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TECHNICAL REPORT  
NATICK/TR-77/005

**MEAT AND FISH ENTREE ITEM PRODUCTION GUIDES  
PREPARED FOR WALTER REED ARMY MEDICAL CENTER**

Project Reference: 7-31-46-931-000

APRIL 1977

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**UNITED STATES ARMY  
NATICK RESEARCH and DEVELOPMENT COMMAND  
NATICK, MASSACHUSETTS 01760**



**Food Engineering Laboratory  
FEL-77-004**

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## 20. Abstract Con't

operation to check out the recipe. They were then made up in larger batches in the Food Processing Laboratory using pilot size equipment both to check out the larger scale production and to provide enough product for storage and acceptance studies. It was necessary to make changes in each recipe. Additional adjustments may have to be made by any other facility using them in order to adapt them to conditions in that facility. Products were tested by technological taste panels initially and after storage for at least 60 days.

## PREFACE

Cook-freeze systems tailored for specific situations are being used or contemplated for use in several Armed Forces feeding situations, and it is anticipated that the use of these types of systems will become increasingly important in the future. The advantages of cook-freeze systems stem primarily from the separation of preparation from serving, so that the daily menu no longer dictates the time of preparation and the quantity prepared. It becomes practical to prepare larger quantities than are normally used in one day or even in several days. Items that are ordinarily used in small quantities can be prepared in larger batches and stored for use at a later date. This cook-freeze system can result in lower costs, more uniform quality, and better utilization of scarce professional personnel.

Ingredients and preparation of foods in a cook-freeze system differ somewhat from operations in a standard kitchen, so that standard recipes are not generally usable as is. For example, additional protection of food and different preparation methods are usually necessary to withstand freezing and reheating with minimal flavor and texture changes. Batch sizes are much larger, which alters heat transfer and other factors, so that heating times are different, water evaporation is less, etc. Some ingredients must be changed; such as substituting a starch in gravies to impart freeze thaw stability or making sure that the basic ingredients are of such quality that the finished product possesses adequate storage stability for the intended use. Because of this, standard recipes must be evaluated and usually altered for use in a cook-freeze system.

The US Army Natick Research and Development Command (NARADCOM) has developed a large number of production guides for use in Central Food Preparation Facilities and at F.E. Warren A.F.B. for missile site feeding. Primarily these guides are based upon Armed Forces Recipe Service recipes and have been published as Technical Reports. 1, 2, 3, 4

- 1 Helmer, Richard L. and Hilton T. Schlup, 1975. Meat Entree Item Production Guides Developed for Use in Fort Lee Interim Central Food Preparation Facility. Technical Report TR 74-27 FEL.
- 2 Rahman, Abdul R. et. al. 1974. Production Guides for Vegetable Entrees, Soups, Desserts, Pastries and Salads Developed for Use in Central Food Preparation Facilities. Technical Report FEL-13.
- 3 Rahman, Abdul R. et. al. 1976. Production Guides for Meat and Vegetable Entrees and Desserts Developed for Use in the Frozen Foil Pack Feeding System, F.E. Warren Air Force Base.
- 4 Walker, G.C. et. al. 1976. Egg Products for Use in a Cook-Freeze System. Technical Report in Process.

The assistance of the Experimental Kitchens Branch, and in particular Mrs. Jessie W. McNutt and Mrs. Lucy M. Albertini, is gratefully acknowledged.

The new Walter Reed Army Medical Center (WRAMC) food service system is designed around cook-freeze. It was determined that the facility would use production guides already developed whenever possible. However, not all of the menu requirements would be met so NARADCOM was requested to develop additional guides. This report contains the meat entree item guides developed to meet this request.

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## PROCEDURE

Small batches of each WRAMC recipe were made and the product evaluated by Food Technologists and Home Economists to determine if the product could be improved, what changes would be necessary if the product were to be frozen, and what changes could be instituted to improve production characteristics. From this evaluation, plans were drawn up for the larger scale production. The quantity of product made varied from 60 to 120 pounds depending upon the product, with at least 100 servings being made each time. The finished product was scaled into one-half steam table pans (aluminum, disposable) and frozen.

Reheating for panel examinations was done at 325°F (163°C) in a convection oven. Reheating times generally ranged from one to two hours.

No attempt was made to conduct acceptance studies of the products since this was not part of the original WRAMC requirement. However, technological taste panels composed of experienced food technologists were used to evaluate the foods for various qualities including flavor, smoothness, texture, and storage stability. In some cases, adjustments had to be made in the original production guides and the products were reformulated as a result of these panels.

The production guides are separated according to the kind of meat used. Production guides for special foods intended for ethnic meals are also incorporated in this report under the kind of meat used.

Storage stability was determined by comparing data from the technological taste panels conducted on the freshly frozen products against similar data after 30 and 60 days frozen storage at 0°F (-17.8°C), which exceeds the time limit expected for storage at WRAMC. In all cases, with the production guides contained herein, there was no significant difference between the panel results. However, raw material quality is probably the most important factor in storage stability, so that merely following a guide does not guarantee stability. If storage stability past 60 days at 0°F (-17.8°C) is required, raw material quality is even more important.

# BARBECUED SLICED BEEF

B-1

Yield: 100 Portions

Each Portion: 3 oz (85g) meat  
5 oz (142g) gravy

| Ingredients                 | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef (top round)            | 46.15   | 29.46  | 13,363 | 1. Place roasts on racks in large roasting pans with approximately 1/2 inch water in pans. Bake at 350°F (176°C) to an internal temperature of 145°F (63°C). Add water during cooking to maintain 1/2 in. (1.3 cm) level.<br>2. Drain broth, cool and reserve for steps 6 and 8.<br>3. Chill meat to 45°F (7°C).<br>4. Slice meat in 1/16-in. (0.16 cm) slices.<br>5. Shingle 30 oz (850g) of meat per half-size steam table pan. |
| Broth and water             | 33.664  | 21.49  | 9,748  | 6. In a steam jacketed kettle, add water to broth to reach formula weight or volume. Reserve some broth for step 8.<br>7. Combine ingredients listed in this section, heat to 160°F (71°C).                                                                                                                                                                                                                                       |
| Onions, fresh, sliced       | 1.25    | 0.80   | 363    |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Vinegar, (cider)            | 1.91    | 1.22   | 553    |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Sugar (light brown)         | 3.79    | 2.42   | 1,098  |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Tomato paste (26%)          | 9.45    | 6.03   | 2,735  |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Garlic, dehydrated granular | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Tabasco sauce               | 0.08    | 0.05   | 23     |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Liquid smoke                | 0.14    | 0.09   | 41     |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Celery seed ground          | 0.19    | 0.12   | 54     |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Mustard flour               | 0.20    | 0.13   | 59     |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Salt                        | 0.61    | 0.39   | 177    |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Worcestershire sauce        | 0.66    | 0.42   | 191    |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Chili powder                | 0.36    | 0.23   | 104    |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Ginger ground               | 0.008   | 0.005  | 2      |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Clove ground                | 0.008   | 0.005  | 2      |                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Starch Col-Flo 67           | 1.50    | 0.96   | 435    | 8. Make a starch slurry using broth reserved from step 6.<br>9. Add slurry to above ingredients and heat to 180°F (82°C).<br>10. Add back water to maintain formula weight or volume.<br>11. Cool gravy to 50°F (10°C).<br>12. Pour 50 oz of gravy (1417 g) over meat in half-size steam table pans.<br>13. Cover, label, and freeze.                                                                                             |
| TOTALS                      | 100.00  | 63.84  | 28,957 |                                                                                                                                                                                                                                                                                                                                                                                                                                   |

Barbecued Sliced Beef

Con't

- NOTES:
1. Reheating - Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C) Time: approximately 2 hours.
  2. Formula (100 portions) makes 10 pans; each pan (5 lb) serves 10 people.
  3. Formula includes 10% overrun. Theoretical yield: 110 portions.
  4. Formula is based on a 70% yield of meat. Cooked weight of beef equals 20.62 lb. (9354 g).

## Barbecued Sliced Beef

### Meat

1. Beef, Boneless - NSN-8905-00-133-5886, MIL-B-00-133-5886, Type I, Style 2

### Vegetables

2. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II
3. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V-1867/4 Style (a)
4. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I

### Condiments

5. Chili powder - NSN-8950-00-128-0435, MIL-C-3394
6. Clove, ground - NSN-8950-00-170-9571, Fed. EE-S-631, Type II
7. Ginger, ground - NSN-8950-00-616-5484, Fed. EE-S-631, Type II
8. Mustard, flour - NSN-8950-00-170-9567, Fed. EE-S-631, Type III
9. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
10. Sugar, brown - NSN-8925-00-127-7325, Fed. JJJ-S-791, Type II
11. Vinegar, cider - NSN-8950-00-221-0297, Fed. Z-V-401, Type I
12. Worcestershire sauce - NSN-8950-00-082-6177, Fed. EE-W-600

### Special Procurement

13. Celery seed, ground - EE-S-631, Type II
14. Liquid smoke
15. Starch, Col-Flo 67
16. Tabasco sauce

## BEEF A LA MODE

B-2

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                                        | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                                        | 52.17   | 35.79  | 16,234 | 1. Place meat in deep pan and heat in convection oven at 550°F (287°C) until well browned, turning frequently.<br>2. After browning, cover meat with water and cover pan with lid. Reduce heat and steam until tender.<br>3. Drain liquid (broth) cool, and reserve for steps 7 and 9.<br>4. Cool meat to 45°F (7°C) internal temperature.<br>5. Place 30 oz (850 g) meat in half-size steam table pans. |
| Carrots, fresh or frozen (1/2-in. (1.3 cm) slices) | 6.31    | 4.33   | 1,964  | 6. Cook carrots in boiling water until tender.                                                                                                                                                                                                                                                                                                                                                           |
| Beef broth and water                               | 25.23   | 17.30  | 7,847  | 7. Add water to broth (from step 3) to reach formula weight. Reserve some broth for step 9.                                                                                                                                                                                                                                                                                                              |
| Tomatoes, whole, canned, in heavy puree            | 8.15    | 5.59   | 2,536  | 8. Add ingredients listed in this section and heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                                      |
| Salt                                               | 0.26    | 0.18   | 82     |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Pepper, black, ground                              | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Celery salt                                        | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Garlic, dehydrated, granular                       | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Peppers, green, frozen, diced                      | 0.67    | 0.46   | 209    |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Onions, fresh, diced                               | 4.05    | 2.78   | 1,261  |                                                                                                                                                                                                                                                                                                                                                                                                          |
| Starch, Col-Flo 67                                 | 0.95    | 0.65   | 295    | 9. Make a starch and flour slurry using chilled broth from step 7.                                                                                                                                                                                                                                                                                                                                       |
| Flour, hard wheat                                  | 0.23    | 0.16   | 73     | Add to other ingredients. Heat to 180°F (82°C).                                                                                                                                                                                                                                                                                                                                                          |
| Burgundy flavor                                    | 1.91    | 1.31   | 594    | 10. Add drained carrots and burgundy flavor. Mix well.<br>11. Add back water to maintain formula weight or volume.<br>12. Chill to 50°F (10°C).                                                                                                                                                                                                                                                          |

# BEEF A LA MODE

Con't

| Ingredients | Percent | Pounds | Grams  | Procedure                                                       |
|-------------|---------|--------|--------|-----------------------------------------------------------------|
|             |         |        |        | 13. Pour 50 oz (1417 g) over meat in half-size steam table pan. |
|             |         |        |        | 14. Cover, label, and freeze.                                   |
| TOTALS      | 100.00  | 68.60  | 31,117 |                                                                 |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C) Time: approximately 2 hours.
2. Formula (100 portions) makes 10 pans. Each pan (5 lbs) serves 10 people.
3. Formula includes 5% allowance for overrun. Theoretical Yield: 105 portions.
4. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions) equals 19.68 lb (8929 g).

## BEEF A LA MODE

### Meat

1. Beef, diced - NSN-8905-00-177-5017, MIL-B-0043698

### Vegetables

2. Carrots, frozen slices - NSN-8915-00-162-5087, Fed. HHH-V-1745/6, Style IV, or Carrots fresh - NSN-8915-00-127-8019, Fed. HHH-V-1744/10
3. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-01866, Type II
4. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V-1867/4, style (a)
5. Pepper, sweet, frozen - NSN-8915-00-081-0856, Fed. HHH-V-1745/15 Type I, Style E.

### Condiments

6. Celery salt - NSN-8950-00-127-8044, MIL-S-43855, Type I
7. Pepper, black, ground - NSN-8950-00-616-5486, Fed. EE-S-63, Type II
8. Salt - NSN-8950-00-262-8886, Fed. SS-S-31

### Cereal and Bakery Products

9. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

10. Burgundy flavor
11. Starch, Col-Flo 67
12. Tomatoes, whole, canned, in heavy puree

## BEEF STROGANOFF

B-3

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                       | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                       | 52.17   | 35.79  | 16,234 | 1. Place diced beef in deep pan. Heat in convection oven at 550°F (287°C) until well browned, turning frequently.<br>2. Cover meat with water and cover pan with lid. Reduce heat and steam until tender.<br>3. Drain liquid (broth) and reserve for steps 8 and 10.<br>4. Cool meat to 45°F (7°C) internal temperature.<br>5. Place 30 oz (850 g) meat in half size-steam table pan. |
| Onions, fresh, sliced             | 3.19    | 2.19   | 993    | 6. Saute onions and garlic in oil in steam jacketed kettle.                                                                                                                                                                                                                                                                                                                           |
| Garlic, fresh, diced              | 0.02    | 0.01   | 5      |                                                                                                                                                                                                                                                                                                                                                                                       |
| Salad oil                         | 0.87    | 0.60   | 272    |                                                                                                                                                                                                                                                                                                                                                                                       |
| Mushrooms, canned sliced, drained | 5.12    | 3.51   | 1,592  | 7. Drain. (Reserve liquid for step 8) Add mushrooms to above.                                                                                                                                                                                                                                                                                                                         |
| Beef broth, mushroom broth, water | 26.30   | 18.04  | 8,183  | 8. Add water to broths (from steps 3 and 7) to reach formula weight. Reserve some broth for step 10.                                                                                                                                                                                                                                                                                  |
| Tomato paste (26%)                | 0.71    | 0.49   | 222    | 9. Add ingredients listed in this section and heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                   |
| Salt                              | 0.63    | 0.43   | 195    |                                                                                                                                                                                                                                                                                                                                                                                       |
| Worcestershire sauce              | 0.40    | 0.27   | 122    |                                                                                                                                                                                                                                                                                                                                                                                       |
| Sugar                             | 0.23    | 0.16   | 73     |                                                                                                                                                                                                                                                                                                                                                                                       |
| Lemon juice, reconstituted        | 0.23    | 0.16   | 73     |                                                                                                                                                                                                                                                                                                                                                                                       |
| Pepper, black, ground             | 0.05    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                                                                                       |

## BEEF STROGANOFF

Con't

| Ingredients        | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                      |
|--------------------|---------|--------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Starch, Col-Flo 67 | 1.41    | 0.97   | 440    | 10. Make a flour and starch slurry using chilled broth from step 8 and add to other ingredients. Heat to 180°F (82°C).<br>11. Add back water to maintain formula weight or volume.             |
| Flour, hard wheat  | 0.48    | 0.33   | 150    |                                                                                                                                                                                                |
| Sour cream         | 8.19    | 5.62   | 2,549  | 12. Chill sauce to 100°F (37.7°C).<br>13. Gently fold in sour cream. Chill to 50°F (10°C).<br>14. Pour 50 oz (1417 g) over meat in half-size steam table pan.<br>15. Cover, label, and freeze. |
| TOTALS             | 100.00  | 68.60  | 31,117 |                                                                                                                                                                                                |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
2. Formula (100 portions) make 10 pans. Each pan (5 lb or 2268 g) serves 10 people.
3. Formula includes 5% allowance for overrun. Theoretical Yield: 105 portions.
4. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions) equals 19.68 lb (8929 g).

