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TECHNICAL REPORT
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ENTREE PRODUCTION GUIDES FOR MODIFIED DIETS AT WALTER REED ARMY MEDICAL CENTER

PART II: PUREED BLAND ENTREES

DDC FILE COPY

by

C. P. Shaw
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June 1979

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

Food Engineering Laboratory
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Entree production guides for 20 pureed bland products suitable for cook/freeze systems have been developed. The particle size and texture of the products are similar to junior baby foods. The entrees provide a wide range of products similar to those a consumer might eat on a regular diet.

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PREFACE

This project was completed at the U.S. Army Natick Research and Development Command at the request of personnel of the Walter Reed Army Medical Center and was funded under Intra-Army Order for Reimbusable Services No. S 49193-7008.

The authors wish to thank the Analytical Branch of the Food Science Laboratory for performing the nutritional analyses. The assistance of Mr. Robert Scott and Miss Melanie Piscia in carrying out the sensory evaluations is also appreciated.

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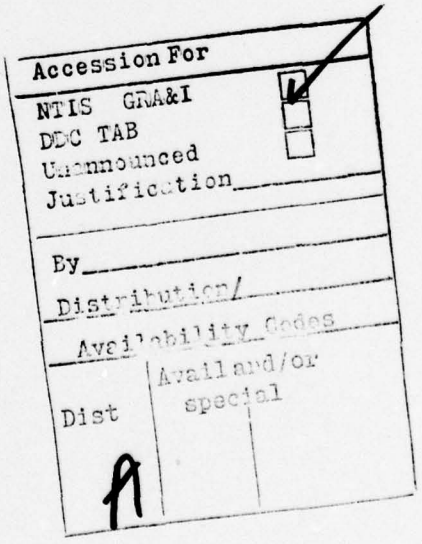


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ENTREE PRODUCTION GUIDES FOR RESTRICTED DIETS AT WALTER REED ARMY MEDICAL CENTER PART III: DENTAL LIQUID ENTREES

FOREWORD

Cook-freeze systems are becoming increasingly important in the Armed Forces feeding systems, as well as in hospital feeding, both military and non-military. The construction of a new Walter Reed Army Medical Center (WRAMC) using a cook-freeze system resulted in the development at the U.S. Army Natick Research and Development Command (NARADCOM) of 38 guides designed for this system. These guides, published in Technical Report Natick/TR-77/005[1], were designed for regular hospital feeding, either for patients on nonrestricted diets or for cafeteria use. Other production guides for military cook-freeze systems have been published at NARADCOM.[2, 3, 4, 5, 6]

[1] R. Young, C. Shaw, G. Darsch, J. Tuomy and G. Walker; Meat and Fish Entree Item Production Guides Prepared for Walter Reed Army Medical Center. Natick/TR-77/005 (FEL 77-004) April 1977 (A.D. A004476)

[2] R. Helmer, H. Schlup; Meat Entree Production Guides Developed for Use in Fort Lee Interim Central Food Preparation Facility. Natick/TR-74-27 (FEL) March 1975 (A.D. A009733)

[3] A. Rahman, H. Gorfein, N. Kelley, G. Schafer, W. Swantak and D. Westcott; Production Guides for Vegetables, Entrees, Soups, Desserts, Pastries and Salads Developed for Use in Central Food Preparation Facility. Natick/TR-75-35 (FEL 13) September 1974 (A.D. A001725)

[4] A. Rahman, H. Schlup, G. Schafer, W. Swantak and N. Kelley; 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. Natick/TR-70-20 (FEL) February 1976 (A.D. 694354)

[5] J. Tuomy, G. Walker, L. Hinnergardt; Pilot Plant Production of Frozen Entree Items for the Navy. Natick/TR-76-31A (FEL 59) September 1976 (A.D. A031327)

[6] G. Walker, J. Tuomy, C. Kanter; Egg Products for Use in a Cook/Freeze System. Natick/TR-76-28 (FEL 57) August 1976 (A.D. A031327)

At the request of personnel at WRAMC, production guides for modified or restricted diets have been developed at NARADCOM. The dietary restrictions follow the guidelines prescribed by the dietary staff at WRAMC. The requests for production guides for entrees fall into five major categories, each of which are the subjects of Technical Reports:

Part I: Consolidated Modified Meat Entree Production Guides[7] for patients on:

a. Calorie restricted, type II, hyperlipoproteinemia* diabetic, bland diets.

b. Sodium restricted, calorie restricted, type II, hyperlipoproteinemia, diabetic, bland diets.

Part II: Pureed Bland Entree Production Guides[8] for patients unable to chew regular entrees.

Part III: Dental Liquid Entree Production Guides[9] for patients on a liquid diet.

Part IV: Meat Substitute Entrees[10] for patients not desiring to eat meat, fish, or poultry.

Part V: Renal diet items[11] for patients with restricted protein, potassium and sodium intake.

[7] C. Shaw, G. Darsch, G. Legris, Y. Masuoka and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part I: Consolidated Modified Meat Entrees. Natick/TR-79/010 1979.

[8] C. Shaw, V. Loveridge, G. Darsch and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part II: Pureed Bland Entrees. Natick/TR-79/011 1979.

[9] C. Shaw, V. Loveridge, G. Darsch and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part III: Dental Liquid Entrees. Natick/TR-79/012 1979.

[10] G. Darsch, R. Young, C. Shaw and J. Tuomy; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part IV: Meat Substitute Entrees. Natick/TR-79/013 1979.

[11] J. McNutt, M. Branagan, J. McPhee, L. Albertini and M. Klicka; Entree Production Guides for Modified Diets at Walter Reed Army Medical Center, Part V: Production Guides for Patients on Renal Diets. Natick/TR-79/014 1979.

*Type II hyperlipoproteinemia diets are low in unsaturated fats and cholesterol. Because these diets are also restricted in calories, all fats have been restricted.

The first section, Part I, of Modified Diets consolidates several different types of diet restrictions, thus allowing the hospital to drastically reduce the number of special diets needed. By careful formulation, these products have retained high flavor quality. The second section, Part II, includes diets designed to upgrade the quality and vary the types of pureed diluted foods or commercial baby foods that are usually served to patients requiring a bland diet of pureed consistency. The third type of diet in Part III, the Dental Liquid, represents a totally new concept in liquid feeding. The production guides in this section make up liquid foods having the taste of a regular entree. Thus, instead of drinking sweet milkshake-type products, a patient can order such liquids as chicken curry, ham with raisin sauce, or veal paprika. The fourth section, Part IV, contains production guides for entrees not containing meat, fish, or poultry. These are designed for the increasing numbers of vegetarian patients. Part V, Renal Diets, consists of eight very carefully weighed entrees and one dessert. These items are designed to give some variety in the diet for the patient with renal dysfunction where calories, protein, sodium, and potassium need to be carefully monitored.

For use in the WRAMC facility, all of the production guides, except those for the Renal Diets, have been written in 100-portion servings using both English and metric units and English volumes of liquids. Percentages of each ingredient are given to allow easy conversion to various sized batches. In order that these guides may be helpful to smaller military hospitals, ten serving portions are given, using common (US customary) kitchen measurements. Production guides for the renal diets are based on percentages, twenty-five portions in both metric and customary units and one-portion servings in metric units. Directions for serving the products without the freezing process are given for the benefit of small hospitals which may not have freezing capabilities.

INTRODUCTION

The twenty pureed bland entree production guides published in this report will be used by a varied group of hospital patients. Probably the largest group of users will be geriatric patients lacking teeth. Other conditions, such as oral cancer, ulcers, hiatal hernias, or dental surgery may necessitate a pureed bland diet. In actuality, a true puree is not necessary. The suggestions for particle size and texture given by WRAMC personnel were that the foods should be similar in texture to junior baby foods and should be easily consumable by patients without teeth.

Most hospitals currently use one of two approaches in feeding patients requiring pureed bland diets. Either the patients are fed commercial baby foods or they are fed other bland hospital foods which are diluted and pureed. Formulating products for the specific end use of consumption by adult patients offers certain advantages. When one formulates specifically for the consumer, superior flavor and texture can be achieved. With herbs and other seasonings allowable on bland diets, these foods do not have to taste "bland". The twenty entrees developed, provide a wide range of flavors in the types of entrees that a consumer might eat on a regular diet. Including three ounces of cooked meat per entree assures adequate protein.

PROCEDURE

A list of possible pureed bland entrees was sent to NARADCOM by WRAMC personnel. Many items from this original list were substituted when it was found that other entrees would provide a better variety in the diet or would be more adaptable to a pureed item. Twenty pureed bland entrees were developed, These include eight beef, four chicken, three ham, one lamb, three pork, and one veal item.

