

Creamy Roasted Garlic Polenta*



Satisfying vegetarian comfort food at its best.

Yield	3-1/8 gallons (50 cups Polenta and 50 cups mix ins)
Serves	50
Preparation time	45 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
256	fl oz		2 gallons	Water	
20	oz		2 cups	<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
10	oz		1 cup	<u>MINOR'S® Vegetable Base Low Sodium Gluten Free (No Added MSG)* 6x1lb</u>	
68	oz		2-1/2 qts	Polenta	
8.5	oz		1 qt	Parmesan cheese, grated	
1	lb		2 cups	Butter	cubed

Preparation Steps

1. Bring water to a simmer over medium high heat. Whisk in Roasted Garlic Flavor Concentrate and Vegetable Base and continue to simmer.
2. Whisk in polenta and reduce to low heat. Stir frequently, until polenta is soft and creamy. The cooking time for the polenta will vary based on the grind of the cornmeal. The more course the grind, the longer it will take to cook.
3. Whisk in Parmesan cheese and butter.

Chef's tip

*Lacto-ovo-vegetarian.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	264
Energy (KJ)	1108.6
Protein (g)	6.3
Carbohydrate, total (g)	35.5
Fats, total (g)	10.3
Sugars, total (g)	2.2
Fats, saturated (g)	5.7
Fiber, total dietary (g)	3.6
Sodium (mg)	682.9
Calcium (mg)	64.1
Cholesterol (mg)	23.6
Iron (mg)	1.8
Vitamin A (µg_RAE)	100.3
Vitamin C (mg)	1.1

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

CREAMY ROASTED GARLIC POLENTA

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

€ ☐ Polenta 4.25 lbs

> Produce

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

€ ☐ Parsley fresh 4 oz

€ ☐ Basil fresh 6 oz

€ ☐ Local seasonal vegetables 3 lbs

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€ ☐ Local seasonal vegetables 3 lbs

> Frozen

€ €

> Protein

> Dairy

€ ☐ Parmesan cheese 1.5 lbs

€ ☐ Butter 1 lb

> Refrigerated

☐ MINOR'S® Roasted Garlic Flavor Concentrate 2 lbs

€ ☐ MINOR'S Vegetable Base Low Sodium (No Added MSG) 1 lb

CREAMY ROASTED GARLIC POLENTA

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
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
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- € ☐ Clean and chop fresh herbs
- € ☐ Grate Parmesan cheese 1.5 lbs
- € ☐ Reserve 1 lbs butter, cut into cubes
- € ☐ Reserve 4.25 lbs polenta

> Day of Service

- € ☐ Prepare polenta

> 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 keeping polenta hot
- € ☐ 8 oz scoop for polenta
- € ☐ Containers for holding vegetables, herbs, and cheese cold (9)
- € ☐ ¼ cup scoops for vegetables (6)
- € ☐ Tablespoon scoop for cheese
- € ☐ Teaspoon scoop for herbs (2)
- € ☐ Serving spoon (2)
- € ☐ Heatproof spatula