## BEEF STROGANOFF

### Meat

1. Beef, diced - NSN-8905-00-177-5017, MIL-B-0043698

### Vegetables

2. Garlic, dry - NSN-8915-00-823-7663
3. Juice, Lemon, Frozen, Concentrated - NSN-8915-00-411-2676, MIL-J-11174
4. Mushrooms, canned, sliced - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style B.
5. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V-1867/4, Style (a)
6. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, concentration d, Texture 1

### Condiments

7. Pepper, black ground - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
8. Salad oil - NSN-8945-00-616-0081, Fed. JJJ-S-30, Type B
9. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
10. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.
11. Worcestershire sauce - NSN-8950-00-082-6177, Fed. EE-W-600

### Cereal and Bakery Products

12. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

13. Cream, sour, cultured or acidified, Fed. C-C-678
14. Starch, Col-Flo 67.

## COUNTRY STYLE STEAK

B-4

Yield: 100 Portions

Each Portion: 3 oz (85 g) meat  
5 oz (142 g) gravy

| Ingredients                  | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, swiss steaks           | 52.17   | 37.50  | 17,010 | 1. Place meat in single layers in shallow pans. Heat in convection oven 550°F (288°C) until well browned. Turn once during browning.<br>2. After browning, remove meat from convection oven and layer in a deep pan. Fill pan with water up to second layer and cover with lid. Do not layer more than four deep. Steam until tender.<br>3. Drain liquid (broth) cool, and reserve for steps 6 and 9.<br>4. Chill meat to 45°F (7°C).<br>5. Shingle 30 oz (850 g) of meat in half-size steam table pans. |
| Broth, water                 | 34.36   | 24.70  | 11,204 | 6. Add water to broth to bring to desired weight. Reserve some broth for step 9.<br>7. Combine ingredients listed in this section with the broth and water and heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                     |
| Tomato paste (26%)           | 0.97    | 0.70   | 318    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Salt                         | 0.32    | 0.23   | 104    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Worcestershire sauce         | 0.14    | 0.10   | 45     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Caramel coloring             | 0.06    | 0.04   | 18     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Pepper, black, ground        | 0.06    | 0.04   | 18     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sugar                        | 0.04    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Garlic, dehydrated, granular | 0.04    | 0.03   | 14     | 8. Saute onions and mushrooms in margarine. Add to above.<br>9. Make a starch-flour slurry using broth reserved from step 6 and add to above mixture.<br>10. Heat to 180°F (82°C).<br>11. Chill gravy to 50°F (10°C) pour 50 oz (1418 g) over meat in half-size steam table pan.<br>12. Cover, label, and freeze.                                                                                                                                                                                        |
| Onions, fresh, diced         | 3.45    | 2.48   | 1,125  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Mushrooms, canned, sliced    | 2.88    | 2.07   | 939    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Margarine                    | 2.59    | 1.86   | 844    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Starch, Col-Flo 67           | 1.95    | 1.40   | 635    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Flour, hard wheat            | 0.97    | 0.70   | 318    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| TOTALS                       | 100.00  | 71.88  | 32,606 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

## COUNTRY STYLE STEAK

Con't

- NOTES:
1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approx 2 hours 10 minutes.
  2. Formula (100 portions) makes 10 pans; each pan (5 lb. or 1273 g) serves 10 men.
  3. Formula includes 10% overrun on meat. Theoretical yield: 110 portions.
  4. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions + 10%) equals 20.62 lb (9355 g).
  5. Pounds in formula are only a guide; use count of steaks to assure 100 portions.

## COUNTRY STYLE STEAK

### Meat

1. Beef, boneless, swiss steak - NSN-8905-01-004-2995, MIL-B-0043813, Type V

### Vegetables

2. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
3. Mushrooms, canned - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style B
4. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V-1867/4, Style (a)
5. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, concentration d, texture 1

### Dairy, Condiments

6. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I
7. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
8. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
9. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a
10. Worcestershire sauce - NSN-8950-00-082-6177, Fed. EE-W-600

### Cereal and Bakery Products

11. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

12. Starch, Col-Flo 67
13. Caramel color, powdered

## CREAMED CHIPPED BEEF

B-5

Yield: 100 Portions

1 Portion: 8 oz (227 g)

| Ingredients                      | Percent | Pounds | Grams  | Procedure                                                                         |
|----------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------|
| Margarine                        | 3.31    | 1.74   | 789    | 1. In a steam-jacketed kettle melt margarine.                                     |
| Flour, hard wheat                | 1.77    | 0.93   | 422    | 2. Make a roux with flour and melted margarine.                                   |
| Milk, fresh, whole               | 75.36   | 39.57  | 17,949 | 3. Slowly add ingredients listed in this section, reserving some milk for step 5. |
| Sugar, granulated                | 0.59    | 0.31   | 141    | 4. Heat to 160°F (71°C)                                                           |
| Pepper, white, ground            | 0.04    | 0.02   | 9      |                                                                                   |
| Starch Col-Flo 67                | 2.23    | 1.17   | 531    | 5. Make a starch slurry, using milk reserved from step 3.                         |
|                                  |         |        |        | 6. Add to other ingredients and heat to 180°F (82°C).                             |
| Chipped beef, chunked and formed | 16.70   | 8.77   | 3,978  | 7. Soak chipped beef in water if overly salty. Drain and discard water.           |
|                                  |         |        |        | 8. Add to other ingredients, mixing well.                                         |
|                                  |         |        |        | 9. Add back fresh water to maintain formula weight or volume.                     |
|                                  |         |        |        | 10. Chill to 50°F (10°C).                                                         |
|                                  |         |        |        | 11. Fill 80 oz (2268 g) into half-size steam table pans.                          |
|                                  |         |        |        | 12. Cover, label, and freeze.                                                     |
| TOTALS                           | 100.00  | 52.51  | 23,819 |                                                                                   |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 1 hour 45 minutes. Do not over-heat.
2. Formula (100 portions) makes 10 pans; each pan (5 lb or 1268 g) serves 10 people.
3. Formula includes 5% overrun. Theoretical yield: 105 portions.

## CREAMED CHIPPED BEEF

### Dairy, Condiments

1. Margarine - NSN-8945-00-616-0078 Fed. EE-M-0045, Type I
2. Milk, homogenized, fortified - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1
3. Pepper, white, ground - NSN-8950-00-245-2302, Fed. EE-S-631, Type II
4. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a

### Cereal and Bakery Products

5. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style II

### Special Procurement

6. Chipped Beef, Chunked and formed
7. Starch, Col-Flo 67

## EGG FOO YUNG

B-6

Yield: 100 Portions

Each Portion: 2 patties (90 g)  
4.8 oz (136 g)  
sauce

| Ingredients                   | Percent | Pounds | Grams  | Procedure                                                                                                   |
|-------------------------------|---------|--------|--------|-------------------------------------------------------------------------------------------------------------|
| Beef, ground                  | 8.73    | 4.77   | 2,164  | 1. Brown meat in steam-jacketed kettle until redness disappears. Do not drain. Save for step 4.<br>2. Cool. |
| Onions, fresh, diced          | 4.37    | 2.39   | 1,084  | 3. Combine ingredients listed in this section.<br>4. Add meat and mix gently.                               |
| Celery, fresh, diced          | 4.37    | 2.39   | 1,084  | 5. Portion with number 16 scoop (50 g) onto lightly greased grill at 325°F (163°C).                         |
| Bean Sprouts, canned, drained | 8.01    | 4.38   | 1,987  | 6. Grill until lightly browned.<br>7. Cool.                                                                 |
| Eggs, whole, frozen thawed    | 16.06   | 8.78   | 3,983  | 8. Shingle 20 patties (2 lb or 907 g) in half-size steam table trays.                                       |
| Salt                          | 0.36    | 0.20   | 91     |                                                                                                             |
| Pepper, black, ground         | 0.005   | 0.003  | 1      |                                                                                                             |
| Soy sauce                     | 0.46    | 0.25   | 113    |                                                                                                             |
| Chicken broth                 | 47.785  | 26.12  | 11,848 | 9. Combine ingredients in this section in steam kettle. Heat to 180°F (82°C).                               |
| Catsup                        | 5.20    | 2.84   | 1,288  | 10. Add back water to maintain formula weight or volume.                                                    |
| Soy sauce                     | 2.16    | 1.18   | 535    | 11. Chill gravy to 50°F (18°C).                                                                             |
| Starch, Col-Flo 67            | 2.49    | 1.36   | 617    | Pour 3 lb (1361 grams) over patties in steam table pans.<br>12. Cover, label, and freeze.                   |
| TOTALS                        | 100.00  | 54.663 | 24,794 |                                                                                                             |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 1 hour 50 minutes.
2. Formula (100 portions) makes 10 pans. Each pan (5 lb or 1268 g) serves 10 people.
3. Formula includes 5% overrun. Theoretical Yield: 105 portions.

EGG FOO YUNG

Meat

1. Beef, boneless, ground - NSN-8905-00-285-2075, MIL-B-3854, Type I

Vegetables

2. Bean Sprouts, canned - NSN-8915-00-085-1642, MIL-B-35012
3. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12
4. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V-1867/4, style (a)

Eggs, Condiments

5. Catsup - NSN-8950-00-127-9790, Fed. JJJ-V-1746/25 Type I, flavor Style 1
6. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230
7. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
8. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
9. Soy sauce - NSN-8950-00-035-3254, Fed. EE-S-610

Special Procurement

10. Starch, Col-Flo 67

## HUNGARIAN GOULASH

B-7

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                  | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                  | 52.17   | 35.79  | 16,234 | 1. Place meat in deep pans and heat in convection oven at 550°F (287°C) until well browned, turning frequently.<br>2. After browning, remove meat from convection oven, partially fill pan with water, cover, steam until tender.<br>3. Drain liquid (broth), cool, and reserve for steps 7 and 10.<br>4. Cool meat to 45°F (7°C) internal temperature.<br>5. Place 30 oz (850 g) meat in half-size steam table pans. |
| Onions, dehydrated, chopped  | 2.62    | 1.80   | 816    | 6. Rehydrate onions in excess warm water for 15 minutes. Drain. Reserve for step 8.                                                                                                                                                                                                                                                                                                                                   |
| Beef broth and water         | 37.93   | 26.02  | 11,803 | 7. Add to a steam-jacketed kettle water and broth (from step 3) to reach formula weight. Reserve some broth for step 10.                                                                                                                                                                                                                                                                                              |
| Tomato paste (26%)           | 2.14    | 1.47   | 667    | 8. Add the remaining ingredients listed in this section with onions from step 6 to broth.<br>9. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                 |
| Bacon fat                    | 1.49    | 1.02   | 463    |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Salt                         | 0.57    | 0.39   | 177    |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Paprika                      | 0.41    | 0.28   | 127    |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Sugar, granulated            | 0.38    | 0.26   | 118    |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Caraway seed, grd            | 0.06    | 0.04   | 18     |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Pepper, black, grd           | 0.03    | 0.02   | 9      | 10. Make a starch and flour slurry using chilled broth from step 7. Add to above mixture.<br>11. Heat to 180°F (82°C).<br>12. Chill gravy to 50°F (10°C). Pour 50 oz (1389 g) over meat in half-size steam table pan.<br>13. Cover, label, and freeze.                                                                                                                                                                |
| Garlic, dehydrated, granular | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Starch, Col Flo 67           | 1.55    | 1.06   | 481    |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Flour, hard wheat            | 0.64    | 0.44   | 200    |                                                                                                                                                                                                                                                                                                                                                                                                                       |
| TOTALS                       | 100.00  | 68.60  | 31,117 |                                                                                                                                                                                                                                                                                                                                                                                                                       |

## HUNGARIAN GOULASH

Con't

- NOTES:
1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C) Time: approximately 1 3/4 hours.
  2. Formula (100 portions) makes 10 pans. Each pan (5 lb) serves 10 people.
  3. Formula includes 5% overrun. Theoretical yield 105 portions.
  4. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions) equals 19.68 lb (8929 g).

## HUNGARIAN GOULASH

### Meat

1. Beef, diced - NSN-8905-00-177-5017, MIL-B-0043698

### Vegetables

2. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
3. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1.
4. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, concentration d, texture 1.

### Condiments

5. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631
6. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
7. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
8. Sugar - NSN-8925-00-127-2073, Fed. JJJ-S-791, Class a

### Cereal and Bakery Products

9. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

10. Starch, Col-Flo 67
11. Caraway seed - EE-S-631, Type II

## NEOPOLITAN SPAGHETTI

B-8

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                             | Percent | Pounds | Grams | Procedure                                                                                                                                                                           |
|-----------------------------------------|---------|--------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Spaghetti (dry)                         | 11.11   | 4.77   | 2,164 | 1. Cook in excess boiling water until slightly undercooked, stirring frequently.<br>2. Drain.<br>3. Rinse spaghetti thoroughly with cold water.<br>4. Drain and cool to 45°F (7°C). |
| Beef, ground                            | 27.93   | 12.00  | 5,443 | 5. Brown ground beef in steam jacketed kettle.                                                                                                                                      |
| Onions, dehydrated, chopped             | 0.53    | 0.28   | 104   | 6. Rehydrate onions in excess warm water for 15 minutes, drain, add to ground beef.                                                                                                 |
| Water                                   | 21.59   | 9.27   | 4,205 | 7. Add ingredients listed in this section to the beef and onion mixture and heat to 160°F (71°C). Reserve some water for step 8.                                                    |
| Tomatoes, whole, canned, in heavy puree | 20.48   | 8.80   | 3,992 |                                                                                                                                                                                     |
| Tomato paste                            | 3.73    | 1.60   | 726   |                                                                                                                                                                                     |
| Cheese, Cheddar, diced                  | 3.43    | 1.47   | 667   |                                                                                                                                                                                     |
| Black olives, ripe, pitted, sliced      | 2.13    | 0.92   | 417   |                                                                                                                                                                                     |
| Cheese, Swiss, diced                    | 2.10    | 0.90   | 408   |                                                                                                                                                                                     |
| Peppers, green, frozen, diced           | 1.56    | 0.67   | 304   |                                                                                                                                                                                     |
| Red peppers, canned, diced              | 1.26    | 0.54   | 245   |                                                                                                                                                                                     |
| Cheese, Parmesan, grated                | 1.14    | 0.49   | 222   |                                                                                                                                                                                     |

## NEOPOLITAN SPAGHETTI

Con't

| Ingredients              | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                          |
|--------------------------|---------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Salt                     | 0.57    | 0.25   | 113    |                                                                                                                                                                                                                                                                                                                                                                    |
| Sugar                    | 0.53    | 0.23   | 104    |                                                                                                                                                                                                                                                                                                                                                                    |
| Worcestershire<br>sauce  | 0.46    | 0.20   | 91     |                                                                                                                                                                                                                                                                                                                                                                    |
| Pepper, black,<br>ground | 0.01    | 0.004  | 2      |                                                                                                                                                                                                                                                                                                                                                                    |
| Garlic, granu-<br>lated  | 0.01    | 0.004  | 2      |                                                                                                                                                                                                                                                                                                                                                                    |
| Starch (Col-Flo<br>67)   | 1.43    | 0.61   | 277    | 8. Make a starch slurry with water reserved from step 7. Add to above mixture.<br>9. Heat to 180°F (82°C).<br>10. Add back water to maintain formula weight or volume.<br>11. Cool sauce to 130°F (54°C) and add spaghetti from step 4.<br>12. Chill to 50°F (10°C).<br>13. Fill 80 oz (2268 g) into a half-size steam table pan.<br>14. Cover, label, and freeze. |
| TOTALS                   | 100.00  | 42.958 | 19,486 |                                                                                                                                                                                                                                                                                                                                                                    |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: Approximately 2 hours.
2. Formula (100 portions) makes 10 pans; each pan serves 10 people.
3. Formula includes 5% for overrun. Theoretical yield 105 portions.
4. Formula is based on a threefold increase in spaghetti. Cooked weight of spaghetti (100 portions) is 14 lb. (6350 g). Total weight of product using cooked spaghetti is 52.5 pounds (23814 g).

## NEOPOLITAN SPAGHETTI

### Meat

1. Beef, boneless, ground - NSN-8905-00-285-2075, MIL-B-3854, Type I

### Vegetables

2. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II
3. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I  
Style 1
4. Peppers, sweet, canned, red - NSN-8915-00-249-4873
5. Peppers, sweet, frozen, green - NSN-8915-00-081-0856, Fed. HHH-V-1745/15,  
Type I, Style E
6. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, concentration  
d, Texture 1

### Dairy Condiments

7. Cheese, cheddar - NSN-8910-00-125-8440, Fed. C-C-271, Class 2, Style f, Size (6)
8. Cheese, grated, parmesan - NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1
9. Cheese, Swiss - NSN-8910-00-584-6431, Fed. C-C-305, Type III
10. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
11. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class (a)
12. Worcestershire sauce - NSN-8950-00-082-6177, Fed. EE-W-600
13. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
14. Olives, ripe, pitted, sliced - NSN-8950-00-450-0016, Fed. Y-O-451, Type II,  
style (e)

### Cereal and Bakery Products

15. Spaghetti - NSN-8920-00-125-9441 Fed. N-M-0051 Group II, Type A, Class 2,  
Style a Form 1

### Special Procurement

16. Starch, Col-Flo 67
17. Tomatoes, whole, canned, in heavy puree

## PEPPER STEAK

B-9

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                   | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------|---------|--------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                   | 52.17   | 35.79  | 16,234 | 1. Heat beef in convection oven at 550°F (287°C) until well browned, turning frequently.<br>2. After browning, remove meat from convection oven and partially cover meat with water; cover with lid. Steam until tender.<br>3. Drain liquid (broth), cool, and reserve for steps 7 and 8.<br>4. Cool meat to 45°F (7°C) internal temperature.<br>5. Place 30 oz (850 g) meat in half-size steam table pans. |
| Peppers, green, fresh, sliced | 7.00    | 4.80   | 2,177  | 6. In a steam-jacketed kettle saute peppers and garlic in salad oil until soft but not brown.                                                                                                                                                                                                                                                                                                               |
| Garlic, fresh, chopped        | 0.19    | 0.13   | 59     |                                                                                                                                                                                                                                                                                                                                                                                                             |
| Oil, salad                    | 1.28    | 0.88   | 399    |                                                                                                                                                                                                                                                                                                                                                                                                             |
| Beef broth and water          | 36.72   | 25.19  | 11,426 | 7. Supplement broth with water to reach desired weight. Add broth and ingredients listed in this section to above, reserving some broth for step 8. Heat to 160°F (71°C).                                                                                                                                                                                                                                   |
| Salt                          | 0.48    | 0.33   | 150    |                                                                                                                                                                                                                                                                                                                                                                                                             |
| Sugar                         | 0.23    | 0.16   | 73     |                                                                                                                                                                                                                                                                                                                                                                                                             |
| Pepper, black, ground         | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                             |
| Starch, Col Flo-67            | 1.20    | 0.82   | 372    | 8. Make a starch and flour slurry using chilled broth reserved from step 7. Add to other ingredients and heat to 180°F (82°C).<br>9. Add back water to maintain formula weight or volume.<br>10. Chill gravy to 50°F (10°C).<br>11. Pour 50 oz (1417 g) over meat in half-size steam table pan.<br>12. Cover, label and freeze.                                                                             |
| Flour, hard wheat             | 0.72    | 0.49   | 222    |                                                                                                                                                                                                                                                                                                                                                                                                             |
|                               |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                             |
|                               |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                             |
| TOTALS                        | 100.00  | 68.60  | 31,116 |                                                                                                                                                                                                                                                                                                                                                                                                             |

## PEPPER STEAK

Con't

- NOTES:
1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula (100 portions) makes 10 pans; each pan serves 10 people.
  3. Formula includes 5% overrun. Theoretical yield: 106 portions.
  4. Formula is calculated on a 55% yield for beef. Cooked weight of beef (100 portions + 5 percent) equals 19.68 lbs (8929 g).

