

Garden Vegetables and Cheddar Grits

This breakfast dish brings together all of the flavors of summer to add a new twist to classic grits.

Yield: 39 lbs
Serves: 50
Cook time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Olive oil	8	fl oz	1 cup
Perfect Eggs Mix, prepared	100	oz	3 qt, 1/2 cup
Spinach, fresh, baby, sautéed	24	oz	3 cups
Tomatoes, seeded, diced	15	oz	3 cups
Yellow squash, diced, sautéed	15	oz	3 cups
Red bell peppers, julienne, sautéed	12	oz	3 cups
Cheddar Grits, prepared	437	oz	3 gal, 2 cups
Roasted Jalapeño Crema, prepared	16	oz	2 cups

Preparation Steps

1. Preheat a sauté pan over medium heat. Add 1 tsp olive oil. Once olive oil is hot, add 2 oz of Perfect Eggs Mix. Scramble eggs until they are almost cooked.
2. Add 1 Tbsp of each of the following to the sauté pan: baby spinach, tomatoes, squash and bell peppers. Continue to cook until the eggs are fully cooked and the vegetables are hot.
3. Place 1 cup of grits in a bowl and top with egg and vegetable mix.
4. Add a 2 tsp drizzle of Jalapeño Crema over the top of the eggs and grits.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	278.2
Energy (KJ)	1186
Fats, total (g)	9.9
Fats, saturated (g)	2.2
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	7.1
Sodium (mg)	777
Carbohydrate, total (g)	37.9
Fiber, total dietary (g)	3.73
Sugars, total (g)	3.05
Protein (g)	9.21
Vitamin A (µg_RAE)	100
Vitamin C (mg)	
Calcium (mg)	
Iron (mg)	20

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

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

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Cheddar Grits

Creamy grits filled with real Cheddar flavor.

Yield: 2-3/4 gal
Serves: 50
Cooking time: 30 minutes
Prep time: 3 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Water	300	fl oz	2 gal, 1-1/2 qt
Minor's® Natural Gluten Free Vegetable Base	8	oz	1 cup
Cornmeal	67	oz	3 qt
Chef-Mate® Basic Cheddar Cheese Sauce	53	oz	1/2 can

Preparation Steps

1. Bring water to a simmer. Whisk in *Minor's* Natural Gluten Free Vegetable Base.
2. Slowly pour in cornmeal while continuously whisking stock.
3. Once all the cornmeal has been added, lower heat to medium. Continue to whisk frequently until grits begin to thicken, approximately 6-8 minutes.
4. Once the grits have thickened up and there is no remaining uncooked cornmeal (15-20 minutes), use a stiff whisk to stir *Chef-Mate* Basic Cheddar Cheese Sauce into the grits.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	182.65
Energy (KJ)	775.25
Fats, total (g)	3.34
Fats, saturated (g)	0.74
Monounsaturated Fat (g)	16.1
Polyunsaturated Fat (g)	1.5
Cholesterol (mg)	1.5
Sodium (mg)	529
Carbohydrate, total (g)	33.2
Fiber, total dietary (g)	2.87
Sugars, total (g)	0.5
Protein (g)	3.75
Vitamin A (µg_RAE)	13.22
Vitamin C (mg)	0.22
Calcium (mg)	17.57
Iron (mg)	1.8

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

Serving Suggestions

It may be necessary to add water to the grits throughout service to maintain a creamy texture.

Perfect Eggs Mix (Plain)

Perfectly fluffy eggs made with *Minor's*® Culinary Cream.

Yield: 70
Serves: 25
Prep time: 2 minutes
Cook time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Liquid Eggs	66	oz	2 qt
<i>Minor's</i> Culinary Cream®	6.5	oz	3/4 cup

Preparation Steps

1. Thoroughly whisk together the eggs and *Minor's* Culinary Cream until smooth.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	50.4
Energy (Kj)	224
Fats, total (g)	7.5
Fats, saturated (g)	1.7
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	3.9
Sodium (mg)	160.5
Carbohydrate, total (g)	1.8
Fiber, total dietary (g)	0.05
Sugars, total (g)	1.7
Protein (g)	7.6
Vitamin A (µg_RAE)	17.14
Vitamin C (mg)	0.37
Calcium (mg)	55.6
Iron (mg)	1.5

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

Chef Tips

Use for scrambled eggs, frittatas, omelets and other breakfast egg applications.

