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# THE PRODUCTION GUIDES FOR COCK/FREEM SYSTEMS

BY  
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MARCH 1963

UNITED STATES ARMY NAUICK  
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| PRODUCTION GUIDES<br>ENTREES<br>COOK/FREEZE SYSTEM<br>FREEZING                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | RE THERMALIZATION<br>FEEDING SYSTEM(S)<br>QUALITY CONTROL<br>RECIPES | FROZEN FOODS<br>STORAGE<br>MILITARY INSTALLATIONS<br>HOSPITAL FEEDING             |
| 20. ABSTRACT (Continue on reverse side if necessary and identify by block number)<br>Entree production guides have been developed at the US Army Natick Research and Development Laboratories (NLABS) for use in cook/freeze systems at various Army installations. Some have been previously published, others not published. To provide one reference source of entree production guides, these have been reviewed, edited, and consolidated. This report contains 112 production guides, suitable for cook/freeze systems, which have been successfully tested in production situations. |                                                                      |                                                                                   |

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## PREFACE

The US Army Natick Research and Development Laboratories (NLABS) has developed production guides for cook/freeze systems in various military installations. At the request of the Walter Reed Army Medical Center (WRAMC) those guides that have been successfully used in production situations have been edited, reviewed and consolidated into this report. This work was funded under OMA .19 funding for Support to Walter Reed Army Medical Center Food Service.

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## ENTREE PRODUCTION GUIDES FOR COOK/FREEZE SYSTEMS

### INTRODUCTION

Cook/freeze systems have been used in several Armed Forces feeding systems and it is anticipated that they may be increasingly used in the future. The advantages of using a cook/freeze system include the ability to prepare items in quantities greater than needed for one or more days. Such a system can result in lower costs, better quality control and better use of personnel.

Standard recipes must be adapted to production guides for use in cook/freeze systems. Products must withstand the freezing and rethermalization cycle, adapt to larger size production batches, have optimum sensory qualities upon reheating, and withstand frozen storage for a reasonable time span. Production guides for preparing products must be carefully followed, because the quality of the product cannot be properly evaluated after preparation, but only after freezing, frozen storage, and rethermalization. Stringent quality control is also necessary to obtain foods of consistently high quality. However, in order to adapt to different facilities, production guides must be adaptable to the equipment and circumstances of the site where they are to be used. Production guides should be considered "line" documents, subject to change as conditions warrant. It is axiomatic that the guides contained herein will be changed in at least a minor way as they are used.

The US Army Natick Research and Development Laboratories (NLABS) has developed a large number of production guides and operational guides for various military installations and also for hospital feeding.<sup>1-12</sup> Additional production guides for the Walter Reed Army Medical Center and operational guides for the F.E. Warren Air Force Base have also been written and many guides have been revised after use in actual production operation. With the exception of the more recently published modified diet production guides for WRAMC that are not included in this publication, most of the technical reports containing these production guides are in short supply. This report contains a compilation of cook/freeze entree production guides, developed by NLABS, both previously published or unpublished in a consolidated and revised form. Improvements and revisions of previously published guides have been made, and some guides not adapting well to a production cook/freeze system have been eliminated.

<sup>1</sup> 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 (AD A004 476).

<sup>2</sup> R. Helmer, H. Schlup; Meat Entree Production Guides for Use in Fort Lee Interim Central Food Preparation Facility. NLABS TR-74-27 (FEL 12) March 1975 (AD A009 733).

<sup>3</sup> A. Rahman, H. Gorfein, N. Kelley, G. Schafer, W. Swantak, and D. Westcott; Production Guides for Vegetables, Entrees, Soup, Desserts, Pastries and Salads Developed for Use in Central Food Preparation Facility. NLABS TR-75-35 (FEL 13) September 1974 (AD A001 725).

(Continued)

## PROCEDURE

Production guides for previously published cook/freeze entrees and unpublished entree production and operational guides for the Walter Reed Army Medical Center (WRAMC) and F.E. Warren Air Force Base were assembled under the categories of beef, eggs, ham, lamb, pork, poultry, rabbit, veal, sauces and gravies, and miscellaneous. Evaluations were obtained of products made from these guides, under actual production conditions at the Ft. Lee Central Preparation Facility, Ft. Lee, VA; F.E. Warren Air Force Base, Cheyenne, WY; and Ft. Jackson Moncrief Hospital, Columbia, SC. Additional evaluations from the use of these guides for various in-house research projects at NLABS were also collected.

<sup>4</sup>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. NLABS TR-70-20 (FEL 52) February 1976 (AD A099 679).

<sup>5</sup>J. Tuomy, G. Walker, L. Hinnergardt; Pilot Plant Production of Frozen Entree Items for the Navy. NLABS TR-76-31 (FEL 59) September 1976 (AD A031 327).

<sup>6</sup>G. Walker, J. Tuomy, C. Kanter; Egg Products for Use in a Cook/Freeze System. NLABS TR-76-28 (FEL 57) August 1976 (AD A031 023).

<sup>7</sup>J. Tuomy, J. McNutt, J. Swift, G. Legris, P. Burke, and F. Constanza; Meat Entree Operation Guides Developed for Use in Fort Lee Interim Central Food Preparation Facility. NATICK/TR-79/015 April 1979.

<sup>8</sup>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 (FEL 91) 1979 (AD A079 949).

<sup>9</sup>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 (FEL 93) 1979 (AD A073 718).

<sup>10</sup>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 (FEL 90) 1979 (AD A069 183).

<sup>11</sup>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-79/015 (FEL 92) 1979 (AD A079 958).

<sup>12</sup>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: Renal Diets. NATICK/TR-79/014 (FEL 103) 1979 (AD A083 141).

Each item was evaluated from the information received and duplicate or very similar guides were eliminated. Products which were made successfully in a production operation were left unchanged except to adapt to a consistent format. Where improvements were needed, changes were made. In cases where sufficient data to evaluate the product were unavailable or conflicting evaluations were made, the product was prepared in the Food Processing Laboratory of the Food Engineering Laboratory, and revisions were made as warranted. Guides for products judged not well suited to a cook/freeze production system were not included in this report.

The original guides were written for specific facilities according to their needs and guidelines. Although the guides may be used in any cook/freeze system, differences in format and procedures are present. An attempt has been made to standardize the format and procedures as much as possible. However, some variations were impossible to standardize without remaking each product in a production situation; therefore, some differences still exist. The principal example of this is the reliance of volume measurements in some guides and weight measurements in others. When possible, a conversion factor for volume to weight has been given.

Many guides had included an allowance for overrun. This has now been eliminated. For example, a guide requiring 8 fl oz (240 mL) of sauce for each of the 100 portions will have a final volume of 6.25 gallons (23.6 L), allowing no additional amount for waste that might be left in the bottom of a steam kettle. In using these guides, this factor should be taken into consideration and perhaps an allowance for overrun would need to be added.

## PRODUCTION GUIDES

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# BAKED BEEF WITH NOODLES

L-17

Yield: 100 portions

Each Portion: 1--1/4 cups (300 mL)

| Ingredients               | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                               |
|---------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, diced     | 45.61         | 30.00        | 13,620        | 1. Brown beef in steam kettle, mixing slowly to brown all sides of dices. Drain liquid and discard. Add half the required water; cover, simmer for approximately one hour.                                              |
| Water                     | 41.72         | 27.44        | 12,447        |                                                                                                                                                                                                                         |
| Noodles, dry              | 6.08          | 4.00         | 1,816         | 2. Approximately 1/2 hour prior to completion of beef cook, start cooking noodles in a separate steam kettle. Use approximately 100 gm salt/6 gal water and cook until slightly undercooked. After cooking, rinse well. |
| Flour, wheat              | 1.33          | 0.87         | 395           | 3. Mix starch and flour with the remaining water to make a slurry. Then add the remaining seasonings.                                                                                                                   |
| Starch, Col-Flo 67        | 2.00          | 1.32         | 599           |                                                                                                                                                                                                                         |
| Soup and gravy base, beef | 1.33          | 0.88         | 400           | 4. Pour starch-flour and seasoning mixture into kettle stirring constantly. Heat until mixture thickens; cook for 15 minutes.                                                                                           |
| Salt                      | 0.38          | 0.25         | 114           |                                                                                                                                                                                                                         |
| Pepper, black             | 0.03          | 0.02         | 9             | 5. Add noodles and blend. Adjust to 7.8 gal (29.5 L).                                                                                                                                                                   |
| Tomato catsup             | 1.52          | 1.00         | 454           |                                                                                                                                                                                                                         |
|                           |               |              |               | 6. Cool to 50°F (10°C).                                                                                                                                                                                                 |
|                           |               |              |               | 7. Fill 100 oz (3.0 L) into half-size steam table pans.                                                                                                                                                                 |
|                           |               |              |               | 8. Cover, label, and freeze.                                                                                                                                                                                            |
| <b>Total</b>              | <b>100.00</b> | <b>65.78</b> | <b>29,864</b> |                                                                                                                                                                                                                         |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Do not loosen or remove cover.
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. 1 gallon weighs approximately 11.0 lb.

## **BAKED BEEF WITH NOODLES**

### **Ingredients**

#### **Meat**

1. Beef, boneless, diced, NSN-8905-00-151-6580, MIL-B-0035079 (GL).

#### **Dairy, Eggs and Condiments**

2. Catsup, tomato, NSN-8950-00-127-9789, Fed. JJ-V-1746/25, Type I or II, Flavor Style I.
3. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
4. Noodles, dry, NSN-8920-00-126-3388, FEL-N-N-591, Type I, Class B.
5. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.
6. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
7. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