## PEPPER STEAK

### Meat

1. Beef, diced - NSN-8905-00-177-5017, MIL-B-0043698

### Vegetables

2. Garlic, dry - NSN-8915-00-823-7663
3. Peppers, sweet, fresh, green - NSN-8915-00-127-8006, Fed. HHH-V-1744/28

### Oils, Condiments

4. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
5. Salad oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B
6. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
7. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a

### Cereal and Bakery Products

8. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

9. Starch, Col-Flo-67

## SPANISH STEAK

B-10

Yield: 100 Portions

Each Portion: 3 oz (85 g) meat  
5 oz (142 g) gravy

| Ingredients                           | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------------|---------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef (Swiss steak)                    | 52.17   | 37.50  | 17,010 | 1. Place meat in single layer in shallow pans. Heat in convection oven at 550°F (288°C) until well browned. Turn once during browning.<br>2. After browning, remove meat from convection oven and layer meat in a deep pan. Fill pan with water up to second layer and cover with lid. Steam until tender. Do not layer more than four deep.<br>3. Drain liquid (broth), cool, and reserve for steps 7 and 9.<br>4. Chill meat to 45°F (7°C).<br>5. Place 30 oz (850 g) meat in a half-size steam table pan. |
| Onions, dehydrated, chopped           | 0.81    | 0.58   | 263    | 6. Rehydrate onions in excess warm water for 15 minutes. Drain. Reserve for step 7.                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Beef, broth, and water                | 20.41   | 14.67  | 6,654  | 7. Add water to broth (from step 3) to reach formula weight. Reserve some broth for step 9.                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Whole tomatoes, canned in heavy puree | 16.25   | 11.68  | 5,298  | 8. Add the remaining ingredients listed in this section and onions to beef broth and water. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                                                                                            |
| Peppers, green frozen, diced          | 7.04    | 5.06   | 2,295  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Sugar, granulated                     | 0.69    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Salt                                  | 0.58    | 0.42   | 191    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Worcestershire sauce                  | 0.31    | 0.22   | 100    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Chili powder                          | 0.17    | 0.12   | 54     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Pepper, black                         | 0.04    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Onion powder                          | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

# SPANISH STEAK

Con't

| Ingredients           | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                    |
|-----------------------|---------|--------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Starch, Col-Flo<br>67 | 0.97    | 0.70   | 318    | 9. Make a starch-flour slurry with<br>broth reserved from step 6. Add to<br>above mixture.<br>10. Heat to 180°F (82°C).<br>11. Add back water to maintain<br>formula weight or volume.<br>12. Chill gravy to 50°F (10°C).<br>Pour 50 oz (1417 g) over meat in<br>half-size steam table pan.<br>13. Cover, label, and freeze. |
| Flour, hard wheat     | 0.53    | 0.38   | 172    |                                                                                                                                                                                                                                                                                                                              |
|                       |         |        |        |                                                                                                                                                                                                                                                                                                                              |
|                       |         |        |        |                                                                                                                                                                                                                                                                                                                              |
| TOTALS                | 100.00  | 71.88  | 32,605 |                                                                                                                                                                                                                                                                                                                              |

NOTES:1.Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.

2. Formula (100 portions) makes 10 pans; each pan (5 lb) serves 10 men.

3. Formula includes 10% overrun. Theoretical yield: 110 portions.

4. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions + 10%) equals 20.62 lb (9355 g).

## SPANISH STEAK

### Meat

1. Beef, boneless, Swiss steak - NSN-8905-01-004-2995, MIL-B-0043813, Type V

### Vegetables

2. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1
3. Peppers, sweet, frozen, green - NSN-8915-00-081-0856, Fed. HHH-V-1745/15, Type I, Style E

### Condiments

4. Chili powder - NSN-8950-00-128-0435, MIL-C-3394
5. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
6. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
7. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class A
8. Worcestershire sauce - NSN-8950-00-082-6177, Fed. EE-W-600

### Cereal and Bakery Products

9. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

10. Starch, Col-Flo 67
11. Onion Powder
12. Tomatoes, whole, canned in heavy puree

## TALLERINES

B-11

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                   | Percent | Pounds | Grams  | Procedure                                                                                                                                                    |
|-------------------------------|---------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Macaroni, elbow               | 8.66    | 4.06   | 1,842  | 1. Cook the macaroni in excess water until slightly underdone. Drain and reserve for step 5.                                                                 |
| Beef, ground                  | 37.15   | 17.416 | 7,900  | 2. Brown ground beef with green peppers in steam-jacketed kettle until redness of beef disappears.                                                           |
| Peppers, green, frozen, diced | 2.01    | 0.94   | 426    |                                                                                                                                                              |
| Onions, dehydrated, chopped   | 1.49    | 0.70   | 318    | 3. Rehydrate onions in excess warm water for 15 min. Drain. Add onions to beef and pepper mixture.                                                           |
| Tomatoes, canned, crushed     | 21.99   | 10.31  | 4,677  | 4. Add ingredients listed in this section to steam-jacketed kettle, reserving half of the American cheese (3.4 oz or 96 g) for step 8. Heat to 150°F (65°C). |
| Corn, whole kernel, drained   | 11.01   | 5.16   | 2,341  | 5. Add macaroni from step 1 and mix gently.                                                                                                                  |
| Cheese, American grated       | 10.00   | 4.69   | 2,127  | 6. Add back water to maintain formula weight or volume.                                                                                                      |
| Olives, ripe, pitted, sliced  | 3.50    | 1.64   | 744    | 7. Chill to 50°F (10°C).                                                                                                                                     |
| Mushrooms, canned, sliced     | 3.26    | 1.53   | 694    | 8. Fill 76.6 oz (2172 g) per half-size steam table pan.                                                                                                      |
| Salt                          | 0.49    | 0.23   | 104    | 9. Sprinkle remaining American Cheese evenly over mixture in pan.                                                                                            |
| Pepper, black, ground         | 0.03    | 0.014  | 6      | 10. Cover pan, label, and freeze.                                                                                                                            |
| Onion Powder                  | 0.30    | 0.14   | 64     |                                                                                                                                                              |
| Garlic, dehydrated, granular  | 0.11    | 0.05   | 22     |                                                                                                                                                              |
| TOTALS                        | 100.00  | 46.88  | 21,265 |                                                                                                                                                              |

## TALLERINES

Con't

- NOTES:
1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula (100 portions) makes 10 pans; each pan serves 10 people.
  3. Formula includes 10% overrun. Theoretical yield: 110 portions.
  4. Formula is based on a threefold increase in macaroni. Cooked weight of macaroni (100 portions) equals 12.18 lb (5525 g). Total weight of product using cooked macaroni is 55 lb (24948 g).

## TALLERINES

### Meat

1. Beef, boneless, ground - NSN-8905-00-285-2075, MIL-B-3854, Type I.

### Vegetables

2. Corn, canned - NSN-8915-00-257-3947, Fed. JJJ-V-1746/6, Style II, Type (a) Color (b).
3. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866 Type II.
4. Mushrooms, canned, sliced - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style B.
5. Olives, ripe, pitted, sliced - NSN-8950-00-450-0016, Fed. Y-O-451, Type II, Style (e).
6. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-V-1866, Type I, Style 1.
7. Peppers, sweet, frozen, green - NSN-8915-00-081-0856, Fed. HHH-V-1745/15, Type I, Style E

### Dairy, Condiments

8. Cheese, American, processed - NSN-8910-00-082-6205, Fed. C-C-291, Type I, Style C.
9. Pepper, black - NSN-8905-00-616-5486, Fed. EE-S-631, Type II
10. Salt - NSN-8905-00-262-8886, Fed. SS-S-31.

### Cereal and Bakery Products

11. Macaroni, elbow form - NSN-8920-00-782-2979, Fed. N-M-0051, Group I, Type A, Class 2, Style (a), form ii

### Special Procurement

Onion powder

Tomatoes, canned, crushed

## YANKEE POT ROAST

B-12

Yield: 100 Portions

Each Portion: 3 oz ( 85 g) meat  
6 oz (170 g) gravy

| Ingredients                                       | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------|---------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef (top round)                                  | 40.25   | 29.46  | 13,363 | 1. Place roasts on rack in large roasting pans with approximately 1/2 in. (1.3 cm) water. Bake at 350°F (176°C) until internal temperature reaches 145°F (63°C). Add additional water during cooking to maintain 1/2-in. (1.3-cm) level.<br>2. Drain liquid (broth), chill and reserve for steps 7 and 9.<br>3. Chill meat to 45°F (7°C) internal temperature.<br>4. Slice meat into 1/16 in. (0.16 cm) slices.<br>5. Shingle 30 oz (850 g) of meat into half-size steam table pans. |
| Carrots, fresh or frozen, 1/2-in. (1.3-cm) slices | 6.70    | 5.14   | 2,332  | 6. Cook carrots in boiling water until slightly tender. Hold for step 11.                                                                                                                                                                                                                                                                                                                                                                                                            |
| Broth and water                                   | 31.964  | 23.485 | 10,653 | 7. Add to a steam-jacketed kettle water and broth (from step 2) to reach formula weight. Reserve some chilled broth for step 9.                                                                                                                                                                                                                                                                                                                                                      |
| Tomatoes, whole, canned in heavy puree            | 12.86   | 9.34   | 4,237  | 8. Add ingredients listed in this section to the broth and heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                                                                                                     |
| Onions, fresh, diced                              | 3.66    | 2.69   | 1,220  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Vinegar, cider                                    | 1.89    | 1.39   | 631    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Salt                                              | 0.67    | 0.49   | 222    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Parsley, dehydrated                               | 0.10    | 0.07   | 32     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Sugar, granulated                                 | 0.24    | 0.18   | 82     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Pepper, black, ground                             | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Garlic, fresh, chopped                            | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Thyme, ground                                     | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

# YANKEE POT ROAST

Con't

| Ingredients        | Percent | Pounds | Grams  | Procedure                                                        |
|--------------------|---------|--------|--------|------------------------------------------------------------------|
| Bay leaves, ground | 0.001   | 0.001  | 1      |                                                                  |
| Clove, ground      | 0.005   | 0.004  | 2      |                                                                  |
| Starch, Col-Flo 67 | 0.94    | 0.69   | 313    | 9. Make a starch slurry using broth reserved from step 7.        |
| Flour, hard wheat  | 0.67    | 0.49   | 222    | 10. Add to above mixture and heat to 180°F (82°C).               |
|                    |         |        |        | 11. Add carrots (drained) from step 6.                           |
|                    |         |        |        | 12. Add back water to maintain formula weight or volume.         |
|                    |         |        |        | 13. Chill gravy to 50°F (10°C).                                  |
|                    |         |        |        | 14. Pour 64 oz (1814 g) over meat in half-size steam table pans. |
|                    |         |        |        | 15. Cover, label and freeze.                                     |
| TOTALS             | 100.00  | 73.47  | 33,327 |                                                                  |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours 15 minutes.
2. Formula (100 portions) makes 10 pans: each pan (5 lbs 14 oz or 2665 g) serves 10 people.
3. Formula includes 10% overrun on beef. Theoretical yield: 110 portions.
4. Formula is based on 70% yield of beef. Cooked weight of beef (100 servings +10%) equals 20.62 lb (9354 g).
5. Frozen precooked carrots may be substituted without further cooking.

## YANKEE POT ROAST

### Meat

1. Beef, Boneless - NSN-8905-00-133-5886, MIL-B-0043813, Type I, Style 2

### Vegetables

2. Carrots, fresh - NSN-8915-00-127-8019, Fed. HHH-V-1744/10 or Carrots, frozen, sliced - NSN-8915-00-162-5087, Fed. HHH-V-1745/6 Style 4
3. Garlic, dry - NSN-8915-00-823-7663
4. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V-1867/4, Style (a)
5. Parsley, dehydrated - NSN-8915-00-975-0530 MIL-P-35090

### Condiments

6. Clove, ground - NSN-8950-00-170-9571 Fed. EE-S-631, Type II
7. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
8. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
9. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a
10. Thyme, ground - NSN-8950-00-616-5483, Fed. EE-S-631, Type II
11. Vinegar, Cider - NSN-8950-00-221-0297, Fed. Z-V-401, Type I

### Cereal and Bakery Products

12. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

13. Starch, Col-Flo 67
14. Tomatoes, canned, in heavy puree
15. Bay leaves, ground - EE-S-631, Type II

## FRIED CRAB CAKES

F-1

Yield: 100 Portions

Each Portion: 2 cakes

| Ingredients                 | Percent | Pounds | Grams  | Procedure                                                                  |
|-----------------------------|---------|--------|--------|----------------------------------------------------------------------------|
| Crabmeat, canned            | 40.43   | 33.00  | 14,969 | 1. Drain crabmeat and reserve for Step 7.                                  |
| Potatoes, white, instant    | 7.54    | 6.16   | 2,794  | 2. Combine potatoes, milk, and salt. Reserve for Step 5.                   |
| Milk, nonfat, dry           | 0.40    | 0.33   | 150    |                                                                            |
| Salt                        | 0.13    | 0.11   | 50     |                                                                            |
| Water                       | 19.05   | 15.55  | 6,985  | 3. Heat water to boiling. Pour into mixing bowl.                           |
| Margarine                   | 0.94    | 0.77   | 349    | 4. Add margarine.                                                          |
|                             |         |        |        | 5. Add potatoes, milk, and salt. Whip until smooth. Cool slightly.         |
| Eggs, whole beaten          | 4.01    | 3.27   | 1,482  | 6. Rehydrate onions in excess water for 15 minutes. Drain.                 |
| Onions, dehydrated, chopped | 1.51    | 1.23   | 559    | 7. Combine crabmeat, potatoes, eggs, onions, and black pepper.             |
| Pepper, black, ground       | 0.01    | 0.01   | 5      | Mix thoroughly. Chill to 36.5°F (2°C).                                     |
| Wheat gluten                | 5.39    | 4.40   | 1,995  | 8. Shape into 3.5 oz (71 g) patties. Chill to 35.6°F (2°C).                |
|                             |         |        |        | 9. Dredge patties in wheat gluten.                                         |
| Water                       | 4.04    | 3.30   | 1,498  | 10. Combine water, eggs and nonfat dry milk to make egg wash.              |
| Eggs, frozen, whole         | 2.69    | 2.20   | 998    | 11. Dip crab cakes in egg wash.                                            |
| Milk, nonfat, dry           | 0.42    | 0.34   | 154    | Drain excess.                                                              |
| Breading mix, (see p 103 )  | 13.44   | 10.97  | 4,974  | 12. Dredge each crab cake in breading mix.                                 |
|                             |         |        |        | 13. Deep-fry at 350°F (177°C) until internal temperature is 160°F (71°C).  |
|                             |         |        |        | 14. Place cooked crab cakes on trays in a single layer and freeze rapidly. |
|                             |         |        |        | 15. Place 12 crab cakes in half-size aluminum steam table pans.            |
|                             |         |        |        | 16. Cover, label, and freeze.                                              |
| TOTALS                      | 100.00  | 81.64  | 36,962 |                                                                            |

## FRIED CRAB CAKES

Con't

- NOTES:
1. To reconstitute, remove crab cakes from aluminum pans and place on a sheet pan in a convection oven at 350°F (176.7°C). Heat to an internal temperature of 160°F (71°C). Time: approximately 15 minutes.
  2. Crab cakes are fragile and should be handled with care during preparation.
  3. For a thicker coating, redip in egg wash and recoat with bread crumbs.
  4. Formula includes 10% allowance for overrun. Theoretical yield: 110 portions.
  5. Each pan serves 12 people. Formula makes 9 pans.

