	chopped

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Roasted Garlic Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. Sauté zucchini and red peppers over medium high heat until hot. Top potatoes with vegetables, goat cheese, and parsley.

### Chef's tip

50 cups Mashed Potatoes and 50 cups Vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	269.4
Energy (Kj)	1131.7
Protein (g)	7.1
Carbohydrate, total (g)	38.6
Fats, total (g)	10.4
Sugars, total (g)	8.6
Fats, saturated (g)	6.3
Fiber, total dietary (g)	7.1
Sodium (mg)	367.8
Calcium (mg)	71.4
Cholesterol (mg)	24.9
Iron (mg)	1.8
Vitamin A (µg_RAE)	234
Vitamin C (mg)	202.6

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

## Herb de Provence Yukon Gold Potatoes



Yukon gold potatoes flavored with Herb de Provence.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Yukon gold, boiled, hot
40	fl oz	1-1/4 qts		Milk	
1	lb	2 cups		Butter	melted
3.75	oz	7 tbsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Herb de Provence Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	217.8
Energy (KJ)	912.3
Protein (g)	3.8
Carbohydrate, total (g)	30
Fats, total (g)	9.3
Sugars, total (g)	3.3
Fats, saturated (g)	5.5
Fiber, total dietary (g)	4.4
Sodium (mg)	179.3
Calcium (mg)	45.5
Cholesterol (mg)	21.6
Iron (mg)	1
Vitamin A (µg_RAE)	67.6
Vitamin C (mg)	35.8

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

## Herb de Provence Yukon Gold Potato Bowl



Yukon gold potatoes flavored with Herb de Provence.

Yield	32-1/2 lbs 50(10.4oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Yukon gold, boiled, hot
40	fl oz	1-1/4 qts		Milk	
1	lb	2 cups		Butter	melted
3.75	oz	7 tbsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
8	fl oz	1 cup		Olive oil	
7	oz	1 cup		Garlic	minced
50	oz	3 qts		Crimini mushrooms	quartered, roasted
50	oz	3 qts		Peas, green, fresh	
4	lb			Spinach, fresh	

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Herb de Provence Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. In oil, sauté garlic over medium high heat until garlic is lightly toasted. Add mushrooms, peas, and spinach. Top potatoes with sautéed vegetables.

### Chef's tip

50 cups Potatoes and 50 cups Vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	302.7
Energy (Kj)	1268.1
Protein (g)	7.4
Carbohydrate, total (g)	37.9
Fats, total (g)	14.1
Sugars, total (g)	5.5
Fats, saturated (g)	6.2
Fiber, total dietary (g)	6.9
Sodium (mg)	211.9
Calcium (mg)	100.8
Cholesterol (mg)	21.6
Iron (mg)	2.6
Vitamin A (µg_RAE)	248.6
Vitamin C (mg)	58.6

## Adobo Sweet Potatoes



Earthy sweet potatoes with red chile flavor.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Sweet potatoes	peeled, boiled, hot
10	fl oz	1-1/4 cups		Maple Syrup	
1	lb	2 cups		Butter	melted
10	oz	1-1/4 cups		<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	

### Preparation Steps

- Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
- Whisk together maple syrup, butter and Red Chile Adobo Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	246.1
Energy (KJ)	1029
Protein (g)	3
Carbohydrate, total (g)	40.8
Fats, total (g)	8.1
Sugars, total (g)	11.1
Fats, saturated (g)	4.8
Fiber, total dietary (g)	5.7
Sodium (mg)	216.8
Calcium (mg)	61.3
Cholesterol (mg)	19.3
Iron (mg)	1.3
Fats, monounsaturated (g)	2
Fats, polyunsaturated (g)	0.6
Vitamin A (µg_RAE)	1397.5
Vitamin C (mg)	4.7
Vitamin D (µg)	0.1

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

## Adobo Sweet Potato Bowl



Earthy sweet potatoes with red chile flavor.