8. Starch, Col-Flo 67.

# BAKED LASAGNA

L-25

Yield: 100 portions

Each portion: 10 oz (282 g)

| Ingredients                 | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                       |
|-----------------------------|---------|--------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sauce</b>                |         |        |       |                                                                                                                                                                                                                                                                                 |
| Beef, boneless, ground      | 17.72   | 11.25  | 5,107 | 1. Add oil to steam kettle, spread evenly on inside to prevent meat from sticking.<br>2. Add ground beef and heat until meat loses red color. Excess fat may be drained (optional).                                                                                             |
| Oil or shortening           | 0.31    | 0.20   | 91    |                                                                                                                                                                                                                                                                                 |
| Tomato paste, canned        | 14.17   | 9.00   | 4,086 | 3. Add all seasoning ingredients to steam kettle containing cooked ground beef; mix thoroughly.<br>4. Heat to a boil and simmer 30 minutes with occasional stirring.<br>5. Bring volume back to 4.75 gallons (18.0 L) with hot water. Reheat to 180°F (82°C). Hold for panning. |
| Tomatoes, crushed, canned   | 18.90   | 12.00  | 5,448 |                                                                                                                                                                                                                                                                                 |
| Water                       | 14.18   | 9.00   | 4,082 |                                                                                                                                                                                                                                                                                 |
| Bay leaves, ground, fine    | 0.02    | 0.01   | 1     |                                                                                                                                                                                                                                                                                 |
| Oregano, ground             | 0.06    | 0.04   | 20    |                                                                                                                                                                                                                                                                                 |
| Pepper, cayenne, red        | 0.02    | 0.01   | 4     |                                                                                                                                                                                                                                                                                 |
| Salt                        | 0.39    | 0.25   | 114   |                                                                                                                                                                                                                                                                                 |
| Sugar, granulated           | 0.39    | 0.25   | 114   |                                                                                                                                                                                                                                                                                 |
| Pepper, black               | 0.02    | 0.01   | 4     |                                                                                                                                                                                                                                                                                 |
| Onions, dehydrated, chopped | 0.79    | 0.50   | 227   |                                                                                                                                                                                                                                                                                 |
| Garlic powder               | 0.02    | 0.01   | 3     |                                                                                                                                                                                                                                                                                 |
| Thyme, ground               | 0.05    | 0.03   | 12    |                                                                                                                                                                                                                                                                                 |
| Starch, Col-Flo 67          | 0.55    | 0.35   | 159   |                                                                                                                                                                                                                                                                                 |
| <b>Filling</b>              |         |        |       |                                                                                                                                                                                                                                                                                 |
| Eggs, whole, beaten         | 4.33    | 2.75   | 1,248 | 6. Combine all filling ingredients; mix thoroughly and set aside for panning. Hold under refrigeration if not panned within 30 minutes.                                                                                                                                         |
| Cheese, cottage, drained    | 10.24   | 6.50   | 2,951 |                                                                                                                                                                                                                                                                                 |
| Cheese, Parmesan, grated    | 1.18    | 0.75   | 341   |                                                                                                                                                                                                                                                                                 |
| Parsley, dehydrated, flakes | 0.03    | 0.02   | 8     |                                                                                                                                                                                                                                                                                 |
| <b>Noodles</b>              |         |        |       |                                                                                                                                                                                                                                                                                 |
| Noodles, lasagna, whole dry | 8.66    | 5.50   | 2,495 | 7. Add 10 gal (37.8 L) of water to steam kettle, mix in salt, oil and heat to a boil.<br>8. Add noodles and cook with constant stirring until barely tender. Do not overcook.<br>9. Rinse thoroughly with cold water, drain, and set aside for panning.                         |
| Salt                        | 0.49    | 0.31   | 140   |                                                                                                                                                                                                                                                                                 |
| Oil, vegetable              | 0.39    | 0.25   | 114   |                                                                                                                                                                                                                                                                                 |

# BAKED LASAGNA (cont'd)

L-25

Yield: 100 portions

Each portion: 10 oz (282 g)

| Ingredients                  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                   |
|------------------------------|---------------|--------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Cheese</b>                |               |              |               |                                                                                                                                                                             |
| Cheese, Mozzarella, shredded | 5.12          | 3.25         | 1,476         | 10. Set cheeses aside for panning.<br>11. Pan according to instructions.                                                                                                    |
| Cheese, Parmesan, grated     | 1.97          | 1.25         | 568           | 12. Heat pans of covered lasagna in a 325°F (163°C) oven to an internal temperature 165°F (74°C) (30 minutes).<br>13. Cool to 50°F (10°C).<br>14. Cover, label, and freeze. |
| <b>Total</b>                 | <b>100.00</b> | <b>63.49</b> | <b>28,813</b> |                                                                                                                                                                             |

## Panning Instructions

- Layer 1. Sauce, 1 lb (454 g), spread evenly over bottom of half-size steam table pans.
- Layer 2. Noodles, 6 oz (170 g), spread evenly over sauce.
- Layer 3. Filling, 6 oz (170 g), spread evenly over noodles.
- Layer 4. Mozzarella cheese, 2 oz (56 g), spread evenly over filling.
- Layer 5. Sauce, 1 lb (454 g), spread evenly over cheese.
- Layer 6. Noodles, 6 oz (170 g), spread evenly over sauce.
- Layer 7. Filling, 6 oz (170 g), spread evenly over noodles.
- Layer 8. Mozzarella cheese, 2 oz (56 g), spread evenly over filling.
- Layer 9. Noodles, 6 oz (170 g), spread evenly over cheese.
- Layer 10. Sauce, 1 lb (454 g), spread evenly over noodles.
- Layer 11. Parmesan cheese, 1-1/12 oz (43 g), spread evenly over sauce.

- Notes:**
- 1. Four and one quarter pounds (1930 g) of fresh onions may be used to replace dehydrated onions in step 3.
  - 2. One and one-half ounces (43 g) of fresh parsley leaves may be used to replace dehydrated parsley in step 6.
  - 3. Formula makes 13 pans, each pan contains 8 servings (10 oz or 284 g).
  - 4. Reheat pans (covered) in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C) (1 hour, 20 minutes). Allow reheat pans to stand at room temperature uncovered for 15 minutes before cutting to allow sauce to firm.
  - 5. Sauce weighs 9.4 lb per gallon (1108 g).
  - 6. Each pound of dry lasagna noodles cooks to 3.1 lb (1407 g).
  - 7. Five 36-oz (1021-g) cans of canned tomato juice concentrate may be substituted for tomato paste in step 3.

## **BAKED LASAGNA**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground with soy, NSN-8905-01-050-3190, USDA Specification for frozen ground beef, Schedule AA.

#### **Vegetables**

2. Garlic, dehydrated, powder, NSN-8915-00-616-5465, Fed. JJJ-0-1866, Type II.
3. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-0-1866, Style 1.
4. Parsley, dehydrated, flakes, NSN-8915-00-975-0530-, MIL-P-35090.
5. Tomatoes, canned, whole, NSN-8915-00-582-4060, Fed. JJJ-T-517, Type I.
6. Tomatoes, paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, Conc. B or C, texture 1 or 2.

#### **Dairy, Eggs and Condiments**

7. Cheese, cottage, NSN-8910-00-126-3406, Fed. C-C-281, Type I or II, Class A or B.
8. Cheese, Mozzarella, NSN-8910-00-782-2837, MIL-C-35088, Type I, Class 4.
9. Cheese, Parmesan, grated, NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1.
10. Egg, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind A, Class 1.
11. Lasagna, noodles, NSN-8920-00-782-2129, Fed. N-M-0051, Group V, Type A, Class 2, Style A, Form vi.
12. Salad oil, vegetable, NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.
13. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-00791, Type I, Class (A).
14. Bay leaves, NSN-8950-00-170-9561, Fed. EE-S-631, Type I.
15. Oregano, ground, NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
16. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.

**BAKED LASAGNA (cont'd)**

- 17. Pepper, cayenne, NSN-8950-00-13370-170-9565, Fed. EE-S-631, Type II.
- 18. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
- 19. Thyme, ground, NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

**Special Procurement**

- 20. Starch, Col-Flo 67.

# BARBECUED BEEF PATTIES

L-31

Yield: 100 portions

Each Portion: 2 patties  
4 oz (60 mL) sauce

| Ingredients                    | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                            |
|--------------------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef patties, frozen           | 58.75         | 45.00        | 20,430        | 1. Temper frozen patties to about 30°F (-10°C) before using.<br>2. Place patties on sheet pans one layer deep. Bake in 350°F (177°C) oven until internal temperature reaches 160°F (71°C).<br>3. Place 16 patties in each half-size steam table pan. |
| <b>Sauce</b>                   |               |              |               |                                                                                                                                                                                                                                                      |
| Vinegar, cider                 | 7.83          | 6.00         | 2,724         | 4. In a suitable size steam kettle, combine all ingredients. Bring to a boil then simmer until sauce is well blended.                                                                                                                                |
| Tomato, paste                  | 8.81          | 6.75         | 3,062         |                                                                                                                                                                                                                                                      |
| Water                          | 15.66         | 12.00        | 5,443         | 5. Adjust volume to 3.25 gallons, (12.3 L) blending well. Heat to 180°F (82°C).                                                                                                                                                                      |
| Sugar, granulated              | 2.61          | 2.00         | 907           |                                                                                                                                                                                                                                                      |
| Salt                           | 0.81          | 0.62         | 281           | 6. Cool to 50°F (10°C).                                                                                                                                                                                                                              |
| Mustard, prepared              | 2.28          | 1.75         | 794           |                                                                                                                                                                                                                                                      |
| Pepper, cayenne                | 0.03          | 0.02         | 9             | 7. Place 32 oz (0.9 L) sauce over prepanned meat.                                                                                                                                                                                                    |
| Onions, dehydrated, chopped    | 0.26          | 0.20         | 91            |                                                                                                                                                                                                                                                      |
| Peppers, green, sweet, chopped | 1.31          | 1.00         | 454           | 8. Cover, label, and freeze.                                                                                                                                                                                                                         |
| Celery, fresh, chopped         | 1.31          | 1.00         | 454           |                                                                                                                                                                                                                                                      |
| Cloves, ground                 | 0.04          | 0.03         | 14            |                                                                                                                                                                                                                                                      |
| Allspice, ground               | 0.04          | 0.03         | 14            |                                                                                                                                                                                                                                                      |
| Chili powder                   | 0.26          | 0.20         | 91            |                                                                                                                                                                                                                                                      |
| <b>Total</b>                   | <b>100.00</b> | <b>76.60</b> | <b>34,768</b> |                                                                                                                                                                                                                                                      |

**Notes:** 1. Reheat covered in oven at 325°F (163°C) until product temperature reaches 160°F (71°C).

2. Formula makes 13 pans. Each pan contains 8 servings.

## **BARBECUED BEEF PATTIES**

### **Ingredients**

#### **Meat**

1. Beef patties, frozen, with granular soy concentrate, NSN-8905-01-075-2721, or USDA specification for frozen ground beef patties, Schedule BP.

#### **Fruits and Vegetables**

2. Celery, fresh, NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
3. Onions, dehydrated, chopped, NSN-8915-00-616-0200, Fed. HHH-V-1744/40.
4. Pepper, green, sweet, chipped, NSN-8915-00-127-9303, Fed. HHH-V-1744/28.
5. Tomato paste, NSN-8915-00-127-9303, Fed. JJJ-V01746/22, Type I or II, concentration B or C, Texture I or II.

#### **Sugar**

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

#### **Condiments and Related Products**

7. Allspice, ground, NSN-8950-00-170-9562, Fed. EE-S-631, Type II.
8. Chili powder, NSN-8950-00-753-2962, Fed. EE-S-631, Type I.
9. Cloves, ground, NSN-8950-00-170-9571, Fed. EE-S-631, Type II.
10. Mustard, prepared, NSN-8950-00-127-8024, Fed. EE-M-821, Type I.
11. Pepper, cayenne, red, NSN-8950-00-062-7750, Fed. EE-S-631.
12. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
13. Vinegar, cider, NSN-8950-00-221-0297, Fed. Z-V-401, Type I.