## FRIED CRAB CAKES

### Seafood

1. Crab, Canned - NSN-8905-424-0329

### Vegetables

2. Onions, dehydrated - NSN-8915-00-128-1179
3. Potatoes, white, instant - NSN-8915-00-164-6876

### Dairy, Condiments

4. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1
5. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I.
6. Milk, homogenized - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1
7. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style A
8. Pepper, black, NSN-8950-00-616-5486, Fed. EE-S-631, Type II
9. Salt - NSN-8950-00-262-8886, Fed. SS-S-31

### Special Procurement

10. Gluten, wheat

## FRIED HADDOCK

F-2

Yield: 100 Portions

Each Portion: 1 fillet

| Ingredients                  | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                |
|------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Haddock, fillets, frozen     | 60.84   | 33.00  | 14,969 | 1. Thaw fillets and cut into 4.5 oz. (128 g) portions.                                                                                                                                                                                                                                                                                                   |
| Wheat gluten                 | 8.11    | 4.40   | 1,996  | 2. Dredge fillets in wheat gluten.                                                                                                                                                                                                                                                                                                                       |
| Water                        | 6.10    | 3.30   | 1,497  | 3. Combine water, eggs, and nonfat dry milk to make egg wash.                                                                                                                                                                                                                                                                                            |
| Eggs, frozen, whole          | 4.06    | 2.20   | 998    | 4. Dip fillets in egg wash.                                                                                                                                                                                                                                                                                                                              |
| Nonfat dry milk              | 0.63    | 0.34   | 154    |                                                                                                                                                                                                                                                                                                                                                          |
| Breading mix<br>(see p. 103) | 20.28   | 11.00  | 4,990  | 5. Dredge fillets in breading mix.<br>6. Deep fry in vegetable shortening at 350°F (177°C) until done (about 4 minutes) and internal temperature is 160°F (71°C).<br>7. Place cooked fillets on trays in a single layer and freeze rapidly.<br>8. Place 15 frozen cooked fillets in half-size aluminum steam table pans.<br>9. Cover, label, and freeze. |
| TOTALS                       | 100.00  | 54.24  | 24,604 |                                                                                                                                                                                                                                                                                                                                                          |

- NOTES: 1. To reconstitute remove frozen fillets from aluminum pan and place on a sheet pan in a convection oven at 350°F (177°C). Heat to an internal temperature of 160°F (71°C). Time: approximately 15 minutes.
2. For a thicker coating redip in egg wash and recoat with breading mixture.
3. Formula includes a 10% overrun. Theoretical yield: 110 portions.
4. Each pan serves 15 people. Formula makes 7 pans.

FRIED HADDOCK

Seafood

1. Haddock, frozen fillets - NSN-8905-00-127-8474, Fed. PP-F-00381, Type II, Form III (1) (b).

Dairy

2. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.
3. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style A.

## FRIED SCALLOPS

F-3

Yield: 100 Portions

Each Portion: 8 Scallops  $\pm$  1

| Ingredients                  | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                             |
|------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Scallops, frozen             | 60.84   | 33.00  | 14,969 | 1. Thaw scallops.<br>2. Wash in cold tap water. Drain thoroughly.                                                                                                                                                                                                                                                     |
| Wheat gluten                 | 8.11    | 4.40   | 1,996  | 3. Dredge scallops in wheat gluten.                                                                                                                                                                                                                                                                                   |
| Water                        | 6.09    | 3.30   | 1,497  | 4. Combine water, eggs, and nonfat dry milk to make egg wash.                                                                                                                                                                                                                                                         |
| Eggs, frozen, whole          | 4.05    | 2.20   | 998    | 5. Dip scallops in egg wash.                                                                                                                                                                                                                                                                                          |
| Milk, nonfat, dry            | 0.63    | 0.34   | 154    |                                                                                                                                                                                                                                                                                                                       |
| Breading mix<br>(see p. 103) | 20.28   | 11.00  | 4,990  | 6. Dredge scallops in breading mix.<br>7. Deep fat fry in vegetable shortening at 350°F until internal temperature is 160°F (71°C).<br>8. Place cooked scallops on trays in a single layer and freeze rapidly.<br>9. Place 64 to 72 scallops in half-size aluminum steam table pans.<br>10. Cover, label, and freeze. |
| TOTALS                       | 100.00  | 54.24  | 24,604 |                                                                                                                                                                                                                                                                                                                       |

- NOTES: 1. To reconstitute, remove frozen scallops from aluminum pan and place on a sheet pan in a convection oven at 350°F (177°C). Heat to an internal temperature of 160°F (71°C). Use caution to prevent scorching. Time: approximately 15 minutes.
2. For a thicker coating, redip in the egg wash and recoat with bread crumbs.
3. Formula includes 10% overrun. Theoretical yield: 110 portions.
4. Each pan serves 8 people; formula makes 13 pans.

## FRIED SCALLOPS

### Seafood

1. Scallops, frozen - NSN-8905-00-164-6874

### Dairy

2. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.
3. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style A.

### Special Procurement

4. Gluten, wheat

## PERCH YUCATAN

F-4

Yield: 100 Portions

Each Portion: 3 oz (85 g) perch  
2 oz (57 g) broth

| Ingredients                    | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                           |
|--------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Perch, ocean, fillets, skin on | 59.30   | 26.45  | 11,997 | 1. Place perch in deep pans on racks. Partially fill pans with water, keeping water below level of fish. Cover and steam until internal temperature of perch reaches 150°F (65°C).<br>2. Drain broth, cool to 50°F (10°C), and reserve for steps 3 and 7.<br>3. Cool perch to 45°F (7°C) and place 30 oz (851 g) in each half-size steam table pan. |
| Onions, dehydrated, sliced     | 1.39    | 0.62   | 281    | 4. Rehydrate onions in excess warm water for 15 minutes. Drain. Hold for step 5.                                                                                                                                                                                                                                                                    |
| Broth (fish)                   | 19.94   | 8.89   | 4,033  | 5. Add ingredients listed in this section and the onions from step 2 to a steam-jacketed kettle reserving some broth for step 7.                                                                                                                                                                                                                    |
| Lemon juice, reconstituted     | 4.00    | 1.78   | 807    | 6. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                            |
| Orange juice (concentrate)     | 2.89    | 1.29   | 585    |                                                                                                                                                                                                                                                                                                                                                     |
| Salt                           | 0.70    | 0.31   | 141    |                                                                                                                                                                                                                                                                                                                                                     |
| Sugar                          | 0.49    | 0.22   | 100    |                                                                                                                                                                                                                                                                                                                                                     |
| Onion, powdered                | 0.43    | 0.19   | 86     |                                                                                                                                                                                                                                                                                                                                                     |
| Coriander, ground              | 0.29    | 0.13   | 57     |                                                                                                                                                                                                                                                                                                                                                     |
| Pepper, white                  | 0.04    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                     |
| Starch, Col-Flo 67             | 0.67    | 0.30   | 136    | 7. Make a starch slurry using cooled broth reserved from step 3.<br>8. Add to above and heat to 180°F (82°C).<br>9. Add back water to maintain formula weight or volume.<br>10. Chill to 50°F (10°C).<br>11. Pour 22 oz (624 g) over perch in half-size steam table pans.                                                                           |

# PERCH YUCATAN

Con't

| Ingredients                    | Percent | Pounds | Grams  | Procedure                                                                                                                                                |
|--------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Olives, green                  | 4.93    | 2.20   | 998    | 12. Dice green olives. Sprinkle 3.2 oz (91 g) each of diced olives and red peppers over each half-size steam table pan.<br>13. Cover, label, and freeze. |
| Peppers, red, diced,<br>canned | 4.93    | 2.20   | 998    |                                                                                                                                                          |
| TOTALS                         | 100.00  | 44.60  | 20,229 |                                                                                                                                                          |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 90 minutes.
2. Formula (100 portions) makes 10 pans; each pan serves 10 people.
3. Formula includes 10% overrun. Theoretical yield: 110 portions.
4. Formula is based on 78% yield of perch. Weight of cooked perch equals 20.63 pounds (9358 g).

## PERCH YUCATAN

### Fish

1. Perch, frozen, fillets - NSN-8905-00-164-0485, Fed. PP-F-00381, Type II, Form III. (1) (a).

### Fruits and Vegetables

2. Juice, lemon, frozen - NSN-8915-00-411-2676, MIL-J-11174
3. Juice, orange, frozen - NSN-8915-00-782-2978, Fed. Z-F-1743/9, Style 1
4. Onions, dehydrated, sliced - NSN-8915-00-128-1171, Fed. JJJ-O-533, Style 3, Color (a).
5. Peppers, sweet, canned, red - NSN-8915-00-249-4873.

### Condiments

6. Pepper, white, ground - NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
7. Salt - NSN-8950-00-262-8886, Fed. SS-S-31.
8. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

### Special Procurement

9. Coriander, ground
10. Olives, green, broken, pitted
11. Onion, powdered
12. Starch, Col-Flo 67

## SALMON PATTIES

F-5

Yield: 100 Portions

Each Portion:  
2 patties 3.5 oz (100 g)

| Ingredients                    | Percent | Pounds | Grams  | Procedure                                                                                                                           |
|--------------------------------|---------|--------|--------|-------------------------------------------------------------------------------------------------------------------------------------|
| Margarine                      | 4.31    | 1.13   | 512    | 1. Melt margarine.                                                                                                                  |
| Onions, dehydrated,<br>chopped | 0.57    | 0.15   | 68     | 2. Rehydrate onions in excess warm water for 15 minutes. Drain.                                                                     |
| Salmon, drained                | 65.61   | 17.21  | 7,806  | 3. Combine ingredients listed in this section with margarine and onions in a mixer.                                                 |
| Eggs, whole,<br>frozen         | 10.45   | 2.74   | 1,243  | 4. Mix well and chill to 50°F (10°C).                                                                                               |
| Breadcrumbs, dry               | 12.88   | 3.38   | 1,533  | 5. Form into 2-oz (56 g) patties on Hollymatic or equivalent forming equipment.                                                     |
| Celery, fresh,<br>diced        | 4.65    | 1.22   | 553    | 6. Deep fat fry at 375°F (190°C) for 45 seconds, drain excess oil. Cool.                                                            |
| Lemon juice,<br>reconstituted  | 1.33    | 0.35   | 159    | 7. Cover bottom of half-size steam table pans with parchment. Shingle 20 patties, 2.2 lb, (1000 g) into half-size steam table pans. |
| Pepper, black,<br>ground       | 0.01    | 0.003  | 1      | 8. Cover, label, and freeze.                                                                                                        |
| Liquid smoke                   | 0.19    | 0.05   | 23     |                                                                                                                                     |
| TOTALS                         | 100.00  | 26.233 | 11,898 |                                                                                                                                     |

- NOTES: 1. Reheating: Reheat in convection oven with cover removed at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 50 minutes.
2. Formula (100 portions) makes 10 pans; each pan (2.2 lb or 1000 g) serves 10 people.
3. Formula includes a 5% overrun. Theoretical yield: 105 portions.

## SALMON PATTIES

### Meat

1. Salmon, canned - NSN-8905-00-543-7941, Fed. PP-S-31, Style 1, Form A, Species (B) or (C).

### Vegetables

2. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12
3. Lemon juice - NSN-8915-00-411-2676, MIL-J-11174
4. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1.

### Dairy, Eggs, Condiments

5. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1
6. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I
7. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II

### Bread and Cereal Products

8. Bread crumbs, dry - NSN-8920-00-464-2224, MIL-F-3501, Type III.

### Special Procurement

9. Liquid smoke

## SEAFOOD AU GRATIN

F-6

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients                  | Percent | Pounds | Grams | Procedure                                                                                                                                                                                   |
|------------------------------|---------|--------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Shrimp, frozen, deveined     | 20.00   | 10.36  | 4,699 | 1. Cook shrimp in boiling water until tender.<br>2. Drain and cool.                                                                                                                         |
| Haddock, frozen              | 20.00   | 10.36  | 4,699 | 3. Place haddock in deep pans on racks.<br>4. Partially fill pans with water keeping water below level of fish. Cover and steam until internal temperature of haddock reaches 150°F (65°C). |
| Scallops, frozen             | 20.00   | 10.36  | 4,699 | 5. Follow Steps 3 and 4 replacing scallops for haddock.<br>6. Drain and cool, reserving broth for steps 8 and 10.                                                                           |
| Onions, fresh, diced         | 3.73    | 1.93   | 875   | 7. Saute onions in steam-jacketed kettle until soft but not brown.                                                                                                                          |
| Margarine                    | 0.71    | 0.37   | 168   |                                                                                                                                                                                             |
| Broth (seafood)              | 10.68   | 5.53   | 2,508 | 8. Add ingredients listed in this section to above, reserving some broth for step 10.                                                                                                       |
| Cheese, cheddar, diced       | 8.90    | 4.61   | 2,091 | 9. Heat to 160°F (71°C).                                                                                                                                                                    |
| Milk, fresh, whole           | 7.18    | 3.72   | 1,687 |                                                                                                                                                                                             |
| Cream, light                 | 5.98    | 3.10   | 27    |                                                                                                                                                                                             |
| Salt                         | 0.12    | 0.06   | 9     |                                                                                                                                                                                             |
| Garlic, dehydrated, granular | 0.04    | 0.02   | 9     |                                                                                                                                                                                             |
| Starch, Col-Flo 67           | 0.88    | 0.46   | 209   | 10. Make a starch-flour slurry, using cooled broth from step 8.                                                                                                                             |
| Flour, hard wheat            | 0.35    | 0.18   | 82    | 11. Add to above and heat to 180°F (82°C).                                                                                                                                                  |
| Sherry flavor                | 1.43    | 0.74   | 336   | 12. Add to above. Mix well.<br>13. Cool to 50°F (10°C).<br>14. Add shrimp, haddock (broken into 1 to 2 inch pieces), and scallops and blend gently.                                         |

# SEAFOOD AU GRATIN

Con't

| Ingredients | Percent | Pounds | Grams  | Procedure                                                |
|-------------|---------|--------|--------|----------------------------------------------------------|
|             |         |        |        | 15. Add back water to maintain formula weight or volume. |
|             |         |        |        | 16. Fill 80 oz (2268 g) in half-size steam table pans.   |
|             |         |        |        | 17. Cover, label, and freeze.                            |
| TOTALS      | 100.00  | 51.80  | 23,495 |                                                          |

- NOTES: 1. Reheating: Reheat in 325°F, (163°C) convection oven to an internal temperature of 160°F (71°C). Time: Approximately 90 minutes.
2. Formula makes 8 pans. Each pan serves 13 people.
3. Formula includes 5% overrun. Theoretical yield: 105 portions.
4. Formula is based on 70% yield of shrimp, 60% yield of haddock, and 50% yield of scallops. Weight of cooked shrimp equals 7.25 pounds (3289 g), weight of cooked haddock equals 6.22 pounds (2821 g), weight of cooked scallops equals 5.18 pounds (2350 g).

## SEAFOOD AU GRATIN

### Meat

1. Haddock, frozen - NSN-8905-00-127-8474, Fed. PP-F-00381, Type II, Form III (1) (b)
2. Scallops, frozen - NSN-8905-00-164-6874, Fed. PP-S-120, Type III, Species a
3. Shrimp, frozen - NSN-8905-00-582-4039, Fed. PP-S-00316, Type I, Class 3, Style B

### Vegetables

4. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-0-1866
5. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V-1867/4, Style (a)

### Dairy, Condiments

6. Cheese, Cheddar - NSN-8910-00-125-8440, Fed. C-C-271, Class 2, Style f, Size (6)
7. Cream, light - NSN-8910-00-170-5058, Fed. C-M-001678, Type II, Class 3
8. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I
9. Milk, homogenized - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1
10. Salt - NSN-8950-00-262-8886, Fed. SS-S-31

### Cereal and Bakery Products

11. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

12. Sherry flavoring
13. Starch, Col-Flo 67

## SHRIMP CREOLE

F-7

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients                        | Percent | Pounds | Grams  | Procedure                                                                                                            |
|------------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------|
| Shrimp, frozen,<br>deveined        | 50.00   | 23.28  | 10,560 | 1. Cook in boiling water until<br>tender.<br>2. Cool to 50°F (10°C). Save for<br>steps 7 and 8.                      |
| Bacon                              | 7.12    | 3.32   | 1,506  | 3. Brown in oven until crisp. Drain<br>bacon fat and save for step 5.<br>Crumble bacon. Save for step 5.             |
| Onions, dehydrated,<br>chopped     | 0.41    | 0.19   | 86     | 4. Rehydrate in excess warm water,<br>for 15 minutes. Drain, save for<br>step 5.                                     |
| Tomatoes, canned<br>in heavy puree | 22.05   | 10.27  | 4,658  | 5. In a steam-jacketed kettle<br>combine ingredients listed in this<br>section with bacon, bacon fat, and<br>onions. |
| Celery, fresh,<br>diced            | 4.06    | 1.89   | 857    | 6. Heat to 160°F (71°C).                                                                                             |
| Mushrooms, canned,<br>pieces       | 3.05    | 1.42   | 644    |                                                                                                                      |
| Peppers, frozen,<br>green, diced   | 2.55    | 1.19   | 540    |                                                                                                                      |
| Sugar, granulated                  | 0.81    | 0.38   | 172    |                                                                                                                      |
| Lemon juice,<br>reconstituted      | 0.41    | 0.19   | 86     |                                                                                                                      |
| Salt                               | 0.40    | 0.19   | 84     |                                                                                                                      |
| Garlic, dehydrated<br>granular     | 0.05    | 0.02   | 9      |                                                                                                                      |
| Tabasco Sauce                      | 0.014   | 0.007  | 3      |                                                                                                                      |
| Bay, ground                        | 0.002   | 0.001  | 0.45   |                                                                                                                      |
| Allspice, ground                   | 0.002   | 0.001  | 0.45   |                                                                                                                      |
| Pepper, cayenne,<br>ground         | 0.002   | 0.001  | 0.45   |                                                                                                                      |

# SHRIMP CREOLE

Con't

| Ingredients           | Percent | Pounds | Grams    | Procedure                                                              |
|-----------------------|---------|--------|----------|------------------------------------------------------------------------|
| Water, cold           | 7.03    | 3.27   | 1,483    | 7. Make a starch-flour slurry with water and add to the above mixture. |
| Starch, Col-Flo<br>67 | 1.53    | 0.71   | 322      | Heat to 180°F (82°C).                                                  |
| Flour, hard wheat     | 0.51    | 0.24   | 109      | 8. Add cooked shrimp. Mix well.                                        |
|                       |         |        |          | 9. Add back water to maintain formula weight or volume.                |
|                       |         |        |          | 10. Cool to 45°F (7°C).                                                |
|                       |         |        |          | 11. Fill 80 oz (2268 g) per half-size steam table tray.                |
|                       |         |        |          | 12. Cover, label, and freeze.                                          |
| TOTALS                | 100.00  | 46.57  | 21119.35 |                                                                        |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (163°C) to internal temperature of 160°F (71°C). Time: approximately 2 hours.
2. Formula makes 8 pans; each pan (5 lb or 2268 g) serves 13 people.
3. Formula includes 5% overrun. Theoretical yield: 105 portions.
4. Formula is based on a 70% yield of shrimp. Weight of cooked shrimp (100 portions + 5%) equals 16 pounds (7258 g).

