




SCHOOL NUTRITION ASSOCIATION ANNUAL NATIONAL CONFERENCE

Culinary Demonstration Tuesday, July 17, 2012

Brought to you by ConAgra Mills

Chicken and Vegetable Stir-Fry featuring Ultragrain Pasta™

WHAT YOU'LL NEED

50	100 Servings				
6½ oz.	13 oz.	Vegetable oil	18¾ oz.	5 cups	Low sodium soy sauce
25 lbs.	50 lbs.	Boneless skinless chicken breast, cut into 1-inch pieces	½ cup	1 cup	Sugar
6¼ tsp.	12½ tsp.	Granulated garlic	6¼ qts.	12½ qts.	Fresh or frozen broccoli flowerets
9½ cups	4¾ qts.	Onion, cut into thin wedges	12½ cups	6¼ qts.	Fresh mushrooms, sliced
12½ cups	6¼ qts.	Baby-cut carrot, cut lengthwise in half	12½ cups	6¼ qts.	Red bell pepper, thinly sliced
			½ cup	1 cup	Cornstarch
12½ cups	6¼ qts.	Low sodium chicken broth	6¼ qts.	12½ qts.	Cooked Ultragrain Pasta™ Spaghetti

WHAT TO DO

Heat a pan large enough to hold all ingredients over high heat. Add vegetable oil, chicken, and garlic; stir-fry 2 to 3 minutes or until chicken is slightly cooked through. Add onion, carrots, ¾ amount of the broth, soy sauce and sugar. Cover and cook over medium heat 5 minutes. Add broccoli, mushrooms, and bell pepper. Cover and cook until vegetables are tender. Stir occasionally, until chicken is done.

In a small bowl, mix cornstarch with remaining ¼ amount of broth. Add spaghetti and broth to chicken and vegetables. Toss well until broth slightly thickens, and serve.

Barbecue Sloppy Joes featuring Healthy Choice All-Purpose Blend T-2 made with Ultragrain®

WHAT YOU'LL NEED

50	100 Servings				
6½ oz.	13 oz.	Canola oil	¾ cups	6½ cups	Ketchup
6¼ cups	12½ cups	Fresh green bell peppers (or frozen), minced	12½ cups	6¼ qts.	Tomato sauce
3 qts.	6 qts.	Yellow onion, chopped (or dehydrated)	¾ cups	6½ cups	Barbecue sauce
6¼ cups	12½ cups	Celery, finely chopped	6½ oz.	13 oz.	Worcestershire sauce
12½ lbs.	25 lbs.	Lean ground turkey, beef or chicken	6¼ tsp.	12½ tsp.	Dry mustard
			6½ oz.	13 oz.	White vinegar
¾ tsp.	6½ tsp.	Granulated garlic	6½ oz.	13 oz.	Brown sugar
					Salt and freshly ground black pepper
			100 ea.	200 ea.	Ultragrain® slider buns

WHAT TO DO

Heat canola oil in a pan large enough to hold all ingredients on medium high heat. Add the bell peppers, onions and celery. Sauté for 3 minutes, stir occasionally.

Add ground meat to pan. Break up meat and cook for about 5 minutes, or until meat has slightly browned. Add the garlic to pan and cook for an additional 30 seconds. Remove pan from heat and drain the fat.

Add the ketchup, tomato sauce, barbecue sauce, Worcestershire sauce, mustard powder, vinegar, and brown sugar to the pan and mix well. Lower the heat to medium low and simmer for 10 minutes. Season mixture with salt and pepper to taste. Spoon mixture onto each Ultragrain® bun and serve on a platter.






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Denver Public Schools Hamburger Buns

WHAT YOU'LL NEED

Product	Quantity (lb)	Bakers Percent	Ounces	Grams
Ultragrain T-2	7.92	100.0%	25.2	715.3
Yeast	0.11	1.4%	0.4	9.9
Milk or Milk replacer Dry	0.24	3.0%	0.8	21.7
Honey	1.06	13.4%	3.4	95.7
Salt	0.15	1.9%	0.5	13.5
Vegetable Oil	0.3	3.8%	1.0	27.1
Water	5.3	66.9%	16.9	478.7
		190%		

WHAT TO DO

Place all dry ingredients in mixing bowl and mix for 30 seconds on low speed. Add water (reserving 10%), oil and honey. Mix on low speed until all ingredients are incorporated, add reserved water a little at a time if dough is stiff. Continue mixing until dough is fully developed (5-7 minutes).

Place dough into plastic container to rest until doubled in size. Shape into 2 oz ball and put on pan according to portion/serving instructions listed below. Spray pan liner with pan spray, cover shaped hamburger buns with sprayed pan liner, repeat this step stacking sheet pans, and let rise until doubled in size. The weight of the pans will press dough into a hamburger bun shape. Additional pressing might be needed. If so using a rolling pin, roll over pan liner to press out each bun the size of a hamburger patty.

Bake in convection oven at 325 degrees for 12-15 minutes.

Portion/Serving
Rolls per pan 4x6

**Visit Ultragrain.com for
USDA versions of the recipes
and a video of the demonstration.**

For more information about Ultragrain, Ultragrain Pasta, or Sustagrain, visit conagramills.com.
To order, contact JM Swank at jmswank.com or call (866) 717-9265.