**BARBECUED GROUND BEEF**  
(Sloppy Joe)

R-1

Yield: 100 Portions

Each Portion: 170 g  
6 oz

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                   |
|-----------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, ground      | 66.67         | 30.00        | 13,620        | 1. Brown ground beef in steam kettle, mixing constantly to prevent clumping.<br>2. Drain fat.                                                                                                                                                               |
| Catsup, tomato              | 12.89         | 5.80         | 2,633         | 3. Add ingredients listed in this section to above.                                                                                                                                                                                                         |
| Water                       | 8.67          | 3.90         | 1,771         | 4. Mix well.                                                                                                                                                                                                                                                |
| Mustard, prepared           | 1.78          | 0.80         | 363           | 5. Heat to 160°F (71°C).                                                                                                                                                                                                                                    |
| Onions, dehydrated, chopped | 1.24          | 0.56         | 254           |                                                                                                                                                                                                                                                             |
| Sugar, brown                | 0.96          | 0.43         | 195           |                                                                                                                                                                                                                                                             |
| Salt                        | 0.67          | 0.30         | 136           |                                                                                                                                                                                                                                                             |
| Chili powder                | 0.44          | 0.20         | 91            |                                                                                                                                                                                                                                                             |
| Pepper, cayenne             | 0.02          | 0.01         | 5             |                                                                                                                                                                                                                                                             |
| Water                       | 2.89          | 1.30         | 590           | 6. Make a starch slurry.                                                                                                                                                                                                                                    |
| Starch, Col-Flo 67          | 1.24          | 0.56         | 254           | 7. Add to above, mix well.<br>8. Heat to 180°F (82°C).                                                                                                                                                                                                      |
| Vinegar, white              | 2.53          | 1.14         | 518           | 9. Remove from heat.<br>10. Add vinegar to above, mix well.<br>11. Add enough water to maintain formula weight or volume.<br>12. Cool to about 50°F (10°C).<br>13. Place 60 oz (1701 g) in each half-size steam table pan.<br>14. Cover, label, and freeze. |
| <b>Total</b>                | <b>100.00</b> | <b>45.00</b> | <b>20,430</b> |                                                                                                                                                                                                                                                             |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Formula is based on a 83% yield from raw to cooked product.
  4. Final weight of 100 servings is 37.3 lb (17.0 kg). Final volume of 100 servings is 4.8 gal (16.7 L). One gallon (3.8 L) weighs approximately 8.5 lb (3.9 kg).

**BARBECUED GROUND BEEF**  
**(Sloppy Joe)**

**Ingredients**

**Meat**

1. Beef, boneless, ground, with soy, NSN-8905-01-050-3190, USDA Specification for frozen ground beef, schedule AA.

**Vegetables**

2. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style I.

**Sugar**

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

**Condiments and Related Products**

4. Catsup, tomato, NSN-8950-00-127-9789, Fed. JJJ-V-1746/25, Type I, Flavor Style I.
5. Chili powder, NSN-8950-00-753-2962, Fed. EE-S-631, Type I.
6. Mustard, prepared, NSN-8950-00-127-8024, Fed. EE-M-821, Type I.
7. Pepper, cayenne, NSN-8950-00-062-7750, Fed. EE-S-631.
8. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Vinegar, white, NSN-8950-00-616-0213, Fed. Z-V-401, Type IV, Class 2.

**Special Procurement**

10. Starch, Col-Flo 67.

# BARBECUED SLICED BEEF

B-1

Yield: 100 Portions

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

| Ingredients                     | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------------|---------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, top round                 | 46.15   | 26.78  | 12,148 | <ol style="list-style-type: none"> <li>1. Place roasts on racks in large roasting pans with approximately 1/2 in. (1.3 cm) 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.</li> <li>2. Drain broth, cool and reserve for steps 6 and 8.</li> <li>3. Chill meat to 45°F (7°C).</li> <li>4. Slice meat in 1/16-in. (0.16-cm) slices.</li> <li>5. Shingle 30 oz (850 g) of meat in each half-size steam table pan.</li> </ol> |
| Broth and water                 | 33.632  | 19.55  | 8,861  | <ol style="list-style-type: none"> <li>6. In a steam-jacketed kettle, add water to broth to reach formula weight or volume. Reserve some broth for step 8.</li> <li>7. Combine ingredients listed in this section, heat to 160°F (71°C).</li> <li>8. Make a starch slurry using broth reserved from step 6.</li> <li>9. Add slurry to above ingredients and heat to 180°F (82°C).</li> </ol>                                                                                                                             |
| Onions, fresh, sliced           | 1.26    | 0.73   | 330    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Vinegar, cider                  | 1.91    | 1.11   | 503    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Sugar, light brown              | 3.79    | 2.20   | 9,987  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Tomato paste (26%)              | 9.44    | 5.48   | 2,486  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Garlic, dehydrated,<br>granular | 0.03    | 0.02   | 8      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Tabasco sauce                   | 0.12    | 0.07   | 21     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Liquid smoke                    | 0.14    | 0.08   | 37     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Celery seed, ground             | 0.19    | 0.11   | 49     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Mustard flour                   | 0.21    | 0.12   | 54     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Salt                            | 0.60    | 0.35   | 161    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Worcestershire sauce            | 0.65    | 0.38   | 174    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Chili powder                    | 0.36    | 0.21   | 95     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Ginger, ground                  | 0.009   | 0.005  | 2      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Clove, ground                   | 0.009   | 0.005  | 2      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Starch, Col-Flo 67              | 1.50    | 0.87   | 395    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |

## BARBECUED SLICED BEEF

| Ingredients | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                               |
|-------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|             |         |        |        | 10. Add 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 each half-size steam table pan.<br>13. Cover, label, and freeze. |
| Total       | 100.00  | 58.07  | 35,313 |                                                                                                                                                                                                         |

- Notes:**
1. Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula is based on a 70% yield of meat. Cooked weight of beef should be approximately 18.75 lb (8.5 kg).

## **BARBECUED SLICED BEEF**

### **Ingredients**

#### **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-0-1866, 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, Class A.
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         | 34.08        | 15,460        | 1. Place meat in deep pan and heat in convection oven at 450°F (232°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 each half-size steam table pan. |
| Carrots, fresh or frozen<br>(1/2 in. (1.3 cm slices) | 6.31          | 4.12         | 1,870         | 6. Cook carrots in boiling water until tender. Drain and reserve for step 10.                                                                                                                                                                                                                                                                                                                                |
| Beef broth and water                                 | 25.23         | 16.48        | 7,473         | 7. Add water to broth (from step 3) to reach formula weight. Reserve some broth for step 9.<br>8. Add ingredients listed in this section and heat to 160°F (71°C).                                                                                                                                                                                                                                           |
| Tomatoes, whole, canned in heavy puree               | 8.15          | 5.32         | 2,415         |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Salt                                                 | 0.26          | 0.17         | 78            |                                                                                                                                                                                                                                                                                                                                                                                                              |
| 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          | 0.44         | 199           |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Onions, fresh, diced                                 | 4.05          | 2.65         | 1,201         | 9. Make a starch and flour slurry using chilled broth from step 7. Add to other ingredients. Heat to 180°F (82°C).<br>10. Add drained carrots and burgundy flavor. Mix well.<br>11. Add water to maintain formula weight or volume.<br>12. Chill to 50°F (10°C).<br>13. Pour 50 oz (1417 g) over meat in half-size steam table pans.<br>14. Cover, label, and freeze.                                        |
| Starch, Col-Flo 67                                   | 0.95          | 0.62         | 281           |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Flour, wheat                                         | 0.23          | 0.15         | 70            |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Burgundy flavor                                      | 1.91          | 1.25         | 566           |                                                                                                                                                                                                                                                                                                                                                                                                              |
|                                                      |               |              |               |                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Total</b>                                         | <b>100.00</b> | <b>65.33</b> | <b>29,635</b> |                                                                                                                                                                                                                                                                                                                                                                                                              |

## **BEEF A LA MODE**

- Notes:**
1. Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions) 18.75 lb (8.5 kg).
  4. Meat may be browned in a steam kettle, mixing slowly to brown all sides of dices.

## **BEEF A LA MODE**

### **Ingredients**

#### **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-8915-00-616-0200, Fed. HHH-V-1744/40, 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-8920-00-140-7748, Fed. N-F-00481, Type II, Class B, Style 2.

#### **Special Procurement**

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

# BEEF BURGUNDY

N-1

Yield: 100 Portions

Each Portion: Meat 3 oz (85 g)  
Sauce 4 oz (113 g)

| Ingredients                       | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|-----------------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                       | 57.69   | 34.09  | 15,463 | 1. Place diced beef in deep pans. Heat in convection oven at 450°F (232°C) until well browned, turning frequently (see note 4).<br>2. After browning, remove meat from oven, partially fill pans with water; cover and steam until tender at 15 psi (103 kPa) to an internal temperature of 160°F (71°C).<br>3. Drain liquid (broth) and reserve (see note 3).<br>4. Cool meat to about 50°F (10°C).<br>5. Place 30 oz (850 g) of meat in each half-size steam table pan. |
| Mushrooms, sliced, canned drained | 5.36    | 3.16   | 1,435  | 6. Saute mushrooms, peppers, and garlic in margarine.                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Peppers, green, frozen, diced     | 3.28    | 1.94   | 878    | 7. Reserve for step 12.                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Garlic, dry, chopped, 1/8 inch    | 0.30    | 0.18   | 83     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Margarine                         | 2.38    | 1.41   | 639    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Onions, fresh, quartered          | 8.34    | 4.93   | 2,235  | 8. Steam quartered onions until not quite tender. Reserve for step 12.                                                                                                                                                                                                                                                                                                                                                                                                    |
| Margarine                         | 1.67    | 0.98   | 445    | 9. Make a roux with margarine and flour.                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Flour, wheat                      | 0.30    | 0.18   | 83     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Beef broth and/or water           | 14.18   | 8.374  | 3,799  | 10. Mix ingredients listed in this section reserving some broth for step 14.                                                                                                                                                                                                                                                                                                                                                                                              |
| Sugar                             | 0.48    | 0.28   | 128    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Salt                              | 0.42    | 0.25   | 111    | 11. Add to roux.                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Onion powder                      | 0.24    | 0.15   | 65     | 12. Add vegetables from steps 6 and 8.                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Pepper, black, ground             | 0.04    | 0.03   | 13     | 13. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Bay leaves, ground                | 0.01    | 0.005  | 3      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Starch, Col-Flo 67                | 0.72    | 0.43   | 194    | 14. Make a starch slurry using broth reserved from step 3 and add to above.<br>15. Heat to 180°F (82°C).                                                                                                                                                                                                                                                                                                                                                                  |

## BEEF BURGUNDY

| Ingredients        | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                  |
|--------------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Burgundy flavoring | 4.59          | 2.70         | 1,229         | 16. Add burgundy flavoring.<br>17. Add enough water to maintain formula weight or volume.<br>18. Cool to about 50°F (10°C).<br>19. Pour 40 oz (1134 g) in each half-size steam table pan.<br>20. Cover, label, and freeze. |
| <b>Total</b>       | <b>100.00</b> | <b>59.08</b> | <b>26,803</b> |                                                                                                                                                                                                                            |

- Notes:**
1. Reheat in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C). Formula is based on a 55% yield for diced beef. Cooked weight of beef for 100 portions should be approximately 18.75 lb (8.5 kg).
  2. Final weight of gravy for 100 servings including vegetables is 24.7 lb (11.2 kg). Final volume of gravy for 100 servings is 2.9 gal (11.0 L). One gallon (3.8 L) weighs 8.6 lb (3.9 kg).
  3. In the event that the broth from the meat steaming operations can be saved, the broth should be used to satisfy the water requirement in section 5.
  4. Meat may be browned in a steam-jacketed kettle, mixing slowly to brown all sides of dices.