## SHRIMP CREOLE

### Meat

1. Bacon - NSN-8905-00-403-9592, Fed. PP-B-0081, Type II, Form B, Style 1, Class 3
2. Shrimp, frozen - NSN-8905-00-582-4039, Fed. PP-S-00316, Type I, Class 3, Style B

### Vegetables

3. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12
4. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866
5. Lemon juice - NSN-8915-00-411-2676, MIL-J-11174
6. Mushrooms, canned - NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type 2, Style E
7. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1
8. Peppers, sweet, frozen, green - NSN-8915-00-081-0856, Fed. HHH-V-1745/15 Type I, Style E

### Condiments

9. Allspice, ground - NSN-8950-00-170-9562, Fed. EE-S-631, Type II
10. Pepper, cayenne, ground - NSN-8950-00-170-9565, Fed. EE-S-631
11. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class (a)

### Cereal and Bakery Products

12. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

13. Bay, ground - EE-S-631, Type II
14. Starch, Col-Flo 67
15. Tabasco sauce
16. Tomatoes, canned in heavy puree.

## SHRIMP NEWBURG

F-8

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients                | Percent | Pounds | Grams  | Procedure                                                                                                                 |
|----------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------|
| Shrimp, frozen deveined    | 50.00   | 23.28  | 10,560 | 1. Cook in boiling water until tender.<br>2. Cool to 50°F (10°C). Save for step 12.                                       |
| Margarine                  | 5.00    | 2.33   | 1,057  | 3. In a steam-jacketed kettle melt margarine.                                                                             |
| Flour, hard wheat          | 0.50    | 0.23   | 104    | 4. Make a roux with melted margarine and flour.                                                                           |
| Milk, fresh, whole         | 25.24   | 11.76  | 5,334  | 5. Add slowly all ingredients in this section, reserving small amount of milk for step 7. Mix well.                       |
| Salt                       | 0.50    | 0.23   | 104    | 6. Heat to 160°F (71°C).                                                                                                  |
| Sugar                      | 0.26    | 0.12   | 54     |                                                                                                                           |
| Lemon juice, reconstituted | 0.11    | 0.05   | 23     |                                                                                                                           |
| Paprika                    | 0.05    | 0.02   | 9      |                                                                                                                           |
| Worcestershire sauce       | 0.02    | 0.01   | 4      |                                                                                                                           |
| Pepper, white, ground      | 0.01    | 0.005  | 2      |                                                                                                                           |
| Tabasco sauce              | 0.01    | 0.005  | 2      |                                                                                                                           |
| Starch, Col-Flo 67         | 1.50    | 0.70   | 318    | 7. Make a slurry of starch with milk reserved from step 5. Mix well and add to above mixture.<br>8. Heat to 180°F (82°C). |
| Cream, light               | 10.00   | 4.66   | 2,114  | 9. Cool to 120°F (49°C).                                                                                                  |
| Mushrooms, canned, sliced  | 3.50    | 1.63   | 739    | 10. Add cream, mushrooms, red peppers and sherry flavoring. Mix well.                                                     |
| Peppers, red, canned diced | 1.00    | 0.47   | 213    | 11. Add cooked shrimp. Mix well.<br>12. Add back water to maintain formula weight or volume.                              |
| Sherry flavoring           | 2.30    | 1.07   | 485    | 13. Cool to 45°F (7°C).<br>14. Fill 80 oz (2268) in half-size steam table pans.                                           |
|                            |         |        |        | 15. Cover, label, and freeze.                                                                                             |
| TOTALS                     | 100.00  | 46.57  | 21,122 |                                                                                                                           |

## SHRIMP NEWBURG

Con't

- NOTES:
1. Reheating: Reheat in convection oven at 325°F (163°C) to 160°F (71°C). Time: approximately 90 minutes. Do not over heat.
  2. Formula (100 portions) makes 8 pans; each pan serves 13 people.
  3. Formula includes 5% overrun. Theoretical Yield: 105 portions.
  4. Formula is calculated on 70% shrimp yield. Cooked weight of shrimp (100 portions + 5%) equals approximately 16 pounds (7258 g).
  5. Shrimp may be replaced by fish to make a Fish Newburg.

## SHRIMP NEWBURG

### Meat

1. Shrimp, frozen - NSN-8905-00-582-4039, Fed. PP-S-00316, Type I, Class 3, Style B

### Vegetables

2. Lemon juice - NSN-8915-00-411-2676, MIL-J-11174
3. Mushrooms, canned, sliced - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type 2, Style D
4. Peppers, sweet, red, canned - NSN-8915-00-249-4873

### Dairy, Condiments

5. Cream, light - NSN-8910-00-170-5058, Fed. C-M-001678, Type II, Class 3
6. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I
7. Milk, homogenized - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class I
8. Paprika, ground, spanish - NSN-8950-00-170-9563, Fed. EE-S-631, Type II
9. Pepper, white, ground - NSN-8950-00-245-2302, Fed. EE-S-631, Type II
10. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
11. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type 1, Class a
12. Worcestershire sauce - NSN-8950-00-082-6177, Fed. EE-W-600

### Cereal and Bakery Products

13. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

14. Sherry flavoring
15. Starch, Col-Flo 67
16. Tabasco sauce

## TUNA PATTIES

F-9

Yield: 100 Portions

Each Portion: 2 patties, 3.5 oz (100 g)

| Ingredients                    | Percent | Pounds | Grams  | Procedure                                                                                                   |
|--------------------------------|---------|--------|--------|-------------------------------------------------------------------------------------------------------------|
| Margarine                      | 4.46    | 1.19   | 540    | 1. Melt margarine.                                                                                          |
| Onions, dehydrated,<br>chopped | 0.79    | 0.21   | 95     | 2. Rehydrate onions in excess warm water, let stand for 15 minutes, drain.                                  |
| Tuna, canned,<br>drained       | 66.04   | 17.61  | 7,988  | 3. Combine ingredients listed in this section with margarine and onions in mixer.                           |
| Eggs, whole, frozen            | 10.31   | 2.75   | 1,247  | 4. Mix well, chill to 50°F (10°C).                                                                          |
| Bread crumbs                   | 8.96    | 2.39   | 1,084  | 5. Form into 2-oz (56 g) patties on Hollymatic or equivalent forming equipment.                             |
| Celery, fresh,<br>diced        | 4.99    | 1.33   | 603    | 6. Deep fat fry at 375°F (190°C) for 35 seconds, drain excess oil and chill to 45°F (7°C).                  |
| Sugar                          | 2.02    | 0.54   | 245    | 7. Cover bottom of half-size steam table pan with parchment. Shingle 2.2 lb (1000 g) into pan (20 patties). |
| Lemon juice,<br>reconstituted  | 1.69    | 0.45   | 204    | 8. Cover, label, freeze.                                                                                    |
| Salt                           | 0.53    | 0.14   | 64     |                                                                                                             |
| Tabasco sauce                  | 0.19    | 0.05   | 23     |                                                                                                             |
| Monosodium glutamate           | 0.01    | 0.002  | 1      |                                                                                                             |
| Pepper, black,<br>ground       | 0.01    | 0.002  | 1      |                                                                                                             |
| TOTALS                         | 100.00  | 26.664 | 12,095 |                                                                                                             |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 50 minutes. Remove cover before reheating. Product is cooked during reheating.
2. Formula (100 portions) makes 10 pans; each pan (2.2 lbs or 1000 g) serves 10 people.
3. Formula includes 8% overrun. Theoretical yield: 108 portions.
4. Tuna patties may also be deep fat fried to form tuna croquettes.

## TUNA PATTIES

### Meat

1. Tuna, canned - NSN-8905-00-935-3161, Fed. PP-T-771, Type I, form a, packing media (c) color 2

### Vegetables

2. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12
3. Lemon juice - NSN-8915-00-411-2676, MIL-J-11174
4. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type 1, Style 1

### Dairy, Eggs, Condiments

5. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, kind a, Class 1
6. Margarine - NSN-8945-00-222-0567, MIL-M-10958
7. Monosodium glutamate - NSN-8950-00-263-2786, Fed. EE-M-591
8. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
9. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
10. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a

### Cereal and Bakery Products

11. Bread crumbs - NSN-8920-00-464-2224, MIL-F-3501, Type III

### Special Procurement

12. Tabasco Sauce

## HAM LOAF

F-10

Yield: 100 Portions

Each Portion: 3.5 oz (100 g)

| Ingredients                   | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                |
|-------------------------------|---------|--------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ham, canned                   | 43.54   | 13.06  | 5924  | 1. Grind meat through 3/8-inch plate.                                                                                                                                                                                                    |
| Pork, boneless                | 15.93   | 4.78   | 2168  |                                                                                                                                                                                                                                          |
| Veal, boneless                | 13.00   | 3.90   | 1769  |                                                                                                                                                                                                                                          |
| Onions, dehydrated, chopped   | 0.50    | 0.15   | 68    | 2. Rehydrate in excess warm water for 15 minutes. Drain.                                                                                                                                                                                 |
| Milk, homogenized             | 13.06   | 3.92   | 1778  | 3. Combine ingredients listed in this section with meat and onions in mechanical mixer. Mix lightly.<br>4. Place 4 lb 15 oz (2240 g) of ham loaf mixture in half-size steam table pan. Make level and pack down well to avoid air holes. |
| Eggs, whole, frozen           | 6.23    | 1.87   | 848   |                                                                                                                                                                                                                                          |
| Bread crumbs                  | 3.77    | 1.13   | 513   |                                                                                                                                                                                                                                          |
| Peppers, frozen, green, diced | 1.47    | 0.44   | 200   |                                                                                                                                                                                                                                          |
| Cheese, Swiss, ground         | 1.00    | 0.30   | 136   |                                                                                                                                                                                                                                          |
| Liquid smoke                  | 0.13    | 0.04   | 18    |                                                                                                                                                                                                                                          |
| Mustard, flour                | 0.10    | 0.03   | 14    | 5. Spread 1 oz (28 g) of water over surface of each ham loaf.<br>6. Cover label and freeze.                                                                                                                                              |
| Water                         | 1.27    | 0.38   | 172   |                                                                                                                                                                                                                                          |
| TOTALS                        | 100.00  | 30.00  | 13608 |                                                                                                                                                                                                                                          |

## HAM LOAF

- NOTES:
1. Reheating: Remove cover and reheat in 325°F (162°C) convection oven until internal temperature reaches 160°F (71°C). Time: approximately 1 hour. Product is cooked during reheating.
  2. Formula makes 6 pans. Each pan (5 lb) serves 18 people.
  3. Formula includes an 8% allowance for overrun. Theoretical Yield: 108 portions.
  4. Upon reheating each 5 lb pan loses approximately one-fifth of its weight or 5 lb (2268 g) will equal 4 lb (1814 g) cooked weight.
  5. Formula may also be suitable for ham croquettes (fried).

## HAM LOAF

### Meat

1. Ham, canned - NSN-8905-00-410-4670 Fed. PP-H-61, Type II
2. Pork Roast, frozen-NSN-8905-00-753-6503, MIL-P-43148
3. Veal, boneless, roasts-NSN-8905-00-616-0031, MIL-V-0043299

### Vegetables

4. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type 1, Style 1
5. Peppers, frozen, green, diced - NSN-8915-00-081-0856, Fed. HHH-V-1745/15, Type 1, Style E

### Dairy, Eggs, Condiments

6. Cheese, Swiss - NSN-8910-00-584-6434, Fed. C-C-302, style (c)
7. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed C-E-00230- Type II, kind a, class 1
8. Milk, homogenized - NSN-8910-00-584-6435, Fed C-M-001678, Type I, Class 1
9. Mustard, flour - NSN-8950-00-170-9567, Fed. EE-S-631, Type III

### Cereal and Bakery Products

10. Bread crumbs, dry - NSN-8920-00-464-2224, MIL-F-3501, Type III

### Special Procurement

11. Liquid smoke.

## BREADED PORK CHOPS

P-11

Yield: 100 Portions

Each Portion: 1 Pork Chop

| Ingredients                              | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                                            |
|------------------------------------------|---------|--------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork chops,<br>(center cut,<br>bone-in)  | 81.59   | 37.50  | 17010 | 1. Place pork chops in deep pans. Partially fill with water and steam until internal temperature reaches 160°F (71°C).<br>2. Drain broth and discard.<br>3. Cool pork chops to 45°F (7°C).                                                                                                                           |
| Water                                    | 4.18    | 1.92   | 871   | 4. Combine water, nonfat dry milk, and eggs to make egg wash. Dip pork chops in wash.                                                                                                                                                                                                                                |
| Eggs, frozen, whole                      | 1.35    | 0.62   | 281   |                                                                                                                                                                                                                                                                                                                      |
| Milk, nonfat, dry                        | 0.65    | 0.30   | 136   |                                                                                                                                                                                                                                                                                                                      |
| Breading (see<br>breeding mix<br>p.103). | 12.23   | 5.62   | 2549  | 5. Dredge each pork chop in breeding mix to obtain a light coating.<br>6. Fry in deep fat at 360°F (182°C) for 45 seconds. Drain well.<br>7. Cool to 45°F (7°C).<br>8. Cover bottom of half-size steam table pan with parchment and shingle 8 pork chops (38 oz or 1077 g) to a pan.<br>9. Cover, label, and freeze. |
| TOTALS                                   | 100.00  | 45.96  | 20847 |                                                                                                                                                                                                                                                                                                                      |

- NOTES: 1. Reheating: Reheat in convection oven with cover removed at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 1 hour.
2. Breading is calculated on 20% of the cooked pork chops. Egg wash is calculated on 10% of the weight of cooked pork chops. Additional breading and egg wash may be needed to account for equipment fill.
3. Formula is based on 55% edible meat from raw pork chops and is calculated on a 25% loss during cooking and on 20% refuse (bones). Cooked weight of pork chops is 28 lb (12701 g).
4. Figures represent actual amount used with 10% over-run. Theoretical Yield: 110 portions.
5. Formula makes 13 pans; each pan serves 8 people.
6. The pounds in formula is only a guide. Use count of pork chops to assure 100 portions.

## BREADED PORK CHOPS

### Dairy, Eggs

1. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.
2. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style a.