Roasted Jalapeño Crema

Add spice to any side dish or entrée with this simple jalapeño spread.

Yield: 3 cups
Serves: 69
Prep time: 2 minutes



Recipe Details

Ingredient	Qty	Unit	Alt Unit
Mayonnaise, fat-free	16	oz	2 cups
Sour cream, fat-free	8	oz	1 cup
Minor's® Fire Roasted Jalapeño Flavor Concentrate (6x13.6oz) US	1.5	oz	2 Tbsp, 2 tsp

Preparation Steps

1. In a mixing bowl, thoroughly whisk together the mayonnaise, sour cream and Minor's Fire Roasted Jalapeño Flavor Concentrate.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	10.85
Energy (KJ)	48.18
Fats, total (g)	0.63
Fats, saturated (g)	0.29
Monounsaturated Fat (g)	
Polyunsaturated Fat (g)	
Cholesterol (mg)	1.87
Sodium (mg)	65.17
Carbohydrate, total (g)	1.23
Fiber, total dietary (g)	0.13
Sugars, total (g)	0.7
Protein (g)	0.12
Vitamin A (µg_RAE)	1.09
Vitamin C (mg)	
Calcium (mg)	
Iron (mg)	0.01

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

GARDEN VEGETABLES AND CHEDDAR GRITS

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ 4-1/2 lbs cornmeal
- € ☐ 1 can Chef-Mate® Basic Cheddar Cheese Sauce
- € ☐ 1 qt fat-free mayonnaise

Produce

> Be sure to ask your distributor about local seasonal produce.

- € ☐ 6 lbs local seasonal spinach
- € ☐ 3 lbs local seasonal tomatoes
- € ☐ 3 lbs local seasonal yellow squash
- € ☐ 3 lbs local seasonal bell peppers
- € ☐ 3 lbs local seasonal produce*
- € ☐ 3 lbs local seasonal produce*

*Kale, various mushrooms, onions, jalapeño peppers, olives, potatoes, broccoli, cauliflower, carrots, asparagus, beans, sundried tomatoes, zucchini and chopped herbs can all be added to increase guest customization.

> Protein

- € ☐ 3-1/2 lbs meat (optional)**

**Bacon, sausage, ham, turkey, or chicken can all be added to increase guest customization.

> Dairy

- € ☐ 1 pt plain fat-free sour cream

> Refrigerated

- € ☐ 3 qt liquid eggs
- € ☐ 1 tub Minor's® Culinary Cream
 - ☐ 3 tubs Minor's Flavor Concentrate (for 3 flavored egg variations: see recipes)
- € ☐ 1 tub Minor's Natural Gluten Free Vegetable Base
- € ☐ 1 tub Minor's Jalapeño Flavor Concentrate

GARDEN VEGETABLES AND CHEDDAR GRITS

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

- € ☐ Make 1-1/2x Perfect Eggs Mix recipe (divide into 3 variations using Perfect Eggs Mix variation recipes)
- € ☐ Make Vegetable Crema recipe and place in squirt bottles
- € ☐ Prepare Jalapeño Crema recipe and place in squirt bottles
- € ☐ Clean, cut and sauté 6 lbs local seasonal spinach*
- € ☐ Clean and dice 3 lbs local seasonal tomatoes*
- € ☐ Clean, dice and sauté 3 lbs local seasonal yellow squash*
- € ☐ Clean, julienne and sauté 3 lbs local seasonal bell peppers*
- € ☐ Cook, cool and cut 3-1/2 lbs meat for grits station (optional)
- € ☐ 8 oz squirt bottles of olive oil (3)

**Certain mix-ins may require slightly different preparations depending on the item.*

> Day of Service

- € ☐ Make Cheddar Grits recipe, hold warm

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitation bucket with towel
- € ☐ 3 additional towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans (nonstick omelet pans)
- € ☐ Refuse container
- € ☐ Containers for holding meat and vegetables cold (7)
- € ☐ Tablespoon scoops for meats and vegetables (7)
- € ☐ Container for holding eggs cold (3)
- € ☐ 2 oz ladle for eggs (3)
- € ☐ Chaffer for holding grits hot
- € ☐ 8 oz ladle or scoop for grits
- € ☐ Plate for resting grits scoop