## **BEEF BURGUNDY**

### **Ingredients**

#### **Meat**

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS, Item No. 135A.

#### **Vegetables**

2. Garlic, dry, NSN-8915-00-823-7663.
3. Mushrooms, canned, sliced, NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type II, Style E.
4. Onions, fresh, NSN-8915-00-127-7999, Fed. HHH-V-1744/23.
5. Peppers, sweet, frozen, green, diced, NSN-8915-00-081-0856, Fed. HHH-V-1745/15, Type I, Style E.

#### **Cereal and Bakery Products**

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

#### **Sugar, Confectionery, and Nuts**

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

#### **Food Oils and Fats**

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

#### **Condiments and Related Products**

9. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
10. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

11. Bay leaves, ground.
12. Burgundy flavoring.
13. Onion powder.
14. Starch, Col-Flo 67.

# BEEF FRICASSEE

N-2

Yield: 100 Portions

Each Portion: Meat 3 oz (85 g)  
Sauce 4 oz (113 g)

| Ingredients                             | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------------------|---------|--------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                             | 57.69   | 34.09  | 15,464 | 1. Place diced beef in deep pans. Heat in convection oven at 450°F (232°C) until well browned, turning frequently (see note 5).<br>2. After browning, remove meat from oven, partially fill pans with water; cover and steam until tender at 15 psi (103 kPa), to an internal temperature of 160°F (71°C).<br>3. Drain liquid (broth) and reserve for steps 7 and 10 (see note 4).<br>4. Cool meat to about 50°F (10°C).<br>5. Place 30 oz (850 g) of meat into each half-size steam table pan. |
| Onions, fresh, quartered                | 8.00    | 4.73   | 2,145  | 6. Steam vegetables until not quite tender and reserve for step 13.                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Celery, fresh, diced, 1/2 inch (1.3 cm) | 8.00    | 4.73   | 2,145  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Water and/or beef broth (see note 4)    | 20.39   | 12.043 | 5,463  | 7. Combine ingredients reserving some broth for step 10.<br>8. Mix well.<br>9. Heat to 160°F (71°C).<br><br>10. Make a starch flour slurry using broth reserved from step 3. When making a slurry using flour, the liquid should always be added to the dry ingredients.<br>11. Add to above.<br>12. Heat to 180°F (82°C).                                                                                                                                                                      |
| Pimentos, canned, chopped               | 3.00    | 1.77   | 804    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Salt                                    | 0.40    | 0.24   | 107    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Worcestershire sauce                    | 0.40    | 0.24   | 107    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Pepper, black, ground                   | 0.01    | 0.005  | 3      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Savory, ground                          | 0.008   | 0.005  | 2      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Bay leaves, ground                      | 0.002   | 0.001  | 0.5    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Starch, Col-Flo 67                      | 0.80    | 0.47   | 215    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Flour, wheat                            | 0.30    | 0.18   | 83     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

## BEEF FRICASSEE

| Ingredients        | Percent       | Pounds        | Grams           | Procedure                                                                                                                                                                                                                                                                                                                              |
|--------------------|---------------|---------------|-----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sauterne flavoring | 1.00          | 0.59          | 268             | 13. Add sauterne and steamed vegetables from step 6 to above.<br>14. Mix gently.<br>15. Bring temperature back to 180°F (82°C).<br>16. Add water to maintain formula weight or volume.<br>17. Cool gravy to 50°F (10°C).<br>18. Pour 40 oz (1134 g) of gravy over meat in half-size steam table pans.<br>19. Cover, label, and freeze. |
| <b>Total</b>       | <b>100.00</b> | <b>59.094</b> | <b>26,806.5</b> |                                                                                                                                                                                                                                                                                                                                        |

- Notes:**
1. Reheat in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula is based on a 55% yield for diced beef. Cooked weight of beef for 100 portions should be approximately 18.5 lb (8.5 kg).
  3. Final weight of gravy for 100 servings is 27.5 lb (12.5 kg). Final volume of gravy for 100 servings is 2.8 gal (10.6 L). One gallon (3.8 L) weighs 8.8 lb (4 kg).
  4. In the event that the broth from the meat steaming operation can be saved, this broth should be used to satisfy the water requirement of step 7.
  5. Meat may be browned in a steam-jacketed kettle, stirring slowly to brown all sides.

## **BEEF FRICASSEE**

### **Ingredients**

#### **Meat**

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS, Item No. 135A.

#### **Vegetables**

2. Celery, fresh, NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
3. Onions, fresh, NSN-8915-00-127-7999, Fed. HHH-V-1744/23.
4. Pimentos, canned, red, NSN-8915-00-935-6371, Fed. JJJ-V-1746/14, Style III, Type A.

#### **Bakery and Cereal Products**

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

#### **Condiments**

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. Savory, ground, NSN-8950-00-080-5960, Fed. EE-S-631, Type II.
9. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

#### **Special Procurement**

10. Bay leaves, ground.
11. Sauterne flavoring.
12. Starch, Col-Flo 67.

# BEEF PAPRIKA

N-3

Yield: 100 Portions

Each Portion: Meat 3 oz (85 g)  
Sauce 4 oz (113 g)

| Ingredients                        | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                        | 57.69   | 34.09  | 15,464 | 1. Place diced beef in deep pans. Heat in convection oven at 450°F (232°C) until well browned, turning frequently (see note 6).<br>2. After browning, remove meat from oven, partially fill pans with water; cover and steam until tender at 15 psi (103 kPa) to an internal temperature of 160°F (71°C).<br>3. Drain liquid (broth) and reserve for steps 9 and 12 (see note 5).<br>4. Cool meat to 50°F (10°C).<br>5. Place 30 oz (850 g) of meat in each half-size steam table pan. |
| Carrots, fresh,<br>1/2 inch, diced | 5.00    | 2.95   | 1,340  | 6. Steam vegetables at 15 psi (103 kPa) until not quite tender.                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Onions, dry,<br>1/2 inch, diced    | 4.00    | 2.36   | 1,071  | 7. Reserve for step 15.                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Celery, fresh,<br>1/2 inch, diced  | 4.00    | 2.36   | 1,071  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Margarine                          | 1.50    | 0.89   | 404    | 8. Make a roux with ingredients listed.                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Flour, wheat                       | 0.20    | 0.12   | 54     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Beef broth and/or water            | 15.34   | 9.06   | 4,111  | 9. Combine ingredients reserving some broth for step 12.                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Salt                               | 0.60    | 0.35   | 161    | 10. Mix well and add to roux.                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Onion powder                       | 0.40    | 0.24   | 107    | 11. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Paprika                            | 0.30    | 0.18   | 83     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Pepper, black                      | 0.02    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Starch, Col-Flo 67                 | 0.45    | 0.26   | 120    | 12. Make a starch slurry using broth reserved from step 9.<br>13. Add to above.<br>14. Heat to 180°F (82°C).                                                                                                                                                                                                                                                                                                                                                                           |
| Sherry flavoring                   | 2.50    | 1.47   | 668    | 15. Add vegetables from step 7.<br>16. Add sherry flavoring.                                                                                                                                                                                                                                                                                                                                                                                                                           |

## BEEF PAPRIKA

| Ingredients          | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                         |
|----------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cream, Half and Half | 8.00          | 4.73         | 2,145         | 17. Add cream.<br>18. Bring temperature back to 180°F (82°C).<br>19. Add water to maintain formula weight or volume.<br>20. Cool sauce to about 50°F (10°C).<br>21. Pour 40 oz (1134 g) over beef in half-size steam table pans.<br>22. Cover, label, and freeze. |
| <b>Total</b>         | <b>100.00</b> | <b>59.07</b> | <b>26,803</b> |                                                                                                                                                                                                                                                                   |

- Notes:**
1. Reheat in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula is based on a 55% yield for diced beef. Cooked weight of beef for 100 portions should be approximately 18.7 lb (8.5 kg).
  4. Final weight of gravy for 100 servings is 25 lb (11.3 kg). Final volume of gravy for 100 servings is 2.9 gal (11.0 L). One gallon (3.8 L) weighs 8.5 lb (4 kg).
  5. In the event that the broth from the meat-steaming operation can be saved, this broth should be used to satisfy the broth requirement in steps 9 and 12.
  6. Beef may be browned in a steam-jacketed kettle, stirring slowly to brown all sides of dices.

## **BEEF PAPRIKA**

### **Ingredients**

#### **Meat**

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS, Item No. 135A.

#### **Dairy Foods and Eggs**

2. Cream, Half and Half, NSN-8910-00-262-7306, Fed. C-m-1678, Type II, Class 4.

#### **Vegetables**

3. Carrots, fresh, NSN-8915-00-127-8019, Fed. HHH-V-1744/10.
4. Celery, fresh, NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
5. Onions, dry, NSN-8915-00-616-0200, Fed. HHH-V-1744/10.