### Special Procurement

3. Pork Chops, center cut, bone-in.

## ARROZ CON POLLO

C-1

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                            | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                                                       |
|----------------------------------------|---------|--------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken (legs, thighs, breasts)        | 48.60   | 30.76  | 13953 | 1. Place thawed chicken in deep pans. Cover with water and steam until tender (approximately 40 minutes at 5 psi)(34K Pa).<br>2. Drain chicken broth, cool to 50°F (10°C) and reserve for step 9.<br>3. Chill chicken to 45°F (7°C).<br>4. Bone chicken and cut into approximately 1-1/2 in. (3.9 cm) pieces. Hold for step 14. |
| Rice, white                            | 6.08    | 3.85   | 1746  | 5. Cook rice in excess water until tender.<br>6. Drain.<br>7. Chill to 50°F (10°C). Hold for step 14.                                                                                                                                                                                                                           |
| Bacon                                  | 8.94    | 5.66   | 2567  | 8. Cook bacon with green peppers in large steam jacketed kettle until bacon is transparent. Add diced (1/2 in.) (1.3 cm) ham.                                                                                                                                                                                                   |
| Peppers, green diced, frozen           | 3.56    | 2.25   | 1021  |                                                                                                                                                                                                                                                                                                                                 |
| Ham, smoked, diced                     | 4.66    | 2.95   | 1338  | 9. Make a starch slurry with chilled chicken broth from step 2. Add to bacon, ham and green peppers.                                                                                                                                                                                                                            |
| Chicken broth                          | 14.44   | 9.14   | 4146  |                                                                                                                                                                                                                                                                                                                                 |
| Starch, Col-Flo 67                     | 0.41    | 0.26   | 118   |                                                                                                                                                                                                                                                                                                                                 |
| Onions, dehydrated, chopped            | 0.32    | 0.20   | 91    | 10. Rehydrate onions in excess warm water for 15 minutes. Drain, add to above.                                                                                                                                                                                                                                                  |
| Tomatoes, whole, canned in heavy puree | 6.19    | 3.92   | 1778  | 11. Add ingredients listed in this section to steam-jacketed kettle.<br>12. Heat to 180°F (82°C).<br>13. Cool to 50°F (10°C).<br>14. Mix in rice and boned chicken.<br>15. Fill 5 lb (2268 g) into half-size steam table pans.                                                                                                  |
| Tomato paste (26%)                     | 2.92    | 1.85   | 839   |                                                                                                                                                                                                                                                                                                                                 |
| Peppers, red, canned, diced            | 2.69    | 1.70   | 771   |                                                                                                                                                                                                                                                                                                                                 |
| Salt                                   | 0.41    | 0.26   | 118   |                                                                                                                                                                                                                                                                                                                                 |
| Vinegar, cider                         | 0.32    | 0.20   | 91    |                                                                                                                                                                                                                                                                                                                                 |
| Sugar, granulated                      | 0.27    | 0.17   | 77    |                                                                                                                                                                                                                                                                                                                                 |
| Paprika                                | 0.13    | 0.08   | 36    |                                                                                                                                                                                                                                                                                                                                 |
| Garlic, dehydrated granular            | 0.05    | 0.03   | 14    |                                                                                                                                                                                                                                                                                                                                 |
| Pepper, black, ground                  | 0.01    | 0.01   | 4     |                                                                                                                                                                                                                                                                                                                                 |

## ARROZ CON POLLO

| Ingredients | Percent | Pounds | Grams | Procedure |
|-------------|---------|--------|-------|-----------|
| TOTALS      | 100.00  | 63.29  | 28708 |           |

- NOTES: 1. Reheating: Reheat in a convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
2. Formula (100 portions) makes 10 pans. Each pan (5 lb or 2268 g) serves 10 people.
3. Formula includes a 5% allowance for overrun. Theoretical yield: 105 servings.
4. Chicken weight is based on a 40% yield from raw weight to cooked edible (boned) meat. Edible weight of chicken equals 12 lb (5443 g).

## ARROZ CON POLLO

### Meat

1. Bacon - NSN-8905-00-403-0592, Fed. PP-B-0081, Type II, form B, Style 1, Class 3
2. Chicken, frozen - NSN-8905-00-965-2128, Fed. PP-C-248, Type IV, Class 1, Style 4
3. Ham - NSN-8905-00-410-4670, Fed. PP-H-61, Type II

### Vegetables

4. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II
5. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1
6. Peppers, sweet, canned, red - NSN-8915-00-249-4873
7. Peppers, sweet, frozen, green - NSN-8915-00-081-0856, Fed. HHH-V-1745/15, Type I, Style E
8. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, concentration d, Texture 1

### Condiments

9. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631
10. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
11. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
12. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class (a)
13. Vinegar, cider - NSN-8950-00-221-0297, Fed. Z-V-401, Type I

### Cereal and Bakery Products

14. Rice, parboiled - NSN-8920-00-530-2185, Fed. N-R-00351, Class I

### Special Procurement

15. Starch, Col-Flo 67
16. Tomatoes, whole, canned in heavy puree

## CHICKEN AND CORNBREAD CASSEROLE

C-2

Yield: 100 Portions

Each portion: 9 oz (255 g)

| Ingredients                   | Percent | Pounds | Grams | Procedure                                                                                                                                            |
|-------------------------------|---------|--------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken, cooked               | 33.34   | 20.48  | 9289  | 1. Dice cooked chicken into $\frac{1}{2}$ inch (1.3 cm) squares. Hold for step 7.                                                                    |
| Onions, dehydrated, chopped   | 1.25    | 0.77   | 349   | 2. Rehydrate onions in excess warm water for 15 minutes. Drain and save for step 3.                                                                  |
| Tomato Puree                  | 16.23   | 9.96   | 4518  | 3. Combine ingredients listed in this section with onions from step 2 in a steam-jacketed kettle reserving some broth for step 5.                    |
| Chicken Broth                 | 14.32   | 8.79   | 3987  | 4. Heat to 160°F (71°C).                                                                                                                             |
| Celery, fresh, chopped        | 4.54    | 2.79   | 1266  |                                                                                                                                                      |
| Peppers, green, diced, frozen | 2.49    | 1.53   | 694   |                                                                                                                                                      |
| Olives, ripe, pitted          | 1.81    | 1.11   | 503   |                                                                                                                                                      |
| Onion, powdered               | 0.34    | 0.22   | 100   |                                                                                                                                                      |
| Salt                          | 0.21    | 0.13   | 59    |                                                                                                                                                      |
| Pepper, black                 | 0.03    | 0.02   | 9     |                                                                                                                                                      |
| Starch, Col-Flo 67            | 1.66    | 1.02   | 463   | 5. Make a starch-flour slurry with broth reserved from step 3. Add to steam kettle.                                                                  |
| Flour, hard wheat             | 0.67    | 0.41   | 186   | 6. Heat to 180°F (82°C).<br>7. Add diced cooked chicken from step 1. Mix gently. Do not chill.<br>8. Fill 55 oz into each half-size steam table pan. |

# CHICKEN AND CORNBREAD CASSEROLE

| Ingredients         | Percent | Pounds | Grams | Procedure                                                                                                                      |
|---------------------|---------|--------|-------|--------------------------------------------------------------------------------------------------------------------------------|
| Corn meal           | 4.92    | 3.02   | 1370  | 9. Combine dry ingredients in this section and mix well.                                                                       |
| Flour, hard wheat   | 4.23    | 2.60   | 1179  | 10. Add remaining ingredients. Mix gently to form batter.                                                                      |
| Baking Powder       | 0.32    | 0.20   | 91    | 11. Pour 16 oz of batter over each pan, covering surface.                                                                      |
| Salt                | 0.23    | 0.14   | 64    | 12. Place each pan in convection oven. Heat in hot oven (400°F, 204°C) for 20 minutes or until cornbread is thoroughly cooked. |
| Milk, homogenized   | 8.47    | 5.20   | 2359  | 13. Cool to 45°F (7°C).                                                                                                        |
| Oil, salad          | 2.82    | 1.73   | 785   | 14. Cover, label, and freeze.                                                                                                  |
| Eggs, whole, frozen | 2.12    | 1.30   | 590   |                                                                                                                                |
| TOTALS              | 100.00  | 61.42  | 27861 |                                                                                                                                |

- Notes:
1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 165°F (74°C). Time: Approximately 2 hours. Cover may be removed during cooking to quicken reheating of cornbread.
  2. Formula (100 portions) makes 13 pans. Each pan serves 8 people.
  3. Formula includes 9% allowance for overrun. Theoretical yield: 109 servings.
  4. Formula is based on the weight of cooked chicken.

## CHICKEN AND CORNBREAD CASSEROLE

### Meat

1. Chicken, frozen - NSN-8905-00-126-3416, Fed. PP-C-248, Type II, Class 1, Style 1

### Vegetables

2. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12
3. Peppers, sweet, frozen, green - NSN-8915-00-081-0856, Fed. HHH-V-1745/15, Type I, Style E
4. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1

### Dairy, Eggs and Condiments

5. Baking powder - NSN-8950-125-6333, Fed. EE-B-25, Type 1
6. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1
7. Milk, homogenized - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1
8. Olives, ripe, pitted, sliced - NSN-8950-00-450-0016, Fed. Y-O-451, Type II, Style (e).
9. Pepper, black - NSN-8950-00-616-0051, Fed. EE-S-631, Type II
10. Salt - NSN-8950-00-262-8886, Fed. SS-S-31

### Cereal and Bakery Products

11. Corn meal, yellow - NSN-8920-00-616-0025, Fed. N-C-521, Type II, Class B, granulation 1, color b
12. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Oil

13. Salad oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B

### Special Procurement

14. Chicken broth
15. Onion powder
16. Starch, Col-Flo 67
17. Tomato puree

## CHICKEN PARMESAN

C-3

Yield: 100 Portions

Each portion: 5 oz (42 g) chicken  
2 oz (57 g) bread cubes

| Ingredients                            | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                |
|----------------------------------------|---------|--------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken (legs, thighs, breasts, backs) | 78.76   | 51.70  | 23451 | 1. Place chicken in deep pan. Partially fill with water and steam until tender (approximately 40 minutes at 5 psi or 34 K Pa.)<br>2. Drain broth.<br>3. Cool chicken to 45°F (7°C) and place approximately 39 oz (1106 g) in half-size steam table pans. |
| Butter                                 | 8.09    | 5.31   | 2409  | 4. Melt butter and add remaining ingredients in this section. Mix well.                                                                                                                                                                                  |
| Cheese, Parmesan, grated               | 0.98    | 0.64   | 290   |                                                                                                                                                                                                                                                          |
| Salt                                   | 0.24    | 0.16   | 72    |                                                                                                                                                                                                                                                          |
| Garlic, dehydrated, granular           | 0.03    | 0.02   | 9     |                                                                                                                                                                                                                                                          |
| Croutons, unseasoned                   | 11.90   | 7.81   | 3543  | 5. Combine season butter with croutons. Mix well.<br>6. Place 14.5 oz (411 g) over chicken in half-size steam table pans.<br>7. Cover, label, and freeze.                                                                                                |
| TOTALS                                 | 100.00  | 65.64  | 29774 |                                                                                                                                                                                                                                                          |

- NOTES:
1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature of chicken reaches 160°F (71°C). Time: approximately 2 hours.
  2. Chicken broth (3 to 5 oz) may be added to each pan to enhance flavor and improve texture of chicken.
  3. Formula makes 14 pans. Each pan serves 7 people.
  4. Formula includes 10% overrun. Theoretical yield: 110 portions.
  5. Formula is based on 40% edible meat from raw chicken. This includes a 70% yield from raw to cooked chicken and a 57% yield from cooked chicken to edible meat.
  6. Cooked weight of chicken (100 portions + 10%) equals 36 pounds (16,330 g). Edible meat equals 20.63 lb (9358 g).

## CHICKEN PARMESAN

### Meat

1. Chicken, cut-up - NSN-8905-00-965-2128, Fed. PP-C-248, Type IV, Class 1, Style 4

### Vegetables

2. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II

### Dairy, Condiments

3. Cheese, grated Parmesan - NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1
4. Salt - NSN-8950-00-262-8886, Fed. SS-S-1
5. Butter - NSN-8910-00-616-0038, Fed. C-B-801

### Special Procurement

6. Croutons, unseasoned

## ORIENTAL CHICKEN

C-4

Yield: 100 Portions

Each Portion: 5 oz (142 g)

| Ingredients                  | Percent | Pounds | Grams | Procedure                                                                                                             |
|------------------------------|---------|--------|-------|-----------------------------------------------------------------------------------------------------------------------|
| Chicken, cooked,<br>boned    | 60.00   | 19.69  | 8931  | 1. Dice cooked chicken into $\frac{1}{2}$ -inch (1.3cm) squares. Hold for step 6.                                     |
| Scallions, fresh             | 2.42    | 0.79   | 358   | 2. Slice scallions into $\frac{1}{4}$ -inch (0.6cm) segments. Blanch for 2 minutes in boiling water. Hold for step 6. |
| Chicken broth                | 21.23   | 6.97   | 3162  | 3. Combine ingredients listed in this section in a steam-jacketed kettle. Mix well. Heat to 180°F (162°C).            |
| Soy sauce                    | 2.20    | 0.72   | 327   |                                                                                                                       |
| Sherry flavoring             | 1.96    | 0.64   | 290   |                                                                                                                       |
| Starch, Col-Flo-67           | 1.58    | 0.52   | 236   |                                                                                                                       |
| Sugar                        | 0.74    | 0.24   | 109   |                                                                                                                       |
| Ginger, ground               | 0.03    | 0.01   | 5     |                                                                                                                       |
| Mushrooms, canned,<br>sliced | 5.90    | 1.94   | 880   | 4. Add ingredients listed in this section to above.                                                                   |
| Apricot puree, canned        | 3.94    | 1.29   | 585   | 5. Cool to 45°F (7.2°C).                                                                                              |
|                              |         |        |       | 6. Add chicken and scallions from steps 1 and 2 to sauce. Mix gently.                                                 |
|                              |         |        |       | 7. Fill 85 oz (2410 g) per half-size steam table pan.                                                                 |
|                              |         |        |       | 8. Cover, label, and freeze.                                                                                          |
| TOTALS                       | 100.00  | 32.81  | 14883 |                                                                                                                       |

- NOTES: 1. Reheating: reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
2. Formula makes 6 pans; each pan serves 17 people.
3. Formula includes 5% overrun; theoretical yield: 105 portions.
4. Formula is based on cooked weight of boned chicken.

## ORIENTAL CHICKEN

### Meat

1. Chicken breasts, frozen - NSN-8905-00-126-3416, Fed PP-C-248, Type II, Class 1, Style 1

### Vegetables

2. Mushrooms, canned, sliced - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style B

### Condiments

3. Ginger, ground - NSN-8950-00-616-5484, Fed. EE-S-631, Type II
4. Soy sauce - NSN-8950-00-935-3254, Fed. EE-S-610
5. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class (a)

### Special Procurement

6. Apricot puree, canned
7. Chicken broth
8. Scallions, fresh
9. Sherry flavoring
10. Starch - Col-Flo 67

## OVEN FRIED CHICKEN

C-5

Yield: 100 Portions

Each Portion: 2 pieces  
approximately 7 oz (198 g)

| Ingredients                                         | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                          |
|-----------------------------------------------------|---------|--------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken (legs, thighs, breasts)                     | 87.71   | 51.70  | 23451 | 1. Place chicken in deep pans. Partially fill with water and steam until tender (approximately 40 min. at 5 psi (34 K.Pa)).<br>2. Drain broth and discard.<br>3. Cool chicken to 45°F (7°C).                                                                                                       |
| Water                                               | 2.09    | 1.23   | 558   | 4. Combine water, dry nonfat milk, and eggs to make egg wash. Dip chicken pieces in wash.                                                                                                                                                                                                          |
| Eggs, whole, frozen                                 | 0.68    | 0.40   | 181   |                                                                                                                                                                                                                                                                                                    |
| Milk, nonfat, dry                                   | 0.32    | 0.19   | 86    |                                                                                                                                                                                                                                                                                                    |
| Breading (see<br>breeding mix p.103<br>for chicken) | 9.20    | 5.42   | 2458  | 5. Dredge each piece of chicken with breading.<br>6. Fry in deep fat at 360°F (182°C) for 1 minute. Drain well.<br>7. Cool to 45°F (7°C).<br>8. Cover bottom of half-size steam table pan with parchment and fill 12 pieces (approximately 45 oz (1275 g) per pan.<br>9. Cover, label, and freeze. |
| TOTALS                                              | 100.00  | 58.94  | 26734 |                                                                                                                                                                                                                                                                                                    |

- NOTES:
1. Reheatings: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 90 minutes.
  2. Flavor and texture can be enhanced by removing cover during the last 25 minutes of reheating.
  3. Important: Breading is based on 15% of the steamed chicken weight and egg wash is based on 5% of the weight of the steamed chicken. Additional breading and egg wash may be needed to account for equipment fill.
  4. Formula makes 17 pans; each pan serves 6 people.
  5. Figures represent actual amount used with 10% overrun. Theoretical yield: 110 portions.
  6. Chicken weight is calculated on 40% edible meat from raw chicken. This includes a 70% yield from raw to cooked chicken and a 57% yield from cooked chicken to edible meat. Cooked weight of chicken (100 portions + 10%) equals 36 lbs.
  7. The pounds in formula is only a guide. Use count of chicken to assure 100 portions.

OVEN FRIED CHICKEN

Meat

1. Chicken, frozen - NSN-8905-00-965-2128, Fed. PP-C-248, Type IV, Class 1, Style 4

Dairy, Condiments

2. Eggs, Whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1
3. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style A

# SAVORY CHICKEN

C-6

Yield: 100 Portions

Each Portion: Chicken 5 oz (142 g)  
Sauce 5 oz (142 g)

| Ingredients                            | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                      |
|----------------------------------------|---------|--------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken (legs, thighs, breasts, backs) | 56.70   | 51.70  | 23451 | 1. Place chicken in deep pans. Partially cover with water and steam until tender (approx. 40 min. at 5 psi, 34 K Pa).<br>2. Drain broth, cool to 50°F (10°C), and reserve for step 6.<br>3. Cool chicken to 45°F (7°C) and place 39 oz (1106 g) in half-size steam table pans. |
| Onions, dehydrated, sliced             | 1.16    | 1.06   | 481   | 4. Rehydrate onions in excess warm water for 15 minutes. Drain and save for step 6.                                                                                                                                                                                            |
| Margarine                              | 1.89    | 1.72   | 780   | 5. Melt margarine in steam-jacketed kettle at low heat.                                                                                                                                                                                                                        |
| Broth (chicken)                        | 27.592  | 25.143 | 11405 | 6. Combine starch and flour; mix with cooled chicken broth; add to kettle with onions and milk.                                                                                                                                                                                |
| Starch, Col-Flo 67                     | 1.41    | 1.29   | 585   | Heat to 160°F (71°C).                                                                                                                                                                                                                                                          |
| Flour, hard wheat                      | 0.94    | 0.86   | 390   |                                                                                                                                                                                                                                                                                |
| Milk, fresh, whole                     | 6.25    | 5.70   | 2586  |                                                                                                                                                                                                                                                                                |
| Salt                                   | 0.46    | 0.42   | 191   | 7. Add ingredients in this section and heat to 180°F (82°C).                                                                                                                                                                                                                   |
| Celery seed, ground                    | 0.03    | 0.03   | 14    | 8. Add back water to maintain formula weight or volume.                                                                                                                                                                                                                        |
| Savory, ground                         | 0.008   | 0.007  | 3     | 9. Cool gravy to 50°F (10°C).                                                                                                                                                                                                                                                  |
| Sugar                                  | 0.87    | 0.79   | 358   | 10. Pour 41 oz (1162 g) over chicken in half-size steam table pans.                                                                                                                                                                                                            |
| Sauterne flavor                        | 2.69    | 2.45   | 1111  | 11. Cover, label, and freeze.                                                                                                                                                                                                                                                  |
| TOTALS                                 | 100.00  | 91.17  | 41355 |                                                                                                                                                                                                                                                                                |

- NOTES:
1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 14 pans, each pan (5 lb)(2268 g) serves 7 men.
  3. Formula includes a 10% overrun. Theoretical yield: 110 portions.
  4. Formula is based on 40% edible meat from raw chicken. This includes a 70% yield from raw to cooked chicken and a 57% yield from cooked to edible meat.
  5. Cooked weight of chicken (100 portions + 10%) equals 36 pounds.