Small batches of each product were made by food technologists at NARADCOM and reformulated until a satisfactory product was obtained. When acceptable formulations were developed, larger scale production batches were made. Samples were formally evaluated by a ten-member technological panel for the sensory qualities of color, odor, flavor, texture, and appearance. Results of these evaluations may be found in Table 1. Results of proximate nutritional analyses may be found in Table 2. Storage tests of these products are being undertaken at $0^{\circ}F$ ($-18^{\circ}C$) with sensory evaluations being made at 3, 6, and 12 months. The results of these storage studies will be published upon completion and will give an indication of the shelf life of the products.

BARBECUED BEEF

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Beef, ground 3/16 "	57.14	27.50	12,474		2 lb 12 oz	
2. Margarine	1.81	0.87	395			3 tbsp
Flour, wheat, general purpose	0.40	0.19	86			1 tbsp
3. Water and/or broth	19.81	9.54	4327	4 1/2 qt		1 3/4 cup
Tomato paste	9.50	4.57	2073	2 qt		3/4 cup
Vinegar, cider (5%)	4.80	2.31	1048	1 1/4 qt		1/2 cup
Sugar	3.80	1.83	830			1/3 cup
Salt, table, iodized	0.80	0.38	172			1 tbsp
Soup & gravy base, beef	0.70	0.34	154			4 tsp
Liquid smoke	0.38	0.18	82	1/3 cup		1 3/4 tsp
Allspice, ground	0.04	0.02	9			1/3 tsp
Mace, ground	0.02	0.01	4			1/4 tsp
4. Starch, Col-Flo 67	0.80	0.38	172			2 tbsp
TOTALS	100.00	48.12	21,826			

BARBECUED BEEF

Pureed, Bland

PROCEDURE:

1a. Brown ground beef in kettle.

b. Drain juices (broth) and reserve for step 3a.

c. Refrigerate and reserve cooked, ground beef for step 4c.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some water for step 4a. Juices (broth) reserved in step 1b may be used to satisfy all or part of the water requirement.

b. Add combined ingredients to roux and heat to 160°F (72°C).

4a. Make a starch slurry using water reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add beef from step 1c.

d. Add back water to maintain formula weight or volume.

e. Blend on low speed in vertical cutter-mixer or equivalent blender on low speed for approximately 30 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

h. Cover, label, and freeze.

BARBECUED BEEF

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of ground beef. Weight of cooked beef for 100 portions should be approximately 20.6 pounds (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.7 gal (17.7 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).

4. To serve without freezing, follow directions through step 4e, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product.

BARBECUED BEEF

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, Texture 1.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Sugar, Confectionery, and Nuts

4. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

Soups and Bouillon

5. Soup and gravy base, instant beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.

Food Oils and Fats

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

Condiments and Related Products

7. Allspice, ground - NSN-8950-00-170-9562, Fed. EE-S-631, Type II.

8. Mace, ground - NSN-8950-00-170-9568, Fed. EE-S-631, Type II.

9. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

10. Vinegar, cider - NSN-8950-00-221-0297, Fed. Z-V-401, Type I, Strength B (5%).

Special Procurement

11. Smoke, liquid - Char-sol C-3.

12. Starch, Col-Flo 67.

BEEF AND BURGUNDY

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Beef, ground 3/16"	57.14	27.50	12,474		2 lb 12 oz	
2. Margarine	2.14	1.03	467			1/4 cup
Flour, wheat, general purpose	0.50	0.24	109			3 1/2 tsp
3. Water, and/or broth	31.61	15.21	6899	7 1/4 qt		3 cup
Tomato paste	2.57	1.24	562	2 1/3 cup		1/4 cup
Soup and gravy base, beef	0.86	0.41	186			4 3/4 tsp
Sugar	0.86	0.41	186			4 tsp
Salt, table, iodized	0.56	0.27	122			2 tsp
Celery, ground	0.09	0.04	18			1 tsp
4. Starch, Col-Flo 67	1.10	0.53	240			3 tbsp
5. Burgundy flavoring	2.57	1.24	562	2 1/2 cup		1/4 cup
TOTALS	100.00	48.12	21,825			

BEEF AND BURGUNDY

Pureed, Bland

PROCEDURE:

1a. Brown ground beef in kettle.

b. Drain juices (broth) and reserve for step 3a.

c. Refrigerate and reserve cooked, ground beef for step 4c.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some water for step 4a. Juices (broth) reserved in step 1b may be used to satisfy all or part of the water requirement.

b. Add combined ingredients to roux and heat to 160°F (71°C).

4a. Make a starch slurry using water reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add beef from step 1c.

5a. Add burgundy flavoring.

b. Add back water to maintain formula weight or volume.

c. Blend on low speed in vertical cutter-mixer or equivalent blender for approximately 30 seconds. For reference, maximum piece size should be 0.20 in. (5 mm).

d. Cool to about 50°F (10°C).

e. Place 6 oz (170 g) in individual containers.

f. Cover, label, and freeze.

BEEF AND BURGUNDY

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of ground beef. Weight of cooked beef for 100 portions should be approximately 20.6 pounds (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.7 gal (17.7 L). One gallon 3.8 L) weighs 8.6 lb (3.9 kg).

4. To serve without freezing, follow directions through step 5c, but do not cool meat or sauce. Serve 6 oz (170 g) portions of heated product.

BEEF AND BURGUNDY

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, texture 1.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Sugar, Confectionery, and Nuts

4. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

Soups and Bouillon

5. Soup and gravy base, instant, beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.

Food Oils and Fats

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

Condiments and Related Products

7. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

8. Burgundy flavoring.

9. Celery, ground.

10. Starch, Col-Flo 67.

BEEF AND GRAVY

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Beef, ground, 3/16"	57.14	27.50	12,474		2 lb 12 oz	
2. Margarine	2.13	1.02	463			1/4 cup
Flour, wheat, general purpose	0.64	0.31	141			4 3/4 tsp
3. Water and/or broth	34.00	16.37	7425	2 gal		3 1/4 cup
Tomato paste	2.14	1.03	467	2 cup		3 tbsp
Soup and gravy base, beef	1.07	0.51	231			2 tbsp.
Sugar	0.86	0.41	186			4 tsp
Salt, table, iodized	0.64	0.31	141			2 1/2 tsp
Caramel color, powdered	0.07	0.03	14			1/2 tsp
Bay leaves, ground	0.02	0.01	4			1/8 tsp
4. Starch, Col-Flo 67	1.29	0.62	281			1/4 cup
TOTAL	100.00	48.12	21,827			

BEEF AND GRAVY

Pureed, Bland

PROCEDURE:

1a. Brown ground beef in kettle.

b. Drain juices (broth) and reserve for step 3a.

c. Refrigerate and reserve cooked, ground beef for step 4c.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some water for step 4a. Juices (broth) reserved in step 1b may be used to satisfy all or part of the water requirement.

b. Add combined ingredients to roux and heat to 160°F (71°C).

4a. Make a starch slurry using water reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add beef from step 1c.

d. Add back water to maintain formula weight or volume.

e. Blend on low speed in vertical cutter-mixer or equivalent blender for approximately 30 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

h. Cover, label, and freeze.

BEEF AND GRAVY

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of ground beef. Weight of cooked beef for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.8 gal (18.1 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, follow directions through step 4e, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product.

BEEF AND GRAVY

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, texture 1.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Sugar, Confectionery, and Nuts

4. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

Soups and Bouillon

5. Soup and gravy base, instant, beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.

Food Oils and Fats

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

Condiments and Related Products

7. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

8. Bay leaves, ground.

9. Caramel color, powdered

10. Starch, Col-Flo 67.

BEEF AND MUSHROOMS

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weights	Measure
1. Beef, ground, 3/16"	57.14	27.50	12,474		2 lb 12 oz	
2. Margarine	1.70	0.82	372			7 3/4 tsp
Flour, wheat, general purpose	0.43	0.21	95			1 tbsp
3. Water and/or broth	20.66	9.94	4507	1 1/4 gal		2 cup
Tomato paste	1.96	0.94	426	1 3/4 cup		7 3/4 tsp
Soup and gravy base, beef	0.77	0.37	168			4 1/4 tsp
Salt, table, iodized	0.42	0.20	91			1 1/2 tsp
Sugar	0.42	0.20	91			2 tsp
Caramel color, powdered	0.07	0.03	14			1/2 tsp
Marjoram, ground	0.04	0.02	9			1/2 tsp
4. Starch, Col-Flo 67	0.85	0.41	186			6 1/2 tsp
5. Mushrooms, canned, drained	8.50	4.09	1855			1 1/4 cup
6. Mushrooms, canned, drained	7.04	3.39	1540			1 cup
TOTALS	100.00	48.12	21,828			

BEEF AND MUSHROOMS

Pureed, Bland

PROCEDURE:

1a. Brown ground beef in kettle.

b. Drain juices (broth) and reserve for step 3a.

c. Refrigerate and reserve cooked, ground beef for step 4c.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some water for step 4a. Juices (broth) reserved in step 1b may be used to satisfy all or part of the water requirement.

b. Add combined ingredients to roux and heat to 160°F (71°C).

4a. Make a starch slurry using water reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add beef from step 1c.