#### **Cereal and Bakery Products**

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

#### **Food Fats and Oils**

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

#### **Condiments and Related Products**

8. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631.
9. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
10. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

11. Onion powder.
12. Sherry flavoring.
13. Starch, Col-Flo 67.

# BEEF POT PIE

L-21

Yield: 100 Portions

Each Portion: 1 cup (240 mL)

| Ingredients                     | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                            |
|---------------------------------|---------------|--------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                     | 34.56         | 25.80        | 11,703        | 1. Brown beef in steam kettle in its own fat, stirring slowly. Drain and discard fat.<br>2. Add half the required water to the browned beef. Cover, simmer for approximately 1 hour. |
| Water                           | 25.41         | 18.97        | 8,609         |                                                                                                                                                                                      |
| Flour, wheat                    | 0.58          | 0.43         | 195           | 3. Combine remaining water with starch and flour to make a slurry.                                                                                                                   |
| Starch, Col-Flo 67              | 0.69          | 0.52         | 236           |                                                                                                                                                                                      |
| Pepper, black                   | 0.03          | 0.02         | 11            | 4. Add slurry, salt, sugar, pepper and onions to steam kettle.<br>5. Heat to thicken starch. Cook for 15 minutes at 200°F (93°C).                                                    |
| Sugar, white, granulated        | 0.22          | 0.16         | 73            |                                                                                                                                                                                      |
| Salt                            | 0.88          | 0.65         | 295           |                                                                                                                                                                                      |
| Onions, dehydrated, chopped     | 0.44          | 0.33         | 150           |                                                                                                                                                                                      |
| Juice, tomato, canned           | 14.13         | 10.54        | 4,781         | 6. Add carrots and tomato juice. Cook for about 10 minutes then add potatoes.                                                                                                        |
| Carrots, fresh, sliced 1/2 inch | 9.23          | 6.89         | 3,125         |                                                                                                                                                                                      |
| Potatoes, 1-1/2 inch pieces     | 13.83         | 10.32        | 4,681         | 7. Cook until potatoes are slightly undercooked.                                                                                                                                     |
|                                 |               |              |               | 8. Adjust volume to 6.25 gal (23.7 L).                                                                                                                                               |
|                                 |               |              |               | 9. Cool to 50°F (10°C).                                                                                                                                                              |
|                                 |               |              |               | 10. Place 80 oz (2.4 L) in each half-size steam table pan (serves 8).                                                                                                                |
|                                 |               |              |               | 11. Top with raw dough according to topping procedure, page 39.                                                                                                                      |
|                                 |               |              |               | 12. Cover, label, and freeze.                                                                                                                                                        |
| <b>Total</b>                    | <b>100.00</b> | <b>74.63</b> | <b>33,859</b> |                                                                                                                                                                                      |

**Notes:** 1. Reheating. Reconstitute in convection oven at 325°F (163°C) until internal temperature reaches at least 160°F (71°C). Then remove cover for 15 minutes or until topping is browned.

2. Formula makes 13 pans. Each pan contains 8 portions.

## **BEEF POT PIE**

### **Ingredients**

#### **Meat**

1. Beef, boneless, diced, NSN-8905-00-177-5071, USDA IMPS, Item No. 135A.

#### **Vegetables**

2. Carrots, fresh, NSN-8915-3580-127-8019, HHH-V-1744/10.
3. Juice, tomato, canned, NSN-8915-00-255-0523, Fed. JJI-V-1746/8, Type I.
4. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-0-1866.
5. Potatoes, white, fresh, NSN-8915-00-456-6111, Fed. HHH-V-1867, Style (a).

#### **Dairy, Eggs and Condiments**

6. Pepper, black, ground, NSN-8960-00-616-5486, Fed. EE-S-631, Type II.
7. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
8. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-00791, Type I, Class (a).
9. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

#### **Special Procurement**

10. Starch, Col-Flo 67.

# BEEF POT PIE TOPPING

| Ingredients                     | Percent       | Pounds      | Grams        | Procedure                                                                                                                                                                                              |
|---------------------------------|---------------|-------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Flour, wheat, pastry,<br>sifted | 46.60         | 2.33        | 1,057        | 1. Mix dry ingredients together.                                                                                                                                                                       |
| Milk, nonfat, dry               | 2.98          | 0.15        | 68           |                                                                                                                                                                                                        |
| Baking powder                   | 2.08          | 0.10        | 46           |                                                                                                                                                                                                        |
| Salt                            | 0.90          | 0.05        | 23           |                                                                                                                                                                                                        |
| Sugar                           | 1.00          | 0.05        | 23           |                                                                                                                                                                                                        |
| Shortening, 100 hour            | 15.52         | 0.78        | 354          | 2. Blend shortening into dry ingredients until mixture resembles course crumbs. Do not overmix.                                                                                                        |
| Water, cold                     | 30.92         | 1.55        | 704          | 3. Gradually add cold water and mix only enough to form a soft dough.<br>4. Place dough on a lightly floured board, kneading lightly about 1 minute or until dough is smooth.                          |
|                                 |               |             |              | 5. Roll out to a uniform thickness of 1/4 inch.<br>6. Cut into 2-1/4-inch diameter biscuits.<br>7. Place 8 biscuits evenly over top of each half-size steam table pan.<br>8. Cover, label, and freeze. |
| <b>Total</b>                    | <b>100.00</b> | <b>5.01</b> | <b>2,275</b> |                                                                                                                                                                                                        |

## **BEEF POT PIE TOPPING**

### **Ingredients**

#### **Dairy, Eggs and Condiments**

1. Baking powder, NSN-8950-00-125-6333, Fed. EE-B-25, Type 1.
2. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
3. Milk, nonfat, dry, NSN-00-982-2779, Fed. C-m-350, Type I, Style C.
4. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class I (b).
5. Sugar, granulated, NSN-8950-00-127-3073, Fed. JJJ-S-791, Type I, Class (a).
6. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.

# BEEF STEW

R-2

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                              | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                              | 52.17   | 34.09  | 15,463 | 1. Place diced beef in pans. Heat in convection oven at 450°F (232°C) until well browned, turning frequently (see note 6).<br>2. After browning, remove meat from convection oven, partially cover meat with water, place lid on pan and steam until tender at 15 psi (103 kPa) to an internal temperature of 160°F (71°C).<br>3. Drain liquid (broth), cool and reserve for steps 7 and 9 (see note 5).<br>4. Cool meat to about 50°F (10°C).<br>5. Place 30 oz (850 g) of cooked diced beef in each half-size steam table pan. |
| Carrots, fresh,<br>1/2-inch rings        | 7.10    | 4.64   | 2,105  | 6. Steam vegetables until tender. Do not overcook. Reserve for step 12.                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Potatoes, fresh, white,<br>1-inch pieces | 7.10    | 4.64   | 2,105  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Celery, fresh,<br>1-inch pieces          | 3.55    | 2.32   | 1,052  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Water and/or broth                       | 21.63   | 14.118 | 6,404  | 7. Combine ingredients listed in this section and mix well. Reserve some broth for step 9.<br>8. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                                                                                                           |
| Tomatoes, whole, canned                  | 5.24    | 3.43   | 1,556  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Tomato paste                             | 0.97    | 0.64   | 290    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Onions, fresh, sliced                    | 0.36    | 0.24   | 109    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Sugar                                    | 0.33    | 0.22   | 100    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Salt                                     | 0.31    | 0.20   | 91     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Pepper, black                            | 0.02    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Thyme, ground                            | 0.01    | 0.006  | 3      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Bay leaves, ground                       | 0.01    | 0.006  | 3      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Starch, Col-Flo 67                       | 0.82    | 0.54   | 245    | 9. Make a starch-flour slurry with water reserved from step 7. When making a slurry using flour, the liquid should always be added to the dry ingredients.<br>10. Add to above, mix well.                                                                                                                                                                                                                                                                                                                                        |
| Flour, wheat                             | 0.38    | 0.25   | 113    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

## BEEF STEW

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                        |
|--------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|              |               |              |               | 11. Heat to 180°F (82°C).<br>12. Add cooked vegetables from step 6; mix gently.<br>13. Add water to maintain formula weight or volume.<br>14. Cool to 50°F (10°C).<br>15. Pour 50 oz (1420 g) of gravy over meat in half-size steam table pans.<br>16. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>65.35</b> | <b>29,643</b> |                                                                                                                                                                                                                                                                                  |

- Notes:**
1. Reheat in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Formula is based on a 55% yield for diced beef. Cooked weight of diced beef for 100 portions should be approximately 18.8 lb (8.5 kg).
  4. Final weight of gravy for 100 servings is 31.3 lb (14.2 kg). Final volume of gravy for 100 servings is 3.6 L). One gallon (3.8 L) weighs 8.7 lb (3.9 kg).
  5. In the event that the broth from the meat-steaming operation can be saved, this broth should be used in satisfying the water requirement in steps 7 and 9.
  6. Beef may be browned in a steam-jacketed kettle, stirring slowly to brown all sides of dices.

## **BEEF STEW**

### **Ingredients**

#### **Meat**

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS, Item No. 135A.

#### **Vegetables**

2. Carrots, fresh, NSN-8915-00-127-8019, Fed. HHH-V-1744/10.
3. Celery, fresh, NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
4. Onions, fresh, NSN-8915-00-121-7999, Fed. HHH-V-1744/23.
5. Potatoes, white, fresh, NSN-8915-00-456-6111, Fed. HHH-V-1867/6, Style (a).
6. Tomatoes, canned, whole, NSN-8915-00-582-4060, US Grade A, Fed. JJJ-V-1746/20, Type I.
7. Tomato paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, Concentration d, Texture 1.

#### **Bakery and Cereal Products**

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

#### **Sugar**

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

#### **Condiments**

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. Thyme, ground, NSN-8950-00-538-1568, Fed. EE-S-631, Type II.

#### **Special Procurement**

13. Bay leaves, ground.
14. Starch, Col-Flo 67.

# BEEF STROGANOFF

B-3

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                        | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                               |
|------------------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced                        | 52.17   | 34.09  | 15,463 | 1. Place diced beef in deep pan. Heat in convection oven at 450°F (232°C) until well browned, turning frequently (see note 4).<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 each half-size steam table pan. |
| Onions, fresh, sliced              | 3.19    | 2.09   | 948    | 6. Saute onions and garlic in oil in steam jacketed kettle.                                                                                                                                                                                                                                                                                                                                             |
| Garlic, fresh, diced               | 0.02    | 0.01   | 4.5    |                                                                                                                                                                                                                                                                                                                                                                                                         |
| Salad oil                          | 0.87    | 0.57   | 259    |                                                                                                                                                                                                                                                                                                                                                                                                         |
| Mushrooms, canned, sliced, drained | 5.12    | 3.34   | 1,515  | 7. Add drained mushrooms to above; reserve mushroom liquid for step 8.                                                                                                                                                                                                                                                                                                                                  |
| Beef broth, mushroom broth, water  | 26.38   | 17.23  | 7,816  | 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    | 0.47   | 213    |                                                                                                                                                                                                                                                                                                                                                                                                         |
| Salt                               | 0.55    | 0.36   | 163    | 9. Add ingredients listed in this section and heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                                     |
| Worcestershire sauce               | 0.40    | 0.26   | 118    |                                                                                                                                                                                                                                                                                                                                                                                                         |
| Sugar                              | 0.23    | 0.15   | 68     |                                                                                                                                                                                                                                                                                                                                                                                                         |
| Lemon juice, reconstituted         | 0.23    | 0.15   | 68     |                                                                                                                                                                                                                                                                                                                                                                                                         |
| Pepper, black, ground              | 0.05    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                                                                                                         |
| Starch, Col-Flo 67                 | 1.41    | 0.92   | 417    | 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 water to maintain formula weight or volume.                                                                                                                                                                                                                           |
| Flour, wheat                       | 0.48    | 0.32   | 145    |                                                                                                                                                                                                                                                                                                                                                                                                         |

## BEEF STROGANOFF

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                             |
|--------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sour cream   | 8.19          | 5.35         | 2,427         | 12. Chill sauce to 100°F (37.7°C).<br>13. Gently fold in sour cream.<br>Chill to 50°F (10°C).<br>14. Pour 50 oz (1417 g) over meat<br>in half-size steam table pans.<br>15. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>65.34</b> | <b>29,639</b> |                                                                                                                                                                                                       |

- Notes:**
1. Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions) equals 18.8 lb (8.5 kg).
  4. Meat may be browned in a steam-jacketed kettle, stirring slowly to brown all surfaces of dices.