## SAVORY CHICKEN

### Meat

1. Chicken, cut-up - NSN-8905-00-965-2128, Fed. PP-C-248, Type IV, Class 1, Style 4

### Vegetables

2. Onions, dehydrated, sliced - NSN-8915-00-128-1171, Fed. JJJ-O-533, Style 3, Color (a)

### Dairy, Condiments

3. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I
4. Milk, homogenized - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1
5. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
6. Savory, ground - NSN-8950-00-080-5960, Fed. EE-S-631, Type II
7. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class A

### Cereal and Bakery Products

8. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

9. Celery seed, ground - EE-S-631, Type II
10. Sauterne flavoring
11. Starch, Col-Flo-67

## TURKEY TETRAZZINI

T-1

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                        | Percent | Pounds | Grams | Procedure                                                                                                                                                                                             |
|------------------------------------|---------|--------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Spaghetti (dry)                    | 4.44    | 2.14   | 971   | 1. Cook in excess boiling water until slightly undercooked, stirring frequently.<br>2. Drain.<br>3. Rinse spaghetti thoroughly with cold water.<br>4. Drain and cool to 45°F (7°C). Save for step 14. |
| Turkey, boned, cooked, chilled     | 41.563  | 20.05  | 9095  | 5. Cut into 1" (2.5 cm) pieces; save for step 14.                                                                                                                                                     |
| Onions, dehydrated, chopped        | 0.23    | 0.11   | 50    | 6. Rehydrate onions in excess warm water for 15 minutes. Drain, save for step 7.                                                                                                                      |
| Peppers, green, frozen, diced      | 1.73    | 0.84   | 381   | 7. Saute peppers in margarine in steam-jacketed kettle until soft but not brown. Add onions.                                                                                                          |
| Margarine                          | 1.31    | 0.64   | 290   |                                                                                                                                                                                                       |
| Turkey or chicken broth            | 28.48   | 13.73  | 6228  | 8. Add turkey or chicken broth to above. Reserve some broth for step 10.                                                                                                                              |
| Cheese, cheddar, diced             | 9.29    | 4.48   | 2032  | 9. Add ingredients listed in this section to above mixture and heat to 160°F (71°C).                                                                                                                  |
| Milk, fresh, whole                 | 4.27    | 2.06   | 934   |                                                                                                                                                                                                       |
| Sherry flavoring                   | 3.00    | 1.45   | 658   |                                                                                                                                                                                                       |
| Peppers, sweet, red, canned, diced | 1.71    | 0.83   | 376   |                                                                                                                                                                                                       |
| Mushrooms, canned, drained         | 1.71    | 0.83   | 376   |                                                                                                                                                                                                       |
| Salt                               | 0.75    | 0.36   | 163   |                                                                                                                                                                                                       |
| Pepper, white, ground              | 0.007   | 0.003  | 1     |                                                                                                                                                                                                       |

## TURKEY TETRAZZINI

T-1

| Ingredients        | Percent | Pounds | Grams | Procedure                                                         |
|--------------------|---------|--------|-------|-------------------------------------------------------------------|
| Starch, Col-Flo 67 | 1.08    | 0.52   | 236   | 10. Make a starch-flour slurry using broth reserved from step 8.  |
| Flour, hard wheat  | 0.43    | 0.21   | 95    | 11. Heat to 180°F (82°C).                                         |
|                    |         |        |       | 12. Add back water to maintain formula weight or volume.          |
|                    |         |        |       | 13. Chill to 50°F (10°C).                                         |
|                    |         |        |       | 14. Add cooked spaghetti and turkey from steps 4 and 5. Mix well. |
|                    |         |        |       | 15. Fill 80 oz (2268 g) into half-size steam table pans.          |
|                    |         |        |       | 16. Cover, label, and freeze.                                     |
| TOTALS             | 100.00  | 48.253 | 21886 |                                                                   |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
2. Formula (100 portions) makes 10 pans; each pan serves 10 people.
3. Formula includes 5% overrun. Theoretical yield: 105 portions.
4. Formula calculated on a threefold increase in spaghetti. Cooked weight of spaghetti (100 portions) is 6.42 pounds (2912 g). Total weight of product using cooked spaghetti is 52.5 pounds (23814 g).
5. Formula weight of turkey is based on cooked, boned meat.

## TURKEY TETRAZZINI

### Meat

1. Turkey - NSN-8905-00-543-7333, Fed. PP-T-791, Type II, Class 2, Style 1

### Vegetables

2. Mushrooms, canned - NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type II, Style E
3. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1
4. Peppers, sweet, frozen, green - NSN-8915-00-081-0856, Fed. HHH-V-1745/15, Type I, Style E
5. Peppers, sweet, red, canned - NSN-8915-00-249-4873

### Dairy, Condiments

6. Cheese, Cheddar - NSN-8910-00-125-8440, Fed. C-C-271, Class 2, Style F, Size (6)
7. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I
8. Milk, homogenized - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1
9. Pepper, white, ground - NSN-8950-00-245-2302, Fed. EE-S-631, Type II
10. Salt - NSN-8950-00-262-8886, Fed. SS-S-31

### Bakery and Cereal Products

11. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2
12. Spaghetti - NSN-8920-00-125-9441, Fed. N-M-0051, Group II, Type A, Class 2, Style A, Form 1

### Special Procurement

13. Starch, Col-Flo-67
14. Sherry Flavoring

## BREADED RABBIT

R-1

Yield: 100 Portions

Each Portion: 4 oz (113 g) or 2 pieces

| Ingredients                         | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                                        |
|-------------------------------------|---------|--------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Rabbit, cut-up                      | 86.95   | 41.25  | 18711 | 1. Place rabbit meat in deep pans. Partially fill with water and steam until internal temperature reaches 150°F (65°C).<br>2. Drain broth and discard.<br>3. Cool rabbit meat to 45°F (7°C).                                                                                                                     |
| Water                               | 2.21    | 1.05   | 476   | 4. Combine water, nonfat milk, and eggs to make egg wash. Dip rabbit pieces in wash.                                                                                                                                                                                                                             |
| Eggs, whole, frozen                 | 0.72    | 0.34   | 154   |                                                                                                                                                                                                                                                                                                                  |
| Milk, nonfat, dry                   | 0.34    | 0.16   | 73    |                                                                                                                                                                                                                                                                                                                  |
| Breading (see breading mix p. 103). | 9.78    | 4.64   | 1402  | 5. Dredge each piece of rabbit meat in breading mix to obtain a light coating.<br>6. Fry in deep fat at 360°F (182°C) for 45 seconds.<br>7. Cool to 45°F (7°C). Drain well.<br>8. Cover bottom of half-size steam table pan with parchment and fill 12 pieces of rabbit per pan.<br>9. Cover, label, and freeze. |
| TOTALS                              | 100.00  | 47.44  | 20816 |                                                                                                                                                                                                                                                                                                                  |

- Notes:
1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 45 minutes.
  2. Breading is calculated on 15% of the cooked weight of rabbit. Egg wash is calculated on 5% of the weight of steamed rabbit. Additional breading and egg wash may be needed to account for equipment fill.
  3. Formula is based on 50% edible meat from raw rabbit. Edible meat is calculated on a 25% loss during cooking and on 25% refuse (bones). Cooked weight of rabbit is 31 lbs (14062 g).
  4. Figures represent actual amount used with 10% overrun. Theoretical yield: 110 portions.

BREADED RABBIT

Meat

1. Rabbit, frozen - NSN-8905-00-273-3622, Fed. PP-R-0021, Type II, Class 1, Style 2

Dairy, Eggs

2. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1
3. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style a

## BREADED VEAL CUTLET

V-1

Yield: 100 Portions

Each Portion: 1 Veal Cutlet

| Ingredients                                    | Percent | Pounds | Grams | Procedure                                                                                           |
|------------------------------------------------|---------|--------|-------|-----------------------------------------------------------------------------------------------------|
| Veal Cutlets, 4 oz                             | 81.35   | 27.50  | 12474 | 1. Combine water, nonfat dry milk, and eggs to make egg wash.                                       |
| Water                                          | 3.20    | 1.08   | 490   | 2. Dip cutlets in egg wash.                                                                         |
| Milk, nonfat, dry                              | 0.36    | 0.12   | 54    | 3. Dredge each cutlet with breeding mix.                                                            |
| Eggs, whole, frozen                            | 0.92    | 0.31   | 140   |                                                                                                     |
| Breeding Mix (see breeding mix formula p. 103) | 14.17   | 4.79   | 2173  |                                                                                                     |
|                                                |         |        |       | 4. Fry in deep fat 350°F (177°C) until lightly browned (approx. 45 seconds). Drain well.            |
|                                                |         |        |       | 5. Cool to 45°F (7°C).                                                                              |
|                                                |         |        |       | 6. Cover bottom of half-size steam table pans with parchment and shingle 10 slices (45 oz) per pan. |
|                                                |         |        |       | 7. Cover, label, and freeze.                                                                        |
| TOTALS                                         | 100.00  | 33.80  | 15331 |                                                                                                     |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (162°C) uncovered until internal temperature reaches 160°F (71°C). Time: approximately 50 minutes.
2. Formula (100 portions) makes 10 pans. Each pan (2.8 lb) serves 10 people.
3. Formula includes 10% overrun. Theoretical yield: 110 portions.
4. Important: Additional breeding and egg wash may be needed to account for equipment fill.
5. The pounds in formula are only a guide; use count of cutlets to assure 100 portions.

BREADED VEAL CUTLET

Meat

1. Veal, boneless, slices - NSN-8905-00-616-0031, MIL-V-0043299

Dairy, Eggs

2. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1
3. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style a

# VEAL BALLS, BRAISED

V-2

Yield: 100 Portions

Each Portion: 2 Veal Balls  
4 oz (85 g) gravy

| Ingredients                 | Percent | Pounds | Grams | Procedure                                                                                                            |
|-----------------------------|---------|--------|-------|----------------------------------------------------------------------------------------------------------------------|
| Veal, boneless, roasts      | 32.10   | 16.88  | 7657  | 1. Grind veal through 1/4-in. (0.6 cm) plate.                                                                        |
| Onions, dehydrated, chopped | 0.46    | 0.24   | 109   | 2. Rehydrate in excess warm water for 15 minutes.<br>3. Drain.                                                       |
| Bread crumbs                | 5.65    | 2.97   | 1347  | 4. Combine ingredients listed in this section with veal and onions in a mixer.                                       |
| Water, cold                 | 4.53    | 2.38   | 1080  | 5. Mix for 3 minutes at slow speed.                                                                                  |
| Milk, fresh, whole          | 2.51    | 1.32   | 599   | 6. Form 2-oz (57 g) balls with a number 20 scoop.                                                                    |
| Eggs, whole, frozen         | 2.02    | 1.06   | 481   | 7. Place on tray and bake in a 375°F (190°C) oven for 20 minutes or until internal temperature reaches 155°F (68°C). |
| Tomato paste (26%)          | 1.50    | 0.79   | 358   | 8. Cool to 55°F (13°C).                                                                                              |
| Cheese, Parmesan, grated    | 1.00    | 0.53   | 240   | 9. Fill 20 veal balls in half-size steam table pans.                                                                 |
| Salt                        | 0.25    | 0.13   | 59    |                                                                                                                      |
| Pepper, black, ground       | 0.04    | 0.02   | 9     |                                                                                                                      |
| Nutmeg, ground              | 0.002   | 0.001  | 0.4   |                                                                                                                      |
| Clove, ground               | 0.002   | 0.001  | 0.4   |                                                                                                                      |
| Chicken broth               | 48.226  | 25.363 | 11505 | 10. Combine ingredients listed in this section and mix thoroughly.                                                   |
| Starch, Col-Flo 67          | 1.50    | 0.79   | 358   | 11. Heat to 180°F (82°C).                                                                                            |
| Salt                        | 0.20    | 0.10   | 45    | 12. Add back water to maintain formula weight or volume.                                                             |
| Pepper, black, ground       | 0.01    | 0.005  | 2     | 13. Chill gravy to 50°F (10°C). Fill 40 oz (640 g) over veal balls in half-size steam table pans.                    |
|                             |         |        |       | 14. Cover, label, and freeze.                                                                                        |
| TOTALS                      | 100.00  | 52.58  | 23849 |                                                                                                                      |

- NOTES: 1. Reheating: Reheat in convection oven with cover removed at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 75 minutes.
2. Formula (100 portions) makes 10 pans; each pan (5 lb, 2268 g) serves 10 people.
3. Formula contains a 5% overrun on Veal Balls. Theoretical yield: 105 portions.

## VEAL BALLS, BRAISED

### Meat

1. Veal, boneless, roasts - NSN-8905-00-616-0031, MIL-V-0043299

### Vegetables

2. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1
3. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, concentration d, Texture 1

### Dairy, Eggs, Condiments

4. Cheese, Parmesan, grated - NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1
5. Clove, ground - NSN-8950-00-170-9571, Fed. EE-S-631, Type II
6. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, kind a, Class 1
7. Milk, homogenized - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1
8. Nutmeg, ground - NSN-8950-00-127-8047, Fed. EE-S-631, Type II
9. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
10. Salt - NSN-8950-00-262-8886, Fed. SS-S-31

### Cereal and Bakery Products

11. Bread crumbs, dry - NSN-8920-00-464-2224, MIL-F-3501, Type III

### Special Procurement

12. Starch, Col-Flo 67

## VEAL CORDON BLEU

V-3

Yield: 100 Portions

Each Portion: 1 each

| Ingredients                                                   | Percent | Pounds | Grams | Procedure                                                                                                                                 |
|---------------------------------------------------------------|---------|--------|-------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Veal Cutlets,<br>boneless,<br>4 oz (113 g) slices             | 66.81   | 25.99  | 11789 | 1. Pound veal cutlets very thin.                                                                                                          |
| Flour                                                         | 0.67    | 0.26   | 119   | 2. Flour edges.                                                                                                                           |
| Ham, canned                                                   | 8.49    | 3.30   | 1497  | 3. Dice ham and cheese into<br>1/4-in. (0.6 cm) dices.                                                                                    |
| Cheese, Swiss                                                 | 8.48    | 3.30   | 1497  | 4. Place 0.5 oz (14 g) of ham and<br>0.5 oz (14 g) of cheese on each<br>veal cutlet.<br>5. Fold cutlets in half and seal<br>edges firmly. |
| Water                                                         | 3.88    | 1.51   | 685   | 6. Combine and mix.                                                                                                                       |
| Milk, nonfat, dry                                             | 0.41    | 0.16   | 73    | 7. Dip filled veal cutlets into<br>egg mixture.                                                                                           |
| Eggs, whole, frozen                                           | 1.13    | 0.44   | 200   |                                                                                                                                           |
| Breading mixture<br>for veal (breeding<br>mix formula p. 103) | 10.13   | 3.94   | 1787  | 8. Dip filled veal cutlets into<br>breeding mix.                                                                                          |
|                                                               |         |        |       | 9. Deep fat fry at 375°F (191°C)<br>for 30 seconds. Cool to 45°F (70°C).                                                                  |
|                                                               |         |        |       | 10. Pack six to a half-size<br>steam table pan.                                                                                           |
|                                                               |         |        |       | 11. Cover, label, and freeze.                                                                                                             |
| TOTALS                                                        | 100.00  | 38.90  | 17646 |                                                                                                                                           |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 150°F (66°C). Remove cover when reheating.  
Time: approximately 45 minutes.
2. Formula makes 17 pans; each pan serves 6 people.
3. Formula includes a 5% overrun on veal, ham, and cheese.  
Theoretical yield: 105 portions.
4. Formula is calculated on 8% egg wash and 15% breeding (per cutlet).
5. Parchment paper may be used to line the bottom of the steam table pan to absorb oil and prevent burning.
6. Do not shingle or layer cutlets as improper browning or crispness may result.
7. The pounds in formula are only a guide; use count of cutlets to assure 100 portions.