5a. Finely chop mushroom pieces from Section 5 of ingredients listing and add to above.

b. Add back water to maintain formula weight or volume.

c. Blend on low speed in vertical cutter-mixer or equivalent blender for approximately 35 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

d. Cool to about 50°F (10°C).

e. Place 5 1/2 oz (156 g) in individual containers.

6a. Chop mushrooms from section 6 of ingredient listing into 1/4 in. (6 mm) pieces.

b. Sprinkle approximately 1/2 oz (14 g) chopped mushrooms over each individual portion for a garnish.

c. Cover, label, and freeze.

BEEF AND MUSHROOMS

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of ground beef. Weight of cooked beef for 100 portions should be approximately 20.6 pounds (9.3 kg).

3. Final weight of 100 servings excluding mushrooms weighs 38 lb (17.2 kg). Final volume of 100 servings is 4.3 gal. (16.2 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).

4. To serve without freezing, follow directions through step 5c, but do not cool meat or gravy. Serve 5 1/2 oz (156 g) portions of heated product and garnish with 1/2 oz (14 g) of chopped mushrooms.

BEEF AND MUSHROOMS

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Mushrooms, canned - NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type II, style E.

3. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, Concentration d, texture 1.

Bakery and Cereal Products

4. Flour, wheat - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Sugar, Confectionery, and Nuts

5. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

Soups and Bouillon

6. Soup and gravy base, instant, beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.

Food Oils and Fats

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

Condiments and Related Products

8. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

9. Caramel color, powdered.

10. Marjoram, ground.

11. Starch, Col-Flo 67.

BEEF AND SPAGHETTI SAUCE

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Beef, ground 3/16"	57.14	27.50	12,474		2 lb 12 oz	
2. Margarine	2.00	0.96	435			3 tbsp
Flour, wheat, general purpose	0.50	0.24	109			3 1/2 tsp
3. Water and/or broth	24.58	11.83	5366	5 2/3 cup		2 1/4 cup
Tomato paste	10.00	4.81	2182	9 cup		1 cup
Cheese, grated, parmesan	2.50	1.20	544			1/2 cup
Sugar	1.00	0.48	218			4 1/2 tsp
Salt, table, iodized	0.50	0.24	109			2 tsp
Soup and gravy base, beef	0.70	0.34	154			3 3/4 tsp
Oregano, ground	0.05	0.02	9			1/2 tsp
Basil, ground	0.03	0.01	4			1/4 tsp
4. Starch, Col-Flo 67	1.00	0.48	218			7 3/4 tsp
TOTALS	100.00	48.11	21,821			

BEEF AND SPAGHETTI SAUCE

Pureed, Bland

PROCEDURE:

1a. Brown ground beef in kettle.

b. Drain juices (broth) and reserve for step 3a.

c. Refrigerate and reserve cooked ground beef for step 4c.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredients listing reserving some water for step 4a. Juices (broth) reserved in step 1b may be used to satisfy all or part of the water requirement.

b. Add combined ingredients to roux and gradually heat to 160°F (71°C) to melt cheese.

4a. Make a starch slurry with water reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add beef from step 1c.

d. Add back water to maintain formula weight or volume.

e. Blend on low speed in vertical cutter-mixer or equivalent blender for approximately 30 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

h. Cover, label, and freeze.

BEEF AND SPAGHETTI SAUCE

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of beef. Weight of cooked beef for 100 portions should be approximately 20.6 pounds (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 5 gal. (18.9 L). One gallon (3.8 L) weighs 8.2 lb (3.7 kg).

4. To serve without freezing, follow directions through step 4e, but do not cool meat or sauce. Serve 6 oz (170 g) portions of heated product.

BEEF AND SPAGHETTI SAUCE

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, Texture 1.

Dairy Foods and Eggs

3. Cheese, grated, parmesan - NSN-8910-00-616-0160, Fed. C-C-285, Type I, Class 1.

Bakery and Cereal Products

4. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Sugar, Confectionery, and Nuts

5. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class A.

Soups and Bouillon

6. Soup and gravy base, instant, beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class 1, Style A.

Food Oils and Fats

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

Condiments and Related Products

8. Basil, ground - NSN-8950-00-404-6066, Fed. EE-S-631, Type II.

9. Oregano, ground - NSN-8950-00-582-1402, Fed. EE-S-631, Type II.

10. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

11. Starch, Col-Flo 67.

BEEF STROGANOFF

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Beef, ground, 3/16"	57.14	27.50	12,474		2 3/4 lb	
2. Margarine	0.86	0.41	186			4 tsp
Flour, wheat, general purpose	0.40	0.19	86			1 tbsp
3. Water	21.74	10.46	4745	1 1/4 gal		2 cup
Tomato paste	2.14	1.03	467	2 cup		1/4 cup
Soup and gravy base	1.08	0.52	236			2 tbsp
Sugar	0.86	0.41	186			4 tsp
Salt	0.64	0.31	141			2 1/3 tsp
Paprika	0.43	0.21	95			4 tsp
Juice, lemon,	0.21	0.10	45			1 tsp
4. Starch, Col-Flo 67	1.00	0.48	218			7 3/4 tsp
5. Sherry flavoring	0.64	0.31	141			1 tbsp
6. Cream, sour	12.86	6.19	2808	3 qt		1 1/4 cup
TOTALS	100.00	48.12	21,828			

BEEF STROGANOFF

Pureed, Bland

PROCEDURE:

1a. Brown ground beef in kettle.

b. Drain juices (broth) and reserve for step 3a.

c. Reserve cooked, ground beef for step 4c.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredient listing, reserving some water for step 4a. Juices (broth) obtained from step 1b may be used to satisfy all or part of the water requirement.

b. Add combined ingredients to roux and heat to 160°F (71°C).

4a. Make a starch slurry using water reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add ground beef from step 1c.

5a. Add sherry flavoring.

b. Add back water to maintain formula weight or volume (see Note 3).

c. Blend on low speed in vertical cutter-mixer or equivalent blender for approximately 30 seconds. For reference, a maximum piece size should be 0.20 in. (5 mm).

d. Cool to about 50°F (10°C).

6a. Fold in sour cream.

b. Place 6 oz (170 g) in individual containers.

c. Cover, label, and freeze.

BEEF STROGANOFF

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of ground beef. Weight of cooked beef for 100 portions should be approximately 20.6 lb (9344 g).

3. Final weight for 100 servings is 41 lb (18.5 kg). Final volume for 100 servings is 4.8 gal (18.1 L). One gallon (3.8 L) weighs 8.3 lb (3.8 kg).

4. To serve without freezing, follow directions through step 5c, but do not cool meat or gravy. Fold in sour cream. Serve 6 oz (170 g) portions of heated product.

BEEF STROGANOFF

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Dairy Foods and Eggs

2. Cream, sour - NSN-8910-00-890-1536, Fed. C-C-678, Type I.

Fruits and Vegetables

3. Juice, lemon, frozen - NSN-8915-00-411-2676, MIL-J-11174.

4. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, texture 1.

Bakery and Cereal Products

5. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Sugar, Confectionery and Nuts

6. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

Soups and Boullion

7. Soup and gravy base, instant, beef flavored - NSN-8935-00-234-6217, Fed. EE-B-575, Type I, Class I, Style A.

Food Oils and Fats

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

Condiments and Related Products

9. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631.

10. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

11. Sherry flavoring.

12. Starch, Col-Flo 67.

SWEDISH MEATBALLS

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Beef, ground 3/16"	57.14	27.50	12,474		2 lb 12 oz	
2. Margarine	4.00	1.92	871			1/3 cup
Flour, wheat, general purpose	0.50	0.24	109			3 1/2 tsp
3. Water and/or broth	19.75	9.52	4318	4 1/2 qt		1 3/4 cup
Milk, whole	15.00	7.22	3275	3 1/3 qt		1 1/3 cup
Soup and gravy base, beef	1.80	0.87	395			1/4 cup
Sugar	0.50	0.24	109			2 1/4 tsp
Allspice, ground	0.03	0.01	6			1/4 tsp
Mace, ground	0.02	0.01	4			1/4 tsp
Marjoram, ground	0.02	0.01	4			1/4 tsp
4. Starch, Col-Flo 67	1.20	0.58	263			3 tbsp
5. Parsley flakes, dehydrated	0.04	0.02	9			1 tsp
TOTALS	100.00	48.14	21,837			

SWEDISH MEATBALLS

Pureed, Bland

PROCEDURE:

1a. Brown ground beef in kettle.

b. Drain juices (broth) from beef and reserve for step 3a.

c. Refrigerate and reserve cooked ground beef for step 4c.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredients listing reserving some water for step 4a. Juices (broth) reserved in step 1b may be used to satisfy all or part of the water requirement.

b. Add combined ingredients to roux and heat to 160°F (71°C).

4a. Make starch slurry with water reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add beef from step 1c.

d. Add back water to maintain formula weight or volume.

e. Blend on low speed in vertical cutter-mixer or equivalent blender for approximately 30 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

h. Sprinkle each container with parsley flakes for a garnish.