## **BEEF STROGANOFF**

### **Ingredients**

#### **Meat**

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS, Item No. 135A.

#### **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. JJ-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-8945-00-616-0082, Fed. JJJ-S-30, Type B.
9. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
10. Sugar, granulated, 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-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

#### **Special Procurement**

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

# BEEF TIPS WITH BARBECUE SAUCE

W-1

Yield: 100 Portions

Each Portion: 3.5 oz (99 g) meat  
5 oz (142 g) sauce

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, diced, raw            | 54.12         | 40.00        | 18,144        | 1. Brown meat in steam-jacketed kettle or tilt frying pan in small amount of oil.<br>2. Place browned meat in deep pans filling the pans no more than half full. Partially fill pans with water, cover, and steam until tender.<br>3. Cool meat to approximately 50°F (10°C).<br>4. Place 35 oz (992 g) in each half-size steam table pan.      |
| Vegetable oil               | 1.01          | 0.75         | 340           |                                                                                                                                                                                                                                                                                                                                                 |
| Water                       | 7.44          | 5.50         | 2,495         |                                                                                                                                                                                                                                                                                                                                                 |
| Starch, Col-Flo 67          | 1.16          | 0.86         | 390           |                                                                                                                                                                                                                                                                                                                                                 |
| Flour, wheat                | 0.79          | 0.58         | 263           | 5. Add water to starch and flour; mix to make slurry.                                                                                                                                                                                                                                                                                           |
| Broth and water             | 22.32         | 16.50        | 7,484         | 6. Reserve for step 9.                                                                                                                                                                                                                                                                                                                          |
| Tomato paste                | 8.12          | 6.00         | 2,722         | 7. Place broth and water in steam kettle; add remaining ingredients.<br>8. Heat to 160°F (71°C).<br>9. Add starch slurry.<br>10. Heat to 180°F (82°C).<br>11. Add liquid to maintain formula weight or volume.<br>12. Cool to 50°F (10°C).<br>13. Pour 50 oz (1417 g) over meat in half-size steam table pans.<br>14. Cover, label, and freeze. |
| Sugar, granulated           | 0.84          | 0.62         | 281           |                                                                                                                                                                                                                                                                                                                                                 |
| Onions, dehydrated, chopped | 0.67          | 0.50         | 227           |                                                                                                                                                                                                                                                                                                                                                 |
| Celery, ground              | 0.10          | 0.07         | 32            |                                                                                                                                                                                                                                                                                                                                                 |
| Salt                        | 0.51          | 0.38         | 172           |                                                                                                                                                                                                                                                                                                                                                 |
| Garlic, granulated          | 0.08          | 0.06         | 27            |                                                                                                                                                                                                                                                                                                                                                 |
| Pepper, black, ground       | 0.05          | 0.04         | 18            |                                                                                                                                                                                                                                                                                                                                                 |
| Monosodium glutamate        | 0.10          | 0.07         | 32            |                                                                                                                                                                                                                                                                                                                                                 |
| Cloves, ground              | 0.18          | 0.13         | 59            |                                                                                                                                                                                                                                                                                                                                                 |
| Worcestershire sauce        | 0.34          | 0.25         | 113           |                                                                                                                                                                                                                                                                                                                                                 |
| Liquid smoke                | 0.22          | 0.16         | 73            |                                                                                                                                                                                                                                                                                                                                                 |
| Vinegar                     | 1.95          | 1.44         | 653           |                                                                                                                                                                                                                                                                                                                                                 |
| <b>Total</b>                | <b>100.00</b> | <b>73.91</b> | <b>33,525</b> |                                                                                                                                                                                                                                                                                                                                                 |

- Notes:
1. Reheat in a convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C).
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions) equals 22 lb (10.0 kg).

## **BEEF TIPS WITH BARBECUE SAUCE**

### **Ingredients**

#### **Fruits and Vegetables**

1. Tomato paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type 1, Concentration B or C, Texture 1 or 2.
2. Onions, dehydrated chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type II, Style 4.

#### **Condiments and Related Products**

3. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
4. Pepper, black, NSN-8950-00-616-5486, Fed. EE-S-531, Type II.
5. Monosodium glutamate, NSN-8950-00-263-2786, Fed. EE-M-591.
6. Garlic, dehydrated, granulated, NSN-8915-00-149-1571, Fed. JJJ-O-1866, Type II.
7. Cloves, ground, NSN-8950-00-539-9541, Fed. EE-S-631, Type II.
8. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.
9. Vinegar, cider, NSN-8950-00-221-0297, Fed. Z-V-401.

#### **Sugar**

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

#### **Flour and Starches**

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

#### **Special Procurement**

12. Beef, top round, center cut. Cut approximately 0.75- to 1.0-inch (1.9- to 2.5-cm) cubes.
13. Celery, ground.
14. Liquid smoke flavoring.
15. Starch, Col-Flo 67.

# BEEF WITH VEGETABLES

L-17A

Yield: 100 Portions

Each Portion: 1 cup (240 ml)

| Ingredients                   | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                          |
|-------------------------------|---------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, diced         | 47.64   | 30.00  | 13,608 | 1. Brown diced beef in a appropriate size steam kettle making certain to brown all sides. After browning drain liquid and discard.<br>2. Add salt, pepper, and the water to steam kettle containing beef.<br>3. Cover, simmer for 1 hour or until tender.                                                          |
| Pepper, black                 | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                    |
| Salt                          | 0.47    | 0.30   | 136    |                                                                                                                                                                                                                                                                                                                    |
| Water                         | 26.44   | 16.65  | 7,552  |                                                                                                                                                                                                                                                                                                                    |
| Carrots, fresh, chopped       | 4.76    | 3.00   | 1,361  | 4. Add carrots, onions, peppers, and tomatoes<br>5. Cook until carrots are slightly undercooked.                                                                                                                                                                                                                   |
| Onions, dehydrated, sliced    | 1.19    | 0.75   | 340    |                                                                                                                                                                                                                                                                                                                    |
| Peppers, sweet, fresh chopped | 0.79    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                    |
| Tomatoes, canned              | 10.11   | 6.37   | 2,889  |                                                                                                                                                                                                                                                                                                                    |
| Flour, wheat                  | 0.78    | 0.49   | 222    | 6. Mix water with flour and starch.<br>7. Blend into beef and vegetables, stirring constantly.<br>8. Adjust volume to 6.25 gallons (23.7 L) and cook 5 minutes and until mixture thickens.<br>9. Cool to 50°F (10°C).<br>10. Fill 80 oz (2268 g) into half-size steam table pans.<br>11. Cover, label, and freeze. |
| Starch, Clo-Flo 67            | 1.00    | 0.63   | 286    |                                                                                                                                                                                                                                                                                                                    |
| Water                         | 6.79    | 4.28   | 1,941  |                                                                                                                                                                                                                                                                                                                    |
| Total                         | 100.00  | 62.99  | 28,571 |                                                                                                                                                                                                                                                                                                                    |

- Notes:**
1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Do not loosen or remove cover.
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Six lb (2724 g) of frozen quartered onions may be used instead of dehydrated onions.
  4. One gallon weighs (3.8 L) approximately 8.6 lb (3.9 kg).

## **BEEF WITH VEGETABLES**

### **Ingredients**

#### **Meat**

1. Beef, boneless, diced, NSN-8905-00-177-5017, USDA IMPS, Item No. 135A.

#### **Vegetables**

2. Carrots, fresh, NSN-8915-00-127-8019, Fed. HHH-1744/10.
3. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-533.
4. Tomatoes, canned, whole, NSN-8915-00-582-4060, Fed. JJJ-T-571.
5. Peppers, sweet, fresh, NSN-8915-00-127-8006, Fed. HHH-V-1744/28.

#### **Dairy, Eggs and Condiments**

6. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
7. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
8. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

9. Starch, Clo-Flo 67.

# BRAISED BEEF CUBES

L-148

Yield: 100 Portions

Each Portion: 2/3 cup (180 ml)

| Ingredients                | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                              |
|----------------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, diced, raw | 52.31         | 30.00        | 13,608        | 1. Brown diced beef in a suitable size steam kettle. After thoroughly browned turn off steam and drain fat from kettle.                                                                                                |
| Salt                       | 0.21          | 0.12         | 54            | 2. Deposit 1/2 the required water and the onions, garlic, salt, pepper, soup and gravy base, thyme and bay leaves in the kettle with the meat. Cover and simmer for 1 hour or until meat is tender. Stir occasionally. |
| Pepper, black              | 0.02          | 0.01         | 4.5           |                                                                                                                                                                                                                        |
| Onion, dehydrated, chopped | 0.87          | 0.50         | 227           |                                                                                                                                                                                                                        |
| Garlic, dehydrated, powder | 0.02          | 0.01         | 4.5           |                                                                                                                                                                                                                        |
| Soup and gravy base, beef  | 1.01          | 0.58         | 263           |                                                                                                                                                                                                                        |
| Thyme, ground              | 0.02          | 0.01         | 4.5           |                                                                                                                                                                                                                        |
| Bay leaves, ground         | 0.02          | 0.01         | 4.5           |                                                                                                                                                                                                                        |
| Water, tap                 | 42.65         | 24.46        | 11,095        |                                                                                                                                                                                                                        |
| Starch, Col-Flo 67         | 1.74          | 1.00         | 454           | 3. Mix remaining water with starch and flour, to make a slurry.                                                                                                                                                        |
| Flour, wheat               | 1.13          | 0.65         | 295           | 4. Blend starch-flour slurry into meat mixture and cook until starch thickens (approximately 5 minutes).                                                                                                               |
|                            |               |              |               | 5. Adjust volume with hot water to 4.25 gallons (16.1 L). Blend thoroughly.                                                                                                                                            |
|                            |               |              |               | 6. Cool to 50°F (10°C).                                                                                                                                                                                                |
|                            |               |              |               | 7. Fill 68 oz (2.0 L) of product into each half-size steam table pan.                                                                                                                                                  |
|                            |               |              |               | 8. Cover, label, and freeze.                                                                                                                                                                                           |
| <b>Total</b>               | <b>100.00</b> | <b>57.35</b> | <b>26,014</b> |                                                                                                                                                                                                                        |

**Notes:** 1. Reheating: Reheat in a convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C).

2. Formula makes 8 pans. Each pan contains 13 portions.

## **BRAISED BEEF CUBES**

### **Ingredients**

#### **Meat**

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS, Item No. 135A, MIL-B-0035079 (GL).