Yield	35 lbs (50 cups potatoes + 50 cups vegetables)
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4	gal	Sweet potatoes	peeled, boiled, hot
10	fl oz	1-1/4	cups	Maple Syrup	
1	lb	2	cups	Butter	melted
10	oz	1-1/4	cups	Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US	
24	fl oz	3	cups	Water	
3/4	oz	1	tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
8	fl oz	1	cup	Olive oil	
8	oz	1	cup	Garlic	minced
36	oz	6-1/4	gal	Kale, plain	stemmed, chopped
3	lb	3	qts	Corn	roasted
3	lb	3	qts	Red bell pepper	medium dice, roasted

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together maple syrup, butter and Red Chile Adobo Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. Whisk together water and Vegetable Base to make a vegetable stock.
4. In a sauté pan heat oil over medium high heat, sauté garlic until lightly toasted. Add kale, corn, and red peppers to sauté pan. Sauté vegetables until hot, adding vegetable stock to help wilt the kale.
5. Be sure all liquid has evaporated from vegetables before serving. Top potatoes with sautéed vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	334.2
Energy (Kj)	1398
Protein (g)	5.1
Carbohydrate, total (g)	51.3
Fats, total (g)	13.3
Sugars, total (g)	13.6
Fats, saturated (g)	5.5
Fiber, total dietary (g)	7.5
Sodium (mg)	262.5
Calcium (mg)	99.9
Cholesterol (mg)	19.3
Iron (mg)	8.6
Fats, monounsaturated (g)	5.4
Fats, polyunsaturated (g)	1.3
Vitamin A (µg_RAE)	1600.3

# BYO POTATO BOWL

## ORDER GUIDE

## Order Guide for **50** Servings

### > Dry Goods

- € ☐ Maple syrup 10 oz or 1-¼ cups

### > Produce

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

- € ☐ Sweet potatoes 8 lbs  
€ ☐ Yukon gold potatoes 8 lbs  
€ ☐ Russet potatoes 8 lbs  
€ ☐ Garlic 8 oz  
€ ☐ Parsley 6 oz  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs

### > Frozen

- €      €

### > Protein

### > Dairy

- € ☐ Cheese (optional) 1 lb  
€ ☐ Milk 2.5 qts  
€ ☐ Butter 1 lbs

### > Refrigerated

- ☐ MINOR'S® Red Chile Adobo Flavor Concentrate 1 tub  
€ ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub (if the vegetables require wilting in the pan vegetable stock is recommended)  
€ ☐ MINOR'S'S Herb de Provence Flavor Concentrate 1 tub  
€ ☐ MINOR'S Roasted Garlic Flavor Concentrate 1 tub

# BYO POTATO BOWL

## 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

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Chop garlic 8 oz
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Wash russet, sweet, and Yukon potatoes
- € ☐ Peel russet and sweet potatoes
- € ☐ Large dice russet, sweet, and Yukon gold potatoes
- € ☐ Clean and chop 6 oz parsley
- € ☐ Reserve 1 qts milk
- € ☐ Reserve 1 lbs butter
- € ☐ Reserve maple syrup
- € ☐ Reserve cheese 1 lb (optional)
- € ☐ Make vegetable stock if vegetable stock is needed (use to wilt heartier greens in sauté pan)

### > Day of Service

- € ☐ Prepare 1/3 of each potato recipe (if you're using a single type of potato, prepare a full recipe)

### > Station Set Up

- |   |   |
|---|---|
| € <input type="checkbox"/> Clean uniform  | <input type="checkbox"/> ¼ cup scoops for vegetables (6)          |
| € <input type="checkbox"/> Gloves   | € <input type="checkbox"/> Heatproof spatula (2)                  |
| € <input type="checkbox"/> Sanitizer solution with kitchen towel                            | € <input type="checkbox"/> Serving spoon (2)                      |
| € <input type="checkbox"/> 3 additional kitchen towels                                      | € <input type="checkbox"/> Tablespoon scoop for cheese (optional) |
| € <input type="checkbox"/> 1-2 portable burners   | € <input type="checkbox"/> Teaspoon scoop for herbs               |
| € <input type="checkbox"/> Check the burner's function, power and/or fuel                   | €   |
| € <input type="checkbox"/> 2 appropriate size sauté pans                                    |   |
| € <input type="checkbox"/> Refuse container   |   |
| € <input type="checkbox"/> Chaffer for holding potatoes hot                                 |   |
| € <input type="checkbox"/> 3 deep 1/3 pans for chaffer                                      |   |
| € <input type="checkbox"/> 8 oz scoop for potatoes (3)                                      |   |
| € <input type="checkbox"/> Containers for holding vegetables, cheeses, garnishes cold (7-9) |   |
| €   |   |