SWEDISH MEATBALLS

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of beef. Weight of cooked beef for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.7 gal (17.7 L). One gallon (3.8 L) weighs 8.6 lb (3.9 kg).

4. To serve without freezing, follow directions through step 4e, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product and garnish with parsley flakes.

SWEDISH MEATBALLS

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Dairy Foods and Eggs

2. Milk, homogenized - NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1.

Fruits and Vegetables

3. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Bakery and Cereal Products

4. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Sugar, Confectionery, and Nuts

5. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class A.

Soups and Bouillon

6. Soup and gravy base, instant, beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class 1, Style A.

Food Oils and Fats

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

Condiments and Related Products

8. Allspice, ground - NSN-8950-00-170-9562, Fed. EE-S-631, Type II.

9. Mace, ground - NSN-8950-00-170-9568, Fed. EE-S-631, Type II.

Special Procurement

10. Marjoram, ground.

11. Starch, Col-Flo 67.

YANKEE POT ROAST

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weights	Measure
1. Beef, ground 3/16"	57.14	27.50	12,474		2 3/4 lb	
2. Carrots, frozen, slices	6.00	2.89	1311			1 cup
3. Margarine	2.00	0.96	435			3 tbsp
Flour, wheat, general purpose	0.40	0.19	86			1 tbsp
4. Water	21.93	10.565	4792	1 1/4 gal		2 cup
Tomato paste	6.00	2.89	1311	5 1/3 cup		1/2 cup
Vinegar, cider (5%)	2.00	0.96	435	2 cup		3 tbsp
Soup and gravy base, beef	0.80	0.38	172			4 1/3 tsp
Sugar	0.50	0.24	109			2 1/3 tsp
Salt, table, iodized	0.40	0.19	86			1 1/2 tsp
Bay leaves, ground	0.01	0.005	2			<1/8 tsp (pinch)
Thyme, ground	0.01	0.005	2			1/8 tsp
Allspice, ground	0.01	0.005	2			<1/8 tsp (pinch)
5. Starch, Col-Flo 67	0.80	0.38	172			2 tbsp
6. Carrots, frozen, slices	2.00	0.96	435			1/3 cup
TOTALS	100.00	48.12	21,824			

YANKEE POT ROAST

Pureed, Bland

PROCEDURE:

1a. Brown ground beef in kettle.

b. Drain juices (broth) and reserve for step 4a.

c. Reserve cooked, ground beef for step 5c.

2. Thaw carrots and reserve for step 5c.

3a. Melt margarine.

b. Make a roux with flour.

4a. Combine ingredients listed in section 4 of ingredients listing, reserving some water for step 5a. Juices (broth) obtained from step 1b may be used to satisfy all or part of the water requirement.

b. Add combined ingredients to roux and heat to 160°F (71°C).

5a. Make a starch slurry using water reserved from step 4a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add ground beef from step 1c and carrots from step 2.

d. Add back water to maintain formula weight or volume.

e. Blend on low speed in vertical cutter-mixer or equivalent blender for approximately 30 seconds. For reference, a maximum piece size should be 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

6a. Chop carrots from section 6 of ingredients listing into 1/4 in. (6 mm) pieces.

b. Sprinkle approximately 4 g chopped carrots over each individual portion for a garnish.

c. Cover, label, and freeze.

YANKEE POT ROAST

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of ground beef. Weight of cooked beef for 100 portions should be approximately 20.6 lb (9344 g).

3. Final weight of 100 servings including garnish is 40.2 lb (18.2 kg). Final volume of 100 servings including garnish is 4.6 gal (17.4 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).

4. To serve without freezing, follow directions through step 5e, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product and garnish with approximately four grams of chopped carrots per portion.

YANKEE POT ROAST

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Carrots, frozen, slices - NSN-8915-00-162-5087, Fed. HHH-V-1745/6, Style IV.

3. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, texture 1.

Bakery and Cereal Products

4. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

Sugar, Confectionery and Nuts

5. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Class a.

Soups and Boullion

6. Soup and gravy base, instant, beef flavored - NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.

Food Oils and Fats

7. Margarine - NSN-8945-00-616-0078, Fed. EE-B-575, Type I.

Condiments and Related Products

8. Allspice, ground - NSN-8950-00-170-9562, Fed. EE-S-631, Type II.

9. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

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, Strength B (5%).

Special Procurement

12. Bay leaves, ground.

13. Starch, Col-Flo 67.

CHICKEN A LA KING

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Chicken breasts, raw	57.14	27.50	12,474		2 lb 12 oz	
2. Margarine	4.00	1.92	871			1/3 cup
Flour, wheat, general purpose	1.00	0.48	218			2 tbsp
3. Chicken broth, canned	30.06	14.46	6560	1 3/4 gal		2 3/4 cup
Soup and gravy base, chicken	1.50	0.72	327			8 tsp
Milk, nonfat, dry	1.20	0.58	263			1/4 cup
Celery, ground	0.10	0.05	23			1 1/2 tsp
4. Starch, Col-Flo 67	1.00	0.48	218			7 2/3 tsp
5. Pimentos, canned, chopped, 3/16"	4.00	1.93	875			1/3 cup
TOTALS	100.00	48.12	21,829			

CHICKEN A LA KING

Pureed, Bland

PROCEDURE:

1a. Steam chicken breasts at 15 p.s.i. (103 kPa) for approximately 20 minutes to an internal temperature of 160°F (71°C).

b. Cool to about 80°F (27°C) to facilitate handling.

c. Remove cartilage and bone from skinless chicken breasts.

d. Cool chicken to about 50°F (10°C).

e. Grind chicken through a 3/16 in (5 mm) plate.

f. Refrigerate and reserve cooked, ground chicken for step 4d.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some chicken broth for step 4a and mix well to disperse nonfat dry milk solids.

b. Add to roux and heat to 160°F (71°C).

4a. Make a starch slurry using chicken broth reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add chicken from step 1f.

5a. Add chopped pimentos.

b. Add back water to maintain formula weight or volume.

c. Mix on high speed in mechanical mixer (Hobart or equivalent) for approximately 1 minute. For reference, particle size should be a maximum of 0.20 in (5 mm).

d. Cool to about 50°F (10°C).

e. Place 6 oz (170 g) in individual containers.

f. Cover, label, and freeze.

CHICKEN A LA KING

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 75% yield of chicken. Weight of boneless, cooked, ground chicken for 100 portions should be approximately 20.6 lb (9.3 kg). A combination of light and dark meat chicken may be substituted for chicken breasts.

3. Final weight of 100 servings is 41 lb (18.6 kg). Final volume of 100 servings is 4.8 gal (18.2 L). One gallon (3.8 L) weighs 8.6 lb (3.9 kg).

4. To serve without freezing, follow directions through step 5c, but do not cool chicken or gravy. Serve 6 oz (170 g) portions of heated product.

5. In the event that the broth from the chicken steaming operation can be saved, this broth should be used in satisfying the chicken broth requirements in section 3.

CHICKEN A LA KING

Pureed, Bland

Ingredients

Meat, Poultry and Fish

1. Chicken, breasts, frozen - NSN-8905-00-582-1393, Fed. PP-C-248, Type II, Class 1, Style 5.

Dairy Foods and Eggs

2. Milk, nonfat, dry - NSN-8910-00-982-2779, Fed. C-M-00350, Type I, Style C.

Fruits and Vegetables

3. Pimentos, canned, red - NSN-8915-00-292-9266, Fed. JJJ-V-1746/14.

Bakery and Cereal Products

4. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481 Type III, Class B, Style 2.

Soups and Boullion

5. Soup and gravy base, instant, chicken flavored - NSN-8935-00-753-6424, Fed. EE-B-575, Type I, Class 1, Style A.

Food Oils and Fats

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

Special Procurement

7. Celery, ground.

8. Chicken, broth, canned.

9. Starch, Col-Flo 67.

CHICKEN AND GRAVY

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Chickens, whole	74.05	58.93	26,731		5 lb 14 oz	
2. Chicken broth, canned	21.87	17.40	7893	8 2/3 qt		3 1/2 cup
Salad oil	3.03	2.41	1093	4 3/4 cup		1/2 cup
Soup and gravy base, chicken	0.60	0.48	218			5 1/2 tsp
Celery, ground	0.06	0.05	23			1 1/3 tsp
Sage, ground	0.03	0.025	11			3/4 tsp
Savory, ground	0.03	0.025	11			1/2 tsp
3. Starch, Col-Flo 67	0.30	0.24	109			3 3/4 tsp
4. Parsley, dehydrated	0.03	0.02	9			1 tsp
TOTALS	100.00	79.58	36,098			

CHICKEN AND GRAVY

Pureed, Bland

PROCEDURE:

1a. Steam whole chickens at 15 p.s.i. (103 kPa) for approximately 30 minutes to an internal temperature of 160°F (71°C).

b. Cool to about 80°F (27°C) to facilitate handling.

c. Remove skin and bones from cooked chickens.

d. Cool chicken meat to about 50°F (10°C).

e. Grind chicken meat through a 3/16 in. (5 mm) plate.

f. Refrigerate and reserve cooked, ground chicken for step 3c.