#### **Vegetables**

2. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Style 1.
3. Garlic, powder, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.

#### **Dairy, Eggs and Condiments**

4. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
5. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class 1, Style A.
6. Pepper, black, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
7. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
8. Thyme, NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

#### **Special Procurement**

9. Bay leaves, ground.
10. Starch, Col-Flo 67.

# CABBAGE ROLLS

N-4

Yield: 100 Portions

Each Portion: 2 cabbage rolls  
3 oz (85 g) sauce

| Ingredients                 | Percent | Pounds | Grams | Procedure                                                                                                                                             |
|-----------------------------|---------|--------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cabbage leaves, fresh       | 31.20   | 19.84  | 8,999 | 1. Trim core and mash heads. Cook in steamer at 5 psi (35 kPa) until tender (approximately 10 to 15 minutes).<br>2. Cool and separate cabbage leaves. |
| Onions, dehydrated, chopped | 0.49    | 0.31   | 141   | 3. Rehydrate onions; reserve for step 7.                                                                                                              |
| Water                       | 3.30    | 2.10   | 953   |                                                                                                                                                       |
| Bacon, chopped              | 1.10    | 0.70   | 318   | 4. Saute chopped bacon.                                                                                                                               |
| Garlic, granulated          | 0.007   | 0.004  | 2     | 5. Add granulated garlic and reserve for step 7.                                                                                                      |
| Rice, instant, dry          | 1.64    | 1.04   | 472   | 6. Rehydrate rice. Let stand, mixing occasionally until water is absorbed and reserve for step 7.                                                     |
| Water                       | 3.33    | 2.12   | 962   |                                                                                                                                                       |
| Beef, ground                | 26.555  | 16.895 | 7,664 | 7. Combine ingredients listed in this section and mix well.                                                                                           |
| Catsup, tomato              | 1.92    | 1.22   | 553   | 8. Add onions, sauteed bacon, garlic and rice; mix gently but thoroughly.                                                                             |
| Worcestershire sauce        | 0.83    | 0.53   | 240   | 9. Place 2 oz (57 g) of meat mixture on each leaf.                                                                                                    |
| Salt                        | 0.34    | 0.22   | 100   | 10. Fold sides of leaf over filling and roll tightly.                                                                                                 |
|                             |         |        |       | 11. Place seam down in baking pans. Add water to pans to a depth of 1/2 in (1.3 cm).                                                                  |
|                             |         |        |       | 12. Bake for approximately 1 hour in revolving oven at 350°F (176°C) to an internal temperature of 165°F (74°C).                                      |
|                             |         |        |       | 13. Cool to approximately 50°F (10°C) internal temperature.                                                                                           |
|                             |         |        |       | 14. Place 12 cabbage rolls in each half-size steam table pan.                                                                                         |

## CABBAGE ROLLS

| Ingredients               | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                    |
|---------------------------|---------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tomato puree              | 13.91   | 8.854  | 4,016  | 15. Combine ingredients from this section.<br>16. Heat to 160°F (71°C).                                                                                                                                                                                                                                      |
| Tomatoes, Italian, canned | 13.65   | 8.68   | 3,937  |                                                                                                                                                                                                                                                                                                              |
| Sugar                     | 0.24    | 0.15   | 68     |                                                                                                                                                                                                                                                                                                              |
| Basil, ground             | 0.01    | 0.005  | 2      |                                                                                                                                                                                                                                                                                                              |
| Pepper, black, ground     | 0.008   | 0.002  | 1      |                                                                                                                                                                                                                                                                                                              |
| Water                     | 1.17    | 0.74   | 336    | 17. Make starch-flour slurry by adding the liquid to the dry ingredients.<br>18. Add slurry to sauce mixture and heat to 180°F (82°C).<br>19. Cool sauce to approximately 50°F (10°C).<br>20. Pour 18 oz (510 g) of sauce over cabbage rolls in half-size steam table pans.<br>21. Cover, label, and freeze. |
| Starch, Col-Flo 67        | 0.20    | 0.13   | 59     |                                                                                                                                                                                                                                                                                                              |
| Flour, wheat              | 0.10    | 0.06   | 27     |                                                                                                                                                                                                                                                                                                              |
|                           |         |        |        |                                                                                                                                                                                                                                                                                                              |
|                           |         |        |        |                                                                                                                                                                                                                                                                                                              |
| Total                     | 100.00  | 63.60  | 28,850 |                                                                                                                                                                                                                                                                                                              |

- Notes:**
1. Reheat in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula makes 16 pans. Each pan contains 6 servings.
  3. Yield of cabbage is approximately 40% from raw, cored heads to usable cooked leaves. For 100 servings, weight of raw, cored trimmed cabbage heads should be approximately 49.6 lb (22.5 kg). Weight of cabbage leaves is only a guide, use count of leaves to insure 100 portions.
  4. Formula is based on a 75% yield from raw to cooked cabbage rolls. Weight of cooked cabbage rolls for 100 servings should be approximately 33.6 lb (15.2 kg). Each serving of two cabbage rolls should weigh approximately 5.4 oz (153 g).
  5. Final weight of sauce for 100 portions is 18.8 lb (8.5 kg). Final volume of sauce for 100 portions is 2.2 gal (8.3 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

## **CABBAGE ROLLS**

### **Ingredients**

#### **Meat**

1. Bacon, NSN-8905-00-403-9592, Fed. PP-B-81, Type II, Form B, Style 1, Class 2.
2. Beef, ground, frozen w/soy, NSN-8905-00-NSN-01-3190, USDA Specification, Schedule AA.

#### **Vegetables**

3. Cabbage, fresh, NSN-8915-00-616-0194, Fed. HHH-V-1744/8.
4. Garlic, dehydrated, granulated, 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.

#### **Cereal and Bakery Products**

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

#### **Sugar, Confectionery and Nuts**

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

#### **Condiments and Related Products**

8. Basil, ground, NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
9. Catsup, tomato, NSN-8950-00-127-9789, Fed. JJJ-V-1746/25, Type I, flavor style 1.
10. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type I.
11. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
12. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

#### **Special Procurement**

13. Rice, instant.
14. Starch, Col-Flo 67.
15. Tomatoes, Italian, canned.
16. Tomato puree, medium, canned.

# CHICKEN FRIED STEAKS

L-12

Yield: 100 Portions

Each Portion: 1 steak

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                |
|-----------------------------|---------------|--------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, swiss steak | 72.40         | 40.00        | 18,144        | 1. Dredge steaks in seasoned flour. Reserve excess flour for use in in Step 4.                                                                                                                                                                                                                                           |
| Flour, wheat                | 10.86         | 6.00         | 2,722         |                                                                                                                                                                                                                                                                                                                          |
| Salt                        | 1.36          | 0.75         | 340           |                                                                                                                                                                                                                                                                                                                          |
| Pepper, black               | 0.07          | 0.04         | 18            |                                                                                                                                                                                                                                                                                                                          |
| Monosodium glutamate        | 0.09          | 0.05         | 23            |                                                                                                                                                                                                                                                                                                                          |
| Milk, nonfat, dry           | 0.74          | 0.41         | 186           | 2. Reconstitute milk; add eggs and blend thoroughly.<br>3. Dip steak in egg and milk mixture. Drain well.<br>4. Dip in flour remaining from step 1. Note: Do not allow unbrowned steaks to remain at room temperature more than 30 minutes.                                                                              |
| Water                       | 7.24          | 4.00         | 1,814         |                                                                                                                                                                                                                                                                                                                          |
| Eggs, whole, beaten         | 3.62          | 2.00         | 907           |                                                                                                                                                                                                                                                                                                                          |
|                             |               |              |               |                                                                                                                                                                                                                                                                                                                          |
| Shortening, melted          | 3.62          | 2.00         | 907           | 5. Brown steaks in deep fat fryer or tilt frying pan.<br>6. Place steaks in lightly greased pans. Cover pans tightly.<br>7. Bake steaks until internal temperature reaches 165°F (45-60 minutes).<br>8. Cool to 50°F (10°C).<br>9. Shingle 10 steaks in each half-size steam table pan.<br>10. Cover, label, and freeze. |
| <b>Total</b>                | <b>100.00</b> | <b>55.25</b> | <b>25,061</b> |                                                                                                                                                                                                                                                                                                                          |

- Notes:**
1. Reheat in 325°F (163°C) to an internal temperature of 160°F (71°C) (35-40 minutes).
  2. Use count of steaks to assure 100 portions.
  3. Other types of milk may be substituted in procedures, step 2.
  4. Formula makes 10 pans. Each pan contains 100 portions.

## **CHICKEN FRIED STEAKS**

### **Ingredients**

#### **Meat**

1. Beef, boneless, swiss steak, NSN-8905-01-004-2995, MIL-B-43813, Type V.

#### **Dairy and Eggs**

2. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind A, Class I.
3. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.

#### **Fats and Oils**

4. Shortening, compound, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class I (b).

#### **Cereal and Bakery**

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

#### **Condiments and Related Products**

6. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
7. Pepper, black, ground, NSN-8950-00-262-8886, Fed. EEE-S-631, Type II.
8. Monosodium Glutamate, NSN-8950-00-539-9541, EE-S-631.