## VEAL CORDON BLEU

### Meat

1. Ham - NSN-8905-00-410-4670, Fed. PP-H-61, Type II
2. Veal, boneless, slices - NSN-8905-00-616-0031, MIL-V-0043299

### Dairy, Eggs, Condiments

3. Cheese, Swiss - NSN-8910-00-584-6434, Fed. C-C-302, Style (c)
4. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II,  
Kind a, Class 1
5. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style a

### Cereal Products

6. Flour, hard wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I,  
Class B, Style 2

## VEAL CUTLETS, BAKED

V-4

Yield: 100 Portions

Each Portion: 3 oz (85 g) meat  
5 oz (142 g) sauce

| Ingredients                                     | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                     |
|-------------------------------------------------|---------|--------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Veal, boneless,<br>slices<br>4-oz (113g) slices | 46.15   | 28.12  | 12755 | 1. Place meat in single layers on shallow pans. Heat in convection oven at 550°F (287°C) to 150°F (66°C).<br>2. Cool to 45°F (7°C).<br>3. Place 10 veal slices (30 oz or 850 g) in half-size steam table pan. |
| Chicken broth                                   | 32.37   | 19.718 | 8944  | 4. Combine and mix well.                                                                                                                                                                                      |
| Cheese, grated<br>Parmesan                      | 2.61    | 1.59   | 721   |                                                                                                                                                                                                               |
| Starch, Col-Flo 67                              | 0.80    | 0.49   | 222   |                                                                                                                                                                                                               |
| Flour, hard wheat                               | 0.39    | 0.24   | 109   |                                                                                                                                                                                                               |
| Mushrooms, canned<br>drained                    | 10.73   | 6.54   | 2966  | 5. Add ingredients listed in this section to above.                                                                                                                                                           |
| Onions, fresh, sliced                           | 4.78    | 2.91   | 1320  | 6. Heat to 180°F (82°C).                                                                                                                                                                                      |
| Margarine                                       | 1.61    | 0.98   | 444   | 7. Add back water to maintain formula weight or volume.                                                                                                                                                       |
| Sugar, granulated                               | 0.38    | 0.23   | 104   | 8. Cool to 50°F (10°C).                                                                                                                                                                                       |
| Salt                                            | 0.13    | 0.08   | 36    | 9. Pour 50 oz (1417 g) over meat in half-size steam table pan.                                                                                                                                                |
| Dill, ground                                    | 0.03    | 0.02   | 9     | 10. Cover, label, and freeze.                                                                                                                                                                                 |
| Marjoram, ground                                | 0.01    | 0.006  | 3     |                                                                                                                                                                                                               |
| Pepper, black, ground                           | 0.01    | 0.006  | 3     |                                                                                                                                                                                                               |
| TOTALS                                          | 100.00  | 60.93  | 27636 |                                                                                                                                                                                                               |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 1½ hours.
2. Formula (100 portions) makes 10 pans. Each pan (5 lb or 2268 g) serves 10 people.
3. Formula includes 5% allowance for overrun on veal. Theoretical yield: 105 portions.
4. Formula is calculated on 70% yield of veal. Cooked weight of veal (100 + 5% portions) equals 19.68 lb (8929 g).
5. The pounds in formula for cutlets are only a guide; use count of cutlets to assure 100 servings.

## VEAL CUTLETS, BAKED

### Meat

1. Veal, boneless frozen slices - NSN-8905-00-616-0031, MIL-V-0043299

### Vegetables

2. Mushrooms - NSN-8915-00-551-0340, Fed. JJJ-V-1746/9, Type II, Style b
3. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V-1867/4, Style (a)

### Dairy, Condiments

4. Cheese, Parmesan, grated - NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1
5. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I
6. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
7. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
8. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a

### Cereal Products

9. Flour, wheat - NSN-8920-00-165-6863, Fed. N-F-00481, Type I, Class B, Style 2

### Special Procurement

10. Dill, ground
11. Marjoram, ground - EE-S-631, Type II
12. Starch, Col-Flo 67

## VEAL LOAF

V-5

Yield: 100 Portions

Each Portion: 3.5 oz (100 grams)

| Ingredients                               | Percent       | Pounds       | Grams        | Procedure                                                                                                                         |
|-------------------------------------------|---------------|--------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Veal, ground<br>(1/8" or 0.3 cm<br>grind) | 42.68         | 10.67        | 4840         | 1. Grind meat to specified<br>grind.<br>2. Mix in mechanical mixer at<br>slow speed for 15 minutes.                               |
| Beef, ground<br>(1/4" or 0.6 cm<br>grind) | 20.00         | 5.00         | 2268         |                                                                                                                                   |
| Onions, dehydrated,<br>chopped            | 1.08          | 0.27         | 122          | 3. Rehydrate onions in excess<br>warm water for 20 minutes.<br>Drain, add to meat.                                                |
| Bread crumbs                              | 8.24          | 2.06         | 934          | 4. Add remaining ingredients<br>in order listed and mix<br>lightly.                                                               |
| Celery, fresh, diced                      | 6.80          | 1.70         | 771          |                                                                                                                                   |
| Tomato paste<br>(26% solids)              | 3.80          | 0.95         | 431          | 5. Place 4 lb 15 oz (2240 g) of<br>veal loaf in half-size steam<br>table pan. Make level and pack<br>well to allow escape of air. |
| Eggs, whole, frozen                       | 2.84          | 0.71         | 322          |                                                                                                                                   |
| Cheese, Parmesan,<br>grated               | 2.00          | 0.50         | 227          |                                                                                                                                   |
| Peppers, green,<br>frozen, diced          | 1.32          | 0.33         | 150          |                                                                                                                                   |
| Peppers, red,<br>canned, diced            | 0.64          | 0.16         | 72           |                                                                                                                                   |
| Broth, chicken                            | 8.36          | 2.09         | 948          | 6. Spread 1 oz (28 g) of water<br>over surface of each loaf.<br>7. Cover, label, and freeze.                                      |
| Worcestershire sauce                      | 0.56          | 0.14         | 64           |                                                                                                                                   |
| Salt                                      | 0.40          | 0.10         | 45           |                                                                                                                                   |
| Pepper, black, ground                     | 0.04          | 0.01         | 4            |                                                                                                                                   |
| Water, tap                                | 1.24          | 0.31         | 141          |                                                                                                                                   |
| <b>TOTAL</b>                              | <b>100.00</b> | <b>25.00</b> | <b>11340</b> |                                                                                                                                   |

## VEAL LOAF

- NOTES: 1. Heating: Heat frozen veal loaves in convection oven with cover removed at 325°F (162°C) until internal temperature reaches 160°F (71°C).  
Time: approximately 1-1/4 hours. Product is cooked during this heating.
2. Formula (100 portions) makes 5 pans. One pan (5 lb or 2268 g) serves 20 people.
3. Formula includes a 9% overrun. Theoretical yield: 109 portions.
4. Veal Loaf loses approximately 3 oz (85 g) during reheating.

## VEAL LOAF

### Meat

1. Beef, diced - NSN-8905-00-177-5017, MIL-B-0043698
2. Veal, boneless, roasts - NSN-8905-00-616-0031, MIL-V-0043299

### Vegetables

3. Celery, fresh - NSN-8915-00-252-3783, Fed. HHH-V-1744/12
4. Onions, dehydrated, chopped - NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1
5. Peppers, sweet, canned, red - NSN-8915-00-249-4873
6. Peppers, sweet, frozen, green - NSN-8915-00-081-0856, Fed. HHH-V-1745/15, Type I, style E
7. Tomato paste - NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, concentration d, Texture 1.

### Dairy, Eggs, Condiments

8. Cheese, grated, Parmesan - NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1
9. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1
10. Pepper, black, ground - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
11. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
12. Worcestershire sauce - NSN-8950-00-082-6177, Fed. EE-W-600

### Cereal and Bakery Products

13. Bread crumbs, dry - NSN-8920-00-464-2224, MIL-F-3501, Type III

VEAL PARMESAN

V-6

Yield: 100 Portions

Each Portion: 1 veal cutlet  
3 oz (85 g) sauce

| Ingredients                                  | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                      |
|----------------------------------------------|---------|--------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Veal Cutlets,<br>4 oz (113 g)                | 47.52   | 27.5   | 12474 | 1. Combine water, nonfat dry milk, and eggs to make an egg wash.<br>2. Dip each cutlet in egg wash.                                                                                                                                            |
| Water                                        | 1.87    | 1.08   | 490   |                                                                                                                                                                                                                                                |
| Milk, nonfat, dry                            | 0.21    | 0.12   | 54    |                                                                                                                                                                                                                                                |
| Eggs, whole, frozen                          | 0.54    | 0.31   | 141   |                                                                                                                                                                                                                                                |
| Breading mix<br>(see page <u>103</u> )       | 8.28    | 4.79   | 2173  | 3. Dredge each cutlet with breading mix.<br>4. Fry in deep fat at 350°F (177°C) until lightly brown (approximately 45 seconds).<br>Drain.<br>5. Cool to 45°F (7°C).<br>6. Shingle 10 cutlets (45 oz or 1276 g) in a half-size steam table pan. |
| Onions, fresh, sliced                        | 2.30    | 1.33   | 603   | 7. In a steam-jacketed kettle, sautee onions and garlic in salad oil.                                                                                                                                                                          |
| Garlic, fresh, chopped                       | 0.29    | 0.17   | 77    |                                                                                                                                                                                                                                                |
| Salad oil                                    | 1.09    | 0.63   | 286   |                                                                                                                                                                                                                                                |
| Tomato puree                                 | 18.40   | 10.65  | 4831  | 8. Combine ingredients listed in this section with sauteed onions and garlic.<br>9. Heat to 160°F (71°C).                                                                                                                                      |
| Tomatoes, whole,<br>canned in heavy<br>puree | 14.00   | 8.10   | 3674  |                                                                                                                                                                                                                                                |
| Cheese, grated,<br>Parmesan                  | 2.30    | 1.33   | 603   |                                                                                                                                                                                                                                                |
| Sugar                                        | 0.59    | 0.34   | 154   |                                                                                                                                                                                                                                                |
| Salt                                         | 0.38    | 0.22   | 100   |                                                                                                                                                                                                                                                |
| Oregano, ground                              | 0.05    | 0.03   | 14    |                                                                                                                                                                                                                                                |
| Basil, ground                                | 0.03    | 0.02   | 9     |                                                                                                                                                                                                                                                |

## VEAL PARMESAN

V-6

| Ingredients         | Percent | Pounds | Grams | Procedure                                                      |
|---------------------|---------|--------|-------|----------------------------------------------------------------|
| Water               | 1.56    | 0.90   | 408   | 10. Make a starch slurry and add to mixture in kettle.         |
| Starch, Col-Flo 67) |         |        |       | 11. Heat to 180°F (82°C).                                      |
|                     |         |        |       | 12. Add back water to maintain formula weight or volume.       |
|                     |         |        |       | 13. Chill to 50°F (10°C).                                      |
|                     |         |        |       | 14. Pour 35 oz (992 g) over meat in half-size steam table pan. |
|                     |         |        |       | 15. Cover, label, and freeze.                                  |
| TOTALS              | 100.00  | 57.86  | 26245 |                                                                |

- NOTES: 1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
2. Formula (100 portions) makes 10 pans; each pan (5 lb) serves 10 people.
3. Additional breading and egg wash may be needed to account for equipment fill.
4. Figures used include a 10% overrun. Theoretical yield: 110 portions.
5. The pounds in formula are only a guide; use count of cutlets to assure 100 portions.
6. Unbreaded or restructured (breaded or unbreaded) veal may be satisfactorily used.

## VEAL PARMESAN

### Meat

1. Veal, boneless, frozen slices - NSN-8905-00-616-0031, MIL-V-0043299

### Vegetables

2. Garlic, dry - NSN-8915-00-823-7663
3. Onions, dry - NSN-8915-00-228-1947, Fed. HHH-V--1867/4, Style (a)

### Dairy, Condiments

4. Basil - NSN-8950-00-404-6066, Fed. EE-S-631, Type II
5. Cheese, grated Parmesan - NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1
6. Eggs, whole, frozen - NSN-8910-00-616-0051, Fed. C-E-00230, Type II, kind a, Class 1
7. Milk, nonfat, dry - NSN-8910-00-008-7561, Fed. C-M-00350, Type I, Style A
8. Oregano,- NSN-8950-00-582-1402, Fed. EE-S-631, Type II
9. Salad oil - NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B
10. Salt - NSN-8950-00-262-8886, Fed. SS-S-31
11. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type 1, Class a

### Special Procurement

12. Starch - Col-Flo 67
13. Tomatoes, canned in heavy puree
14. Tomato puree

## REUBEN SANDWICH

V-7

100 Portions

Each Portion: 1 Sandwich

| Ingredients         | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|---------------------|---------|--------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Corned beef, cooked | 32.19   | 13.82  | 6270  | 1. Slice cooked corned beef to 1/32-in. (0.08-cm) thickness.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| Bread, rye          | 25.99   | 11.16  | 5060  | 2. Lightly toast each slice of bread.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Margarine           | 6.22    | 2.67   | 1210  | 3. Brush each surface of bread with melted margarine taking care to extend coverage to the edges of the bread.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Cheese, Swiss       | 19.78   | 8.49   | 3850  | 4. Slice cheese to 1/16-in. (0.16-cm) thickness.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Sauerkraut, canned  | 15.82   | 6.79   | 3080  | 5. Drain sauerkraut <u>very well</u> .<br>6. Assemble sandwiches as follows:<br>1. Cover inside surface of bottom slice of bread with 1 oz (14 grams) of sliced cheese.<br>2. Place 1 oz (28 grams) of corned beef on the cheese, ensuring that the beef does not extend beyond the edges of the bread.<br>3. Place 1 oz (28 grams) of well-drained sauerkraut on the very center of the beef.<br>4. Place 1 oz (28 grams) of corned beef on top of the sauerkraut.<br>5. Place 0.5 oz (14 grams) of cheese on top of the beef.<br>6. Cover sandwich with top slice of bread.<br>7. Place four sandwiches in half-size steam table pan.<br>8. Cover, label, and freeze. |
| TOTALS              | 100.00  | 42.93  | 19470 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

## REUBEN SANDWICH

- NOTES:
1. Weight of beef is based on cooked corned beef.
  2. The bread may be very lightly grilled instead of toasted, if desired. Margarine would still be spread on the bread before grilling.
  3. Formula makes 25 pans; each pan serves 4 people.
  4. Formula includes 10% overrun. Theoretical yield: 110 portions.
  5. Caution: Sandwiches should not be cut until just prior to serving.
  6. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 50 minutes.

## REUBEN SANDWICH

### Meat

Beef, corned, frozen, brisket - NSN-8905-00-299-1316, Fed. PP-B-196, Type II, grade selection A, Style a, weight range 1 or 2.

### Vegetables

Sauerkraut, canned - NSN-8915-00-957-9558, Fed. JJJ-V-1746/18, Style I, type of pack (a).

### Dairy Products

Cheese, Swiss, Natural - NSN-8910-00-450-9839, Fed. C-C-302, Style (b).

Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type I.

### Bakery Products

Bread, rye - NSN-8920-00-753-5783, Fed. EE-B-00671, Type I, Class H, Style 1, variety a.

## BREADING MIXTURE

M-1

| Ingredients                     | Percent | Pounds | Grams | Procedure                   |
|---------------------------------|---------|--------|-------|-----------------------------|
| Dried bread crumbs              | 68.19   | 68.19  | 30931 | 1. Combine all ingredients. |
| Salt                            | 10.20   | 10.20  | 4627  |                             |
| Starch, Col-Flo 67              | 7.07    | 7.07   | 3207  |                             |
| Defatted soy flour              | 6.80    | 6.80   | 3084  |                             |
| Paprika                         | 0.14    | 0.14   | 64    |                             |
| Pepper, black, ground           | 0.14    | 0.14   | 64    |                             |
| Monosodium glutamate            | 0.14    | 0.14   | 64    |                             |
| Parsley, dried                  | 0.14    | 0.14   | 64    |                             |
| Garlic, dehydrated,<br>granular | 0.14    | 0.14   | 64    |                             |
| Onion, powdered                 | 0.14    | 0.14   | 64    |                             |
| Oil, corn                       | 6.90    | 6.90   | 3130  | 2. Add slowly, mixing well. |
| TOTALS                          | 100.00  | 100.00 | 45363 |                             |

- NOTES: 1. Breeding mix may be made in advance and stored up to 30 days at 40°F (4°C).
2. Breeding mixture may be enhanced by adding the following spices for the following meats:

Chicken - add 0.14 % ground thyme  
Veal - add 0.01% ground cloves  
Pork - add 0.14% ground sage  
Rabbit - add 0.14 % ground allspice

## BREEDING MIXTURE

### Vegetables

1. Garlic, dehydrated, granular - NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II
2. Parsley, dried - NSN-8915-00-975-0530, MIL-P-35090

### Condiments

3. Monosodium glutamate - NSN-8950-00-263-2786, Fed. EE-M-591
4. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631, Type II
5. Pepper, black - NSN-8950-00-616-5486, Fed. EE-S-631, Type II
6. Salad oil - NSN-8945-00-616-0081, Fed. JJJ-S-30, Type B
7. Salt - NSN-8950-00-262-8886, Fed. SS-S-31

### Cereal and Bakery Products

8. Bread crumbs, dry - NSN-8920-00-141-0136, MIL-F-3501, Type III

### Special Procurement

9. Onion powder
10. Defatted soy flour
11. Starch: Col-Flo 67

# MEAT AND FISH ENTREE INDEX

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