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some chicken broth for step 3a.

b. Heat to 160°F (71°C).

3a. Make a starch slurry with broth reserved from step 2a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add chicken from step 1f.

d. Add back water to maintain formula weight or volume.

e. Mix on high speed in mechanical mixer (Hobart or equivalent) for approximately 1 minute. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

4a. Sprinkle with parsley flakes for a garnish.

b. Cover, label, and freeze.

CHICKEN AND GRAVY

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 35% yield of chicken. Weight of boneless, cooked, ground chicken for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.6 kg). Final volume of 100 servings is 4.7 gal (17.8 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).

4. To serve without freezing follow directions through step 3e, but do not cool chicken or gravy. Serve 6 oz (170 g) portions of heated product and garnish with parsley flakes.

5. In the event that the broth from the steaming operation can be saved, this broth should be used in satisfying the canned broth requirement in section 2.

CHICKEN AND GRAVY

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Soups and Boullion

3. Soup and gravy base, instant, chicken, flavored - NSN-8935-00-753-6424, Fed. EE-B-575, Type II, Class 1, Style A.

Food Oils and Fats

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

Condiments and Related Products

5. Savory, ground - NSN-8950-00-080-5960, Fed. EE-S-631, Type II.

Special Procurement

6. Celery, ground.

7. Chicken broth, canned.

8. Sage, ground.

9. Starch, Col-Flo 67.

CHICKEN AND WINE

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weights	Measure
1. Chicken, whole	74.07	58.93	26,731		5 lb 14 oz	
2. Margarine	2.41	1.92	871			1/3 cup
Flour, wheat, general purpose	0.30	0.24	109			3 1/2 tsp
3. Chicken broth, canned	17.064	13.575	6158	1 2/3 gal		2 3/4 cup
Sugar	0.48	0.38	172			3 2/3 tsp
Salt, table, iodized	0.18	0.14	64			1 tsp
Bay leaves, ground	0.006	0.005	2			1/8 tsp (pinch)
4. Starch, Col-Flo 67	0.60	0.48	218			7 2/3 tsp
5. Sherry flavoring	2.73	2.17	984	4 1/3 cup		1/2 cup
6. Mushrooms, canned, pieces, drained	2.16	1.72	780			1/2 cup
TOTALS	100.00	79.56	36,089			

CHICKEN AND WINE

Pureed, Bland

PROCEDURE:

1a. Steam whole chickens at 15 p.s.i. (103 kPa) for about 30 minutes to an internal temperature of 160°F (71°C).

b. Cool to about 80°F(27°C) to facilitate handling.

c. Remove skin and bones from cooked chicken.

d. Cool chicken meat to about 50°F (10°C).

e. Grind chicken meat through a 3/16 in. (5 mm) plate.

f. Refrigerate and reserve cooked, ground chicken for step 6b.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in section 3 of ingredients listing, reserving some chicken broth for step 4a.

b. Add to roux and heat to 160°F (71°C).

4a. Make a starch slurry with broth reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

5. Add sherry flavoring to above.

6a. Finely chop mushrooms and add to above.

b. Add chicken from step 1f.

c. Add back water to maintain formula weight or volume.

d. Mix on high speed in mechanical mixer (Hobart or equivalent) for approximately 1 minute. For reference, particle size should be a maximum of 0.20 in. (5 mm).

e. Cool to about 50°F (10°C).

f. Place 6 oz (170 g) in individual containers.

g. Cover, label, and freeze.

CHICKEN AND WINE

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 35% yield of chicken. Weight of boneless, cooked, ground chicken for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.7 gal (17.1 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

4. To serve without freezing, follow directions through step 6d, but do not cool chicken or gravy. Serve 6 oz (170 g) portions of heated product.

5. In the event that the broth from the chicken steaming operation can be saved, this broth should be used in satisfying the canned broth requirement in section 3.

CHICKEN AND WINE

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Mushrooms, canned - NSN-8915-00-935-6629, Fed. JJJ-V-1746/9. Type II, Style E.

Bakery and Cereal Products

3. Flour, wheat - NSN-8920-00-140-7748, Fed. N-F- 00481, Type III, Class B, Style 2.

Sugar, Confectionery, and Nuts

4. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class (a).

Food Oils and Fats

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

Condiments and Related Products

6. Salt - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

7. Bay leaves, ground.

8. Chicken broth, canned.

9. Sherry flavoring.

10. Starch, Col-Flo 67.

CHICKEN CACCIATORE

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weights	Measure
1. Chicken, whole	74.07	58.93	26,731		5 lb 14 oz	
2. Chicken, broth, canned	14.52	11.55	5239	1 1/2 gal		2 1/3 cup
Tomato paste	7.91	6.29	2853	3 qt		1 1/4 cup
Salad Oil	1.03	0.82	372	1 2/3 cup		7 3/4 tsp
Sugar	0.26	0.21	95			2 tsp
Salt, table, iodized	0.26	0.21	95			1 2/3 tsp
Oregano, ground	0.05	0.04	18			1 tsp
Basil leaves, dehydrated	0.03	0.02	9			1 tsp
3. Starch, Col-Flo 67	0.31	0.25	113			4 tsp
4. Mushrooms, canned, pieces, drained	1.56	1.24	562			1/3 cup
TOTALS	100.00	79.56	36,087			

CHICKEN CACCIATORE

Pureed, Bland

PROCEDURE:

1a. Steam whole chickens at 15 p.s.i. (103 kPa) for approximately 30 minutes to an internal temperature of 160°F (71°C).

b. Cool to about 80°F (27°C) to facilitate handling.

c. Remove skin and bones from cooked chicken.

d. Cool chicken meat to about 50°F (10°C).

e. Grind chicken meat through a 3/16 in. (5 mm) plate.

f. Refrigerate and reserve cooked ground chicken for step 4b.

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some chicken broth for step 3a.

b. Heat to 160°F (71°C).

3a. Make a starch slurry with broth reserved from step 2a.

b. Add starch slurry to above and heat to 180°F (82°C).

4a. Chop mushrooms finely and add to above.

b. Add chicken from step 1f.

c. Add back water to maintain formula weight or volume.

d. Mix on high speed in mechanical mixer (Hobart or equivalent) for approximately 1 minute. For reference, particle size should be a maximum of 0.20 in. (5 mm).

e. Cool to about 50°F (10°C).

f. Place 6 oz (170 g) in individual containers.

g. Cover, label, and freeze.

CHICKEN CACCIATORE

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 35% yield of chicken. Weight of boneless, cooked, ground chicken for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.9 gal (18.5 L). One gallon (3.8 L) weighs 8.4 lb (3.8 kg).

4. To serve without freezing, follow directions through step 4e, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product.

5. In the event that the broth from the steaming operation can be saved, this broth should be used in satisfying the canned broth requirement in section 2.

CHICKEN CACCIATORE

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

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

Fruits and Vegetables

2. Mushrooms, canned - NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type II, Style E.

3. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, texture 1.

Sugar, Confectionery, and Nuts

4. Sugar - NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

Food Oils and Fats

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

Condiments and Related Products

6. Oregano, ground - NSN-8950-00-582-1402, Fed. EE-S-631, Type II.

7. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

8. Basil, leaves, dehydrated.

9. Chicken broth, canned.

10. Starch, Col-Flo 67.

BAKED HAM

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Ham, canned	50.00	20.63	9358		2 lb 1 oz	
2. Margarine	4.00	1.65	748			1/3 cup
Sugar, brown	3.00	1.24	562			1/3 cup
3. Water	36.97	15.25	6917	1 3/4 gal		3 cup
Mace, ground	0.03	0.01	4			1/4 tsp
4. Starch, Col-Flo 67	2.00	0.82	372			1/4 cup
Water	4.00	1.65	748	.3 1/3 cup		1/3 cup
. TOTALS	100.00	41.25	18,709			

BAKED HAM

Pureed, Bland

PROCEDURE:

1a. Grind ham through a 3/16 in. (5 mm) plate.

b. Refrigerate and reserve for step 4c.

2a. Melt margarine.

b. Add brown sugar and heat until sugar is dissolved.

3a. Add water and mace from section 3 of ingredients listing.

b. Heat to 160°F (71°C).

4a. Make a starch slurry using ingredients listed in section 4.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add ham from step 1b.

d. Add back water to maintain formula weight or volume.

e. Blend on medium speed in a mechanical mixer (Hobart or equivalent) for approximately 1 minute. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

h. Cover, label, and freeze.

BAKED HAM

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.8 gal (18.1 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

3. To serve without freezing follow directions through step 4e, but do not cool meat or sauce. Serve 6 oz (170 g) portions of heated product.

BAKED HAM

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

1. Ham, canned - NSN-8905-00-410-4670, Fed. PP-H-61, Type II.

Sugar, Confectionery, and Nuts

2. Sugar, brown - NSN-8925-00-127-7325, Fed. JJJ-S-791, Type II.

Food Oils and Fats

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

Condiments and Related Products

4. Mace, ground - NSN-8950-00-170-9568, Fed. EE-S-631, Type II.

Special Procurement

5. Starch, Col-Flo 67.

HAM AND RAISIN SAUCE

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Ham, canned	50.00	20.63	9358		2 lb 1 oz	
2. Raisins, seedless	5.00	2.06	934			2/3 cup
Water	12.00	4.95	2245	2 1/3 qt		1 cup
3. Margarine	4.00	1.65	748			1/3 cup
Sugar, brown	6.00	2.47	1120			2/3 cup
4. Water	10.00	4.126	1871	2 qt		3/4 cup
Vinegar (5%)	4.00	1.65	748	.3 1/3 cup		1/3 cup
Mace, ground	0.01	0.004	2			1/8 tsp (pinch)
5. Starch, Col-Flo 67	1.50	0.62	281			1/4 cup
Water	7.49	3.09	1402	1 1/2 qt		2/3 cup
TOTALS	100.00	41.25	18,709			

HAM AND RAISIN SAUCE

Pureed, Bland

PROCEDURE:

1a. Grind ham through a 3/16 in. (5 mm) plate.

b. Refrigerate and reserve for step 5c.

2a. Place raisins and water in a vertical cutter-mixer or equivalent blender and mix on low speed for approximately 1 minute or until well blended.

b. Reserve for step 4a.

3a. Melt margarine.

b. Add brown sugar and heat until sugar is dissolved

4a. Combine water, vinegar, and mace listed in section 4 of ingredients listing with raisins and water from step 2b and add to above.

b. Heat to 160°F (71°C).

5a. Make a starch slurry using ingredients listed in section 5 of ingredients listing.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add ham from step 1b.

d. Add back water to maintain formula weight or volume.

e. Mix on medium speed in mechanical mixer (Hobart or equivalent) for approximately 25 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

h. Cover, label, and freeze.

HAM AND RAISIN SAUCE

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.8 gal (18.1 L). One gallon (3.8 L) weighs 8.6 lb (3.9 kg).

3. To serve without heating, follow directions through step 5e, but do not cool ham or sauce. Serve 6 oz (170 g) portions of heated product.

HAM AND RAISIN SAUCE

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

1. Ham, canned - NSN-8905-00-410-4670, Fed. PP-H-61, Type II.

Sugar, Confectionery and Nuts

2. Sugar, brown - NSN-8925-00-127-7325, Fed. JJJ-S-791, Type II.

Fruits and Vegetables

3. Raisins, Thompson, seedless - NSN-8915-00-286-5487, Fed. Z-R-71, Type I (a).

Food Oils and Fats

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

Condiments and Related Products

5. Mace, ground - NSN-8950-00-170-9568, Fed. EE-S-631, Type II.

6. Vinegar, cider - NSN-8950-00-221-0297, Fed. Z-V-401, Type I, Strength B (5%).

Special Procurement

7. Starch, Col-Flo 67.

HAM WITH PINEAPPLE

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Ham, canned	50.00	20.63	9358		2 lb 1 oz	
2. Pineapple, crushed, canned, lightly drained	10.00	4.12	1869			3/4 cup
Water	5.00	2.06	934	1 qt		1/3 cup
3. Margarine	4.00	1.65	748			1/3 cup
Sugar, light brown	4.00	1.65	748			7 tbsp
4. Water	17.49	7.216	3273	3 1/2 qt		1 1/2 cup
Vinegar, cider (5%)	5.00	2.06	934	1 qt		1/2 cup
Mace, ground	0.01	0.004	2			1/8 tsp (pinch)
5. Starch, Col-Flo 67	1.50	0.62	281			1/4 cup
Water	3.00	1.24	562	2 1/3 cup		1/4 cup
TOTALS	100.00	41.25	18,709			

HAM WITH PINEAPPLE

Pureed, Bland

PROCEDURE:

1a. Grind ham through a 3/16 in. (5 mm) plate.

b. Refrigerate and reserve for step 5c.

2a. Place pineapple and water in a vertical cutter-mixer or equivalent blender and mix on low speed for approximately 20 seconds or until well blended.

b. Reserve for step 4a.

3a. Melt margarine.

b. Add brown sugar and heat until sugar is dissolved.

4a. Combine ingredients listed in section 4 of ingredients listing with pineapple and water from step 2b and add to above.

b. Heat to 160°F (71°C).

5a. Make a starch slurry using ingredients listed in section 5 of ingredients listing.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add ham from step 1b.

d. Add back water to maintain formula weight or volume.

e. Mix on medium speed in a mechanical mixer (Hobart or equivalent) for approximately 1 minute. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

h. Cover, label, and freeze.

HAM WITH PINEAPPLE

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Final weight of 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 4.8 gal (18.1 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

3. To serve without freezing, follow directions through step 5e, but do not cool meat or sauce. Serve 6 oz (170 g) portions of heated product.

HAM WITH PINEAPPLE

Pureed, Bland

Ingredients

Meats, Poultry, and Fish

1. Ham, canned - NSN-8905-00-410-4670, Fed. PP-H-61, Type II.

Sugar, Confectionery, and Nuts

2. Sugar, brown - NSN-8925-00-127-7325, Fed. JJJ-S-791, Type II.

Food Oils and Fats

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

Condiments and Related Products

4. Mace, ground - NSN-8950-00-170-9568, Fed. EE-S-631, Type II.

5. Vinegar, cider - NSN-8950-00-221-0297, Fed. Z-V-401, Type I, Strength B (5%).

Special Procurement

6. Pineapple, canned, crushed, in natural juices.

7. Starch, Col-Flo 67.

ROAST LAMB

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Lamb, leg, bone-in	66.64	41.25	18.711		4 lb 2 oz	
2. Margarine	2.00	1.24	562			1/4 cup
Flour, wheat, general purpose	0.34	0.21	95			1 tbsp
3. Water	29.68	18.372	8334	2 1/4 gal		3 1/2 cup
Salt, table, iodized	0.27	0.17	77			1 1/3 tsp
Thyme, ground	0.02	0.01	4			1/4 tsp
Celery, ground	0.02	0.01	4			1/4 tsp
Rosemary, ground	0.01	0.008	4			1/4 tsp
4. Starch, Col-Flo 67	0.99	0.61	277			1/4 cup
5. Parsley, dehydrated	0.03	0.02	9			1 tsp
TOTALS	100.00	61.90	28,077			

ROAST LAMB

Pureed, Bland

PROCEDURE:

1a. Place legs of lamb in oven at 325°F (163°C) and roast to an internal temperature of 160°F (71°C).

b. Cool lamb to about 50°F (10°C).

c. Remove excess fat.

d. Grind lamb through a 3/16 in. (5 mm) plate.

e. Refrigerate and reserve cooked, ground lamb for step 4c.

2a. Melt margarine.

b. Make a roux with flour.

3a. Combine ingredients listed in step 3 of ingredients listing, reserving some water for step 4a.

b. Heat to 160°F (71°C).

4a. Make a starch slurry with water reserved from step 3a.

b. Add to above and heat to 180°F (82°C).

c. Add cooked, ground lamb from step 1e.

d. Add back water to maintain formula weight or volume.

e. Blend on low speed in mechanical mixer (Hobart or equivalent) for approximately 15 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

5a. Sprinkle with parsley flakes as a garnish.

b. Cover, label, and freeze.

ROAST LAMB

Pureed, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 50% yield of lamb. Weight of cooked, ground lamb for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.6 kg). Final volume of 100 servings is 5 gal (18.9 L). One gallon (3.8 L) weighs 8.2 lb (3.7 kg).

4. To serve without freezing follow directions through 4e, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product and sprinkle with parsley for a garnish.

ROAST LAMB

Pureed, Bland

Ingredients

Fruits and Vegetables

1. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Food Oils and Fats

2. Margarine - NSN-8945-00-616-0078, Fed. EE-M-0045, Type 1.

Bakery and Cereal Products

3. Flour, wheat - NSN-8920-00-140-7748, Fed. N-F-481, Type III, Class B, Style 2.

Condiments and Related Products

4. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

5. Thyme, ground - NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

Special Procurement

6. Celery, ground.

7. Lamb, legs, bone-in.

8. Rosemary, ground.

9. Starch, Col-Flo 67.

PORK CREOLE

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Pork loins	74.07	58.93	26,731		5 lb 14 oz	
2. Water and pork juices	17.77	14.14	6414	1 2/3 gal		2 3/4 cup
Tomato paste	5.19	4.13	1873	2 qt		3/4 cup
Salt, table, iodized	0.15	0.12	54			1 tsp
Liquid smoke (C-3)	0.10	0.08	36	7 1/2 tsp		3/4 tsp
Juice, lemon reconstituted	0.08	0.06	27	2 tbsp		1/2 tsp
Celery, ground	0.03	0.02	9			1/2 tsp
Bay leaves, ground	0.01	0.01	4			1/8 tsp
3. Starch, Col-Flo 67	0.52	0.41	186			2 tbsp
4. Carrots, frozen, slices, cooked	1.04	0.83	376			1/4 cup
5. Mushrooms, canned, pieces, drained	1.04	0.83	376			1/4 cup
TOTALS	100.00	79.56	36,086			

PORK CREOLE

Pureed, Bland

PROCEDURE:

1a. Trim pork loins of bone and excess fat. Surface or seam fat should not exceed 1/4 in. (5 mm).

b. Grind pork through a 3/16 in. (5 mm) plate.

c. Brown ground pork in kettle.

d. Drain juices (broth) and reserve for step 2a.

e. Refrigerate and reserve cooked pork for step 2d.

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some water for step 3a. Juices (broth) reserved in step 1d may be used to satisfy all or part of the water requirement.

b. Heat to 160°F (71°C).

3a. Make a starch slurry with water reserved from step 2a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add cooked pork from step 1e.

4a. Chop carrots into approximately 1/4 in. (6 mm) pieces.

b. Add to above.

5a. Chop mushrooms into approximately 1/4 in. (6 mm) pieces.

b. Add to above.

c. Add back water to maintain formula weight or volume.

d. Blend (on low speed) in vertical cutter-mixer for approximately 40 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

e. Cool to about 50°F (10°C).

f. Place 6 oz (170 g) in individual containers.

g. Cover, label, and freeze.

PORK CREOLE

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 35% yield of pork. Weight of boneless, cooked, ground pork for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight for 100 servings is 41 lb (18.5 kg). Final volume for 100 servings is 4.8 gal (18.1 L). One gallon (3.8 L) weighs 8.6 lb (3.9 kg).

4. To serve without freezing, follow directions through step 5d, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product.

PORK CREOLE

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

1. Pork, loin, frozen - NSN-8905-00-935-0618, Fed. PP-P-571, Style B.

Fruits and Vegetables

2. Carrots, frozen, slices - NSN-8915-00-162-5087, Fed. HHH-V-1745/6, Style IV.

3. Juice, lemon, frozen, concentrated - NSN-8915-00-411-2676, MIL-J-11174.

4. Mushrooms, canned - NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type II, Style E.

5. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, texture 1.

Condiments and Related Products

6. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

7. Bay leaves, ground.

8. Celery, ground.

9. Liquid smoke (Charsol C-3).

10. Starch, Col-Flo 67.

ROAST PORK

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Pork loins	74.05	58.93	26,731		5 lb 14 oz	
2. Water and pork juices	24.42	19.43	8977	2 1/3 gal		3 3/4 cup
Salt	0.20	0.16	72			1 1/4 tsp
Paprika	0.03	0.02	9			1/3 tsp
Oregano, ground	0.01	0.01	4			1/4 tsp
3. Starch, Col-Flo 67	1.00	0.80	363			1/4 cup
Flour, wheat, general purpose	0.26	0.21	95			1 tbsp
4. Parsley, dehydrated	0.03	0.02	9			1 tsp
TOTALS	100.00	79.58	36,096			

ROAST PORK

Pureed, Bland

PROCEDURE:

1a. Trim pork loins of bone and excess fat. Surface or seam fat should not exceed 1/4 in. (5 mm).

b. Grind pork through a 3/16 in. (5 mm) plate.

c. Brown ground pork in kettle.

d. Drain juices (broth) and reserve for step 2a.

e. Refrigerate and reserve cooked ground pork for step 3c.

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some water for step 3a. Juices obtained in step 1d should be used to fulfill part of water requirement.

b. Heat to 160°F (71°C).

3a. Make a starch and flour slurry with water reserved from step 2a.

b. Add starch and flour slurry to above and heat to 180°F (82°C).

c. Add cooked pork from step 1e.

d. Add back water to maintain formula weight or volume.

e. Blend on low speed in vertical cutter-mixer for approximately 40 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

4a. Sprinkle with parsley flakes as a garnish.

b. Cover, label, and freeze.

ROAST PORK

Pureed, Bland

NOTES:

1. Formula includes 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 35% yield of pork. Weight of boneless, cooked, ground pork for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.6 kg). Final volume of 100 servings is 4.9 gal (18.5 L). One gallon (3.8 L) weighs 8.4 lb (3.8 kg).

4. To serve without freezing, follow directions through step 3e, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product and garnish with parsley flakes.

ROAST PORK

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

1. Pork, loin, frozen - NSN-8905-00-935-0618, Fed. PP-P-571, Style B.

Fruits and Vegetables

2. Parsley, dehydrated - NSN-8915-00-975-0530, MIL-P-35090.

Bakery and Cereal Products

3. Flour, wheat, general purpose - NSN-8920-00-140-7748, Fed. N-F-00481, Type III.

Condiments and Related Products

4. Oregano, ground - NSN-8950-00-582-1402, Fed. EE-S-631, Type II.

5. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631.

6. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

Special Procurement

7. Starch, Col-Flo 67.

SWEET AND SOUR PORK

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weight	Measure
1. Pork loins	73.18	58.93	26,731		5 lb 14 oz	
2. Pineapple, canned, crushed, drained	5.12	4.12	1869			3/4 cup
Vinegar, cider (5%)	4.10	3.30	1497	1 2/3 qt		2/3 cup
3. Water and pork juices	11.78	9.49	4305	4 1/2 qt		1 3/4 cup
Sugar, light brown	3.08	2.48	1125			2/3 cup
Soy sauce	0.51	0.41	186	3/4 cup		4 tsp
Salt, table, iodized	0.26	0.21	95			1 2/3 tsp
4. Starch, Col-Flo 67	0.77	0.62	281			1/4 cup
5. Pineapple, canned, chunks, or tid-bits, drained	1.20	0.97	440			1/4 cup
TOTALS	100.00	80.53	36,529			

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SWEET AND SOUR PORK

Pureed, Bland

PROCEDURE:

1a. Trim pork loins of bone and excess fat. Surface or seam fat should not exceed 1/4 in. (5 mm).

b. Grind pork through a 3/16 in. (5 mm) plate.

c. Brown ground pork in kettle.

d. Drain juices (broth) and reserve for step 3a.

e. Refrigerate and reserve cooked pork for step 4c.

2a. Combine drained pineapple and vinegar listed in section 2 of ingredient listing.

b. Mix on low speed in vertical cutter-mixer for about 20 seconds or until well blended.

3a. Combine ingredients listed in section 3 of ingredient listing, reserving some water for step 4a. Juices (broth) obtained in step 1d may be used to satisfy all or part of the water requirement.

b. Add to pineapple and vinegar mixture above.

c. Heat to 160°F (71°C).

4a. Make a starch slurry with water reserved from step 3a.

b. Add starch slurry to above and heat to 180°F (82°C).

c. Add pork from step 1e.

d. Add back water to maintain formula weight or volume.

e. Blend (on low speed) in vertical cutter-mixer for approximately 40 seconds. For reference, particle size should be a maximum of 0.20 in (5 mm).

f. Cool to about 50°F (10°C).

g. Place 6 oz (170 g) in individual containers.

5a. Place 4 g of pineapple chunks on each individual serving for a garnish.

b. Cover, label, and freeze.

SWEET AND SOUR PORK

Pureed, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 35% yield of pork. Weight of ground pork for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight for 100 servings is 41 lb (18.5 kg). Final volume of 100 servings is 5.0 gal (18.9 L). One gallon (3.8 L) weighs 8.2 lb (3.7 kg).

4. To serve without freezing follow directions through step 4d, but do not cool meat or gravy. Serve 6 oz (170 g) portions of heated product and garnish with approximately 4 g of pineapple chunks per serving.

SWEET AND SOUR PORK

Pureed, Bland

Ingredients

Meat, Poultry, and Fish

1. Pork, loin, frozen - NSN-8905-00-935-0618, Fed. PP-P-571, Style B.

Fruits and Vegetables

2. Pineapple, canned, chunks or tidbits - NSN-8915-00-403-8534, Fed. Z-F-1742/23.

Sugar, Confectionery, and Nuts

3. Sugar, brown - NSN-8925-00-127-7328, Fed. JJJ-S-791, Type II.

Condiments and Related Products

4. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

5. Soy sauce - NSN-8950-00-935-3254, Fed. EE-S-610,

6. Vinegar, cider - NSN-8950-00-221-0297, Fed. Z-V-401, Type I, Strength B, (5%).

Special Procurement

7. Pineapple, crushed, canned, in natural juices.

8. Starch, Col-Flo 67.

VEAL PAPRIKA

Pureed, Bland

Each Portion
6 oz (170 g)

Ingredients	Percent	100 Portions Pounds	Grams	Volume (liquids)	10 Portions Weights	Measure
1. Veal, boneless, roasts	58.79	29.46	13,363		2 lb 15 oz	
2. Water	23.05	11.55	5239	1 1/2 qt		2 1/4 cup
Tomato paste	0.82	0.41	186	3/4 cup		3 2/3 tsp
Vinegar, distilled, (5%)	0.82	0.41	186	3/4 cup		4 tsp
Paprika	0.42	0.21	95			4 tsp
Salt, table, iodized	0.42	0.21	95			1 2/3 tsp
3. Starch, Col-Flo 67	0.82	0.41	186			6 2/3 tsp
4. Cream, sour	14.82	7.43	3370	3 2/3 qt		1 1/3 cup
Paprika	0.04	0.02	9			1/3 tsp
TOTALS	100.00	50.11	22,729			

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VEAL PAPRIKA

Pureed, Bland

PROCEDURE:

1a. Place boneless veal roasts in oven at 325°F (163°C) and roast to an internal temperature of 160°F (71°C). Remove crust from meat.

b. Cool veal to about 50°F (10°C).

c. Grind veal through a 3/16 in. (5 mm) plate.

d. Refrigerate and reserve cooked, ground veal for step 3c.

2a. Combine ingredients listed in section 2 of ingredients listing, reserving some water for step 3a.

b. Heat to 160°F (71°C).

3a. Make a starch slurry with water reserved from step 2a.

b. Add to above and heat to 180°F (82°C).

c. Add cooked, ground veal from step 1d.

d. Add back water to maintain formula weight or volume.

e. Blend on low speed in mechanical mixer (Hobart or equivalent) for approximately 15 seconds. For reference, particle size should be a maximum of 0.20 in. (5 mm). Do not over mix.

4a. Cool to about 50°F (10°C).

b. Fold in sour cream.

c. Place 6 oz (170 g) in individual containers.

d. Sprinkle paprika over each portion for a garnish.

e. Cover, label, and freeze.

VEAL PAPRIKA

Pureed, Bland

NOTES:

1. Formula includes a 10% overrun. Theoretical yield for 100 portions: 110 servings. Theoretical yield for 10 portions: 11 servings.

2. Formula is based on a 70% yield of veal. Weight of cooked, ground veal for 100 portions should be approximately 20.6 lb (9.3 kg).

3. Final weight of 100 servings is 41 lb (18.6 kg). Final volume of 100 servings is 5.0 gal (18.9 L). One gallon (3.8 L) weighs 8.2 lb (3.7 kg). Water is added back before sour cream is added. Without sour cream, volume is 4.1 gal (15.5 L) and weight is 33.8 lb (15.3 kg).

4. To serve without freezing, follow directions through step 4a, but do not cool meat or sauce. Serve 6 oz (170 g) portions of heated product and sprinkle with paprika for a garnish.

VEAL PAPRIKA

Pureed, Bland

Ingredients

Dairy Foods and Eggs

1. Cream, sour - NSN-8910-00-890-1536, Fed. C-C-678, Type I.

Fruits and Vegetables

2. Tomato paste - NSN-8915-00-582-4058, Fed. JJJ-V-1746/23, Type I, concentration d, texture 1.

Condiments and Related Products

3. Paprika, ground - NSN-8950-00-170-9563, Fed. EE-S-631.

4. Salt, table, iodized - NSN-8950-00-262-8886, Fed. SS-S-31.

5. Vinegar, distilled - NSN-8950-00-221-0297, Fed. Z-V-401. Type II, Strength B (5%).

Special Procurement

6. Starch, Col-Flo 67.

7. Veal, boneless, clod roasts.

TABLE 1

SENSORY EVALUATION OF PUREED BLAND ENTREES

	Recipe Number	Page Number	Color	Odor	Flavor	Texture	Appearance**
Beef							
Barbecued Beef	PB-1	12	6.8*	7.0	7.1	6.9	6.6
Beef and Burgundy	PB-2	16	7.0	7.1	6.8	6.9	7.0
Beef and Gravy	PB-3	20	6.9	7.1	7.2	7.0	6.7
Beef and Mushrooms	PB-4	24	6.9	7.3	7.0	6.8	6.7
Beef and Spaghetti Sauce	PB-5	28	7.1	7.3	7.2	7.1	7.0
Beef Stroganoff	PB-6	32	6.8	7.2	6.8	6.8	6.8
Swedish Meatballs	PB-7	36	7.1	7.1	7.1	6.8	7.0
Yankee Pot Roast	PB-8	40	7.0	7.3	7.3	7.0	7.1
Chicken							
Chicken a la King	PB-9	45	7.0	7.2	7.1	7.1	7.1
Chicken and Gravy	PB-10	48	6.5	7.1	6.5***	6.5***	6.4
Chicken and Wine	PB-11	52	6.7	7.1	7.1***	6.8***	6.7
Chicken Cacciatore	PB-12	56	6.7	6.9	6.7***	6.8***	6.6
Ham							
Baked Ham	PB-13	60	7.1	7.1	6.7	7.1	7.1
Ham and Raisin Sauce	PB-14	64	6.8	7.0	7.3	7.1	6.7
Ham with Pineapple Sauce	PB-15	68	7.1	7.1	7.2	7.3	7.3
Lamb							
Roast Lamb	PB-16	72	6.8	7.0	6.8	7.0	6.7
Pork							
Pork Creole	PB-17	76	6.7	6.7	6.5	6.5	6.5
Roast Pork	PB-18	80	6.2	6.6	6.5	6.7	6.4
Sweet and Sour Pork	PB-19	84	6.6	6.7	7.0	6.7	6.6
Veal							
Veal Paprika	PB-20	88	7.2	7.4	7.2	7.5	7.0

*Based on a nine point scale in which 1= extremely poor and 9= excellent

**Garnishes will be added to the individual portions which will improve appearance and color ratings.

***These chicken products were made with all white chicken meat; use of light and dark meat improves flavor and texture

TABLE 2

NUTRITIONAL ANALYSES OF PUREED BLAND ENTREES

	Edible Portion Serving Size (g)	Cal/ Serving	H_2O g/serving	Protein g/serving	Fat g/serving	Ash g/serving	Carbohydrate g/serving	Salt g/serving	Ca mg/serving	P mg/serving	Fe mg/serving	Na mg/serving	K mg/serving	Mg mg/serving
Beef														
Barbecued Beef	170	234	118	25.6	8.5	4.0	13.9	2.5	29	251	4.0	957	617	36
Beef and Burgundy	170	209	123	29.1	7.4	4.1	6.4	2.7	17	270	3.7	1081	396	33
Beef and Gravy	170	218	124	26.8	9.6	3.6	6.0	2.4	10	248	3.9	1039	466	32
Beef and Mushrooms	170	191	128	24.7	7.9	4.1	5.3	3.0	13	235	3.2	1091	435	26
Beef and Spaghetti Sauce	170	317	111	25.2	19.8	4.6	9.4	3.0	110	282	2.5	1006	561	37
Beef Stroganoff	170	264	119	26.4	14.9	3.7	6.0	2.4	35	260	3.4	944	389	30
Swedish Meatballs	170	351	110	25.8	24.6	3.0	6.6	1.7	57	255	2.2	782	379	28
Yankee Pot Roast	170	198	126	28.2	7.0	3.2	5.6	1.8	18	261	3.5	683	473	33
Chicken														
Chicken a la King	170	215	125	26.7	10.0	3.7	7.6	2.6	50	221	1.2	1069	236	28
Chicken and Gravy	170	250	124	26.5	15.3	2.6	1.6	1.6	15	207	0.8	726	228	26
Chicken and Wine	170	215	127	26.4	10.4	2.3	3.9	1.5	13	218	1.2	596	247	29
Chicken Cacciatore	170	220	128	24.1	12.6	2.8	2.5	1.7	24	204	0.7	624	486	27
Ham														
Baked Ham	170	204	131	16.1	12.2	3.2	7.5	2.4	12	246	0.7	979	233	14
Ham and Raisin Sauce	170	263	118	15.7	13.9	3.6	18.8	2.4	21	252	1.7	1056	289	21
Ham with Pineapple Sauce	170	237	125	16.0	14.2	3.5	11.3	2.3	18	250	1.0	1035	280	18
Lamb														
Roast Lamb	170	234	130	21.2	16.1	1.6	1.1	0.8	10	177	2.3	330	238	17
Pork														
Pork Creole	170	258	123	26.2	15.8	2.3	2.7	0.8	20	280	0.8	277	648	33
Roast Pork	170	318	118	25.3	23.4	1.8	1.5	0.8	5.1	231	1.5	308	396	22
Sweet and Sour Pork	170	361	105	26.8	22.2	2.4	13.6	1.3	20.9	255	0.8	496	476	31
Veal														
Veal Paprika	170	236	126	26.5	13.6	2.0	1.9	1.0	48	211	2.0	376	357	21

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PUREED BLAND ENTREES

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