# CHILI CON CARNE WITH BEANS

L-28

Yield: 100 Portions

Each Portion: 9 oz (255 ml)

| Ingredients                        | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                   |
|------------------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, ground             | 28.30         | 19.00        | 8,618         | 1. Brown beef in its own fat in steam kettle, until it loses red color. Drain or skim off fat. Discard.                                                                                                                                                     |
| Tomato paste, canned (26% solids)  | 2.69          | 1.80         | 816           | 2. Combine tomato products and save for step 4.                                                                                                                                                                                                             |
| Tomatoes, canned, crushed          | 7.74          | 5.20         | 2,359         |                                                                                                                                                                                                                                                             |
| Soup and gravy base beef flavored  | 0.90          | 0.60         | 272           | 3. Combine seasoning, water, and starch together with cooked beef. Mix thoroughly, heat to 200°F (93°C), and simmer for 10 minutes with constant stirring (do not boil).                                                                                    |
| Chili powder, ground               | 0.76          | 0.52         | 236           |                                                                                                                                                                                                                                                             |
| Salt                               | 0.24          | 0.16         | 73            | 4. Add tomato products, mix, heat to 180°F (82°C) and simmer 5 minutes.                                                                                                                                                                                     |
| Garlic powder                      | 0.01          | 0.01         | 4.5           |                                                                                                                                                                                                                                                             |
| Pepper, cayenne                    | 0.01          | 0.01         | 4.5           |                                                                                                                                                                                                                                                             |
| Paprika, ground                    | 0.12          | 0.08         | 36            |                                                                                                                                                                                                                                                             |
| Onion powder                       | 0.08          | 0.05         | 23            |                                                                                                                                                                                                                                                             |
| Monosodium glutamate               | 0.01          | 0.01         | 4.5           |                                                                                                                                                                                                                                                             |
| Cumin, ground                      | 0.01          | 0.01         | 4.5           |                                                                                                                                                                                                                                                             |
| Water, cold                        | 29.04         | 19.50        | 8,845         |                                                                                                                                                                                                                                                             |
| Starch, Col-Flo 67                 | 0.30          | 0.20         | 91            |                                                                                                                                                                                                                                                             |
| Beans, red kidney, canned, drained | 29.79         | 20.00        | 9,072         | 5. Add beans, mix thoroughly and heat back to 165°F (74°C) minimum.<br>6. Bring volume up to 6.75 gallons (25.6 L) with hot water.<br>7. Cool to 50°F (10°C).<br>8. Pour 86 oz (2.6 L) into each half-size steam table pan.<br>9. Cover, label, and freeze. |
| <b>Total</b>                       | <b>100.00</b> | <b>67.15</b> | <b>30,459</b> |                                                                                                                                                                                                                                                             |

- Notes:
1. Formula makes 10 pans; each pan contains 10 portions.
  2. Reheat covered in 325°F (163°C) convection oven to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
  3. Liquid from beans may be substituted for part of water in step 3.
  4. One gallon of chili con carne weighs 9.2 lb (4177 g).
  5. Average weight of drained liquid in step 1 of procedures is 5.0 lb (2270 g).

## **CHILI CON CARNE WITH BEANS**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground, NSN-8905-01-050-3190, USDA Specification, Schedule AA.

#### **Vegetables**

2. Beans, red, kidney, canned, NSN-8915-00-926-6793, Fed. JJJ-B-00101, Type I, Class 3, Style (b).
3. Garlic, dehydrated, powder, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
4. Tomatoes, canned, whole, NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I.
5. Tomato, canned, paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, Conc. (b) or (c), Texture 1 or 2.

#### **Dairy, Eggs and Condiments**

6. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.
7. Chili powder, NSN-8950-00-753, 2962, Fed. EE-S-631.
8. Cumin, ground, NSN-8950-00-119-4356, Fed. EE-S-631, Type II.
9. Monosodium glutamate, NSN-8950-00-263-2786, Fed. EE-M-591.
10. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631, Type II, Class C, Style 2.
11. Pepper, cayenne, NSN-8950-00-170-9565, Fed. EE-S-631, Type II.
12. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

13. Starch, Col-Flo 67.
14. Onion powder.

# CHILI CON CARNE WITHOUT BEANS

L-28

Yield: 100 Portions

Each Portion: 1 cup (240 ml)

| Ingredients                        | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                     |
|------------------------------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, ground             | 54.19         | 34.91        | 15,835        | 1. Brown beef in its own fat in steam kettle, until it loses pink color. Drain or skim off excess fat and discard.                                            |
| Tomato paste, canned (26% solids)  | 3.34          | 2.15         | 975           | 2. Combine tomato products and save for step 4.                                                                                                               |
| Tomatoes, canned, crushed          | 18.56         | 11.96        | 5,425         |                                                                                                                                                               |
| Soup and gravy base, beef flavored | 1.23          | 0.79         | 358           | 3. Combine seasoning, water and starch with cooked beef. Mix thoroughly, heat to 200°F (93°C) and simmer for 10 minutes with constant stirring (do not boil). |
| Chili powder, ground, dark         | 1.33          | 0.86         | 390           | 4. Add tomato products; mix and heat to 180°F (82°C). Simmer 5 minutes.                                                                                       |
| Salt                               | 0.31          | 0.20         | 91            | 5. Bring volume back to 6.25 gallons (23.7 L).                                                                                                                |
| Garlic powder                      | 0.03          | 0.02         | 9             | 6. Cool to 50°F (10°C).                                                                                                                                       |
| Pepper, red cayenne                | 0.02          | 0.01         | 4             | 7. Place 80 oz (2.4 L) of chili in each half-size steam table pan.                                                                                            |
| Paprika, ground                    | 0.14          | 0.09         | 41            | 8. Cover, label, and freeze.                                                                                                                                  |
| Onion powder                       | 1.37          | 0.38         | 399           |                                                                                                                                                               |
| Monosodium glutamate               | 0.02          | 0.01         | 4             |                                                                                                                                                               |
| Cumin, ground                      | 0.02          | 0.01         | 4             |                                                                                                                                                               |
| Water, cold                        | 19.00         | 12.24        | 5,552         |                                                                                                                                                               |
| Starch, Col-Flo 67                 | 0.44          | 0.28         | 127           |                                                                                                                                                               |
| <b>Total</b>                       | <b>100.00</b> | <b>64.41</b> | <b>29,214</b> |                                                                                                                                                               |

- Notes:**
1. Formula makes 10 pans; each pan serves 10 men, 9 oz (255 g) each.
  2. Reheat in 325°F (163°C) convection oven to an internal temperature of 160°F (71°C) (1 hour, 15 minutes).
  3. One gallon of chili weighs 8.6 lb (3901 g).
  4. Average weight of drained liquid in step 1 of procedure is 6 lb (2724 g).

## **CHILI CON CARNE WITHOUT BEANS**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground, NSN-8905-01-050-3190, USDA Specification, Schedule AA.

#### **Vegetables**

2. Tomatoes, canned, whole, NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I.
3. Tomato, canned, paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, Conc. (B) or (C), Texture 1 or 2.
4. Garlic, dehydrated, powder, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.

#### **Dairy, Eggs and Condiments**

5. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.
6. Chili powder, NSN-8950-00-753-2962, Fed. EE-S-631.
7. Cumin, ground, NSN-8950-00-753-4356, Fed. EE-S-631, Type II.
8. Monosodium glutamate, NSN-8950-00-263-2786, Fed. EE-S-631, Type II.
9. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631, Type II.
10. Pepper, cayenne, red, NSN-8950-00-170-9565, Fed. EE-S-631, Type II.
11. Salt, NSN-8950-262-8886, Fed. SS-S-31.

#### **Special Procurement**

12. Starch, Col-Flo 67.
13. Onion Powder.

# CORNED BEEF HASH

L-42

Yield: 100 Portions

Each Portion: 1 cup (227 g)

| Ingredients                       | Percent | Pounds | Grams  | Procedure                                                                      |
|-----------------------------------|---------|--------|--------|--------------------------------------------------------------------------------|
| Peppers, green,<br>chopped, fresh | 3.23    | 1.67   | 758    | 1. Rehydrate onions with excess water; drain.                                  |
| Onions, dehydrated,<br>chopped    | 1.60    | 0.83   | 377    | 2. Saute onions and chopped peppers in oil.                                    |
| Shortening                        | 2.15    | 1.11   | 504    |                                                                                |
| Potatoes, diced 3/8"              | 46.48   | 24.02  | 10,896 | 3. Blanch potatoes in boiling water for 4 minutes. Drain and allow to cool.    |
| Corned beef, canned               | 46.48   | 24.02  | 10,896 | 4. Place all ingredients in mixing bowl and mix on low speed until well mixed. |
| Pepper, black                     | 0.06    | 0.03   | 14     |                                                                                |
|                                   |         |        |        | 5. Weigh 5 lb (2268 g) into each half-size steam table pan.                    |
|                                   |         |        |        | 6. Cover, label, and freeze.                                                   |
| Total                             | 100.00  | 51.68  | 23,445 |                                                                                |

**Notes:** 1. Reheat in convection oven at 325°F (163°C) until internal temperature reaches at least 140°F (60°C) covered. Then heat uncovered for 20 minutes or until top is browned and temperature reaches 160°F (71°C) internal.

2. Formula makes 10 pans. Each pan contains 10 servings.

## **CORNERD BEEF HASH**

### **Ingredients**

#### **Meat**

1. Corned beef, canned, NSN-8950-00-127-3148, Fed. PP-B-201, Type II.

#### **Vegetables**

2. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Style 1.
3. Peppers, green, fresh, NSN-8915-00-127-8006, Fed. HHH-V-1744/28.
4. Potatoes, white, fresh, NSN-8915-00-456-6111, Fed HHH-V-1867/6, Style (A).

#### **Dairy, Eggs and Condiments**

5. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
6. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.

# CORNERD BEEF, SIMMERED

L-44

Yield: 100 Portions

Each Portion: 2 slices (4 oz or 114 g)

| Ingredients                | Percent  | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------|----------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Corned beef, fresh         | 96.40    | 45.00  | 20,412 | <ol style="list-style-type: none"><li>1. Place whole pieces of corned beef in steam-jacketed kettle; cover with water. Add seasonings.</li><li>2. Bring to boil. Cover, reduce heat and simmer about 5 hours to an internal temperature of 180°F (82°C).</li><li>3. After cooking period, remove from water and cool to about 60°F (16°C).</li><li>4. Slice across the grain to prevent shredding.</li><li>5. Place 20 slices or 2–1/2 lbs (1135 g) of corned beef in each half-size steam table pan.</li><li>6. Add 0.5 lb (227 g) of water from cook.</li><li>7. Cover, label, and freeze.</li></ol> |
| Water                      | To cover |        |        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Bay leaves, chopped        | 0.02     | 0.01   | 5      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Garlic, dehydrated, ground | 0.09     | 0.04   | 18     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Salt                       | 1.35     | 0.63   | 286    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Sugar, granulated, white   | 2.14     | 1.00   | 454    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                            |          |        |        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Total                      | 100.00   | 46.68  | 21,175 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C). Do not loosen or remove cover.
  2. Formula makes 10 pans. Each pan contains 10 portions.

## **CORNER BEEF, SIMMERED**

### **Ingredients**

#### **Meat**

1. Corned beef, frozen, NSN-8905-260-299-1316, USDA IMPS, Style A.

#### **Vegetables**

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

#### **Dairy, Eggs and Condiments**

3. Bay leaves, NSN-8950-00-170-9561, Fed. EE-S-631, Type I.
4. Salt, NSN-8950-00-262-8886, Fed. S-S-31.
5. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-00791, Type I, Class (a).

# 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         | 34.09        | 15,463        | 1. Place meat in single layers 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 in a deep pan. Fill pan with water up to second layer. Cover and 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         | 22.45        | 10,183        | 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          | 0.64         | 290           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Salt                         | 0.32          | 0.21         | 95            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Worcestershire sauce         | 0.14          | 0.09         | 41            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Caramel coloring             | 0.06          | 0.04         | 18            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Pepper, black, ground        | 0.06          | 0.04         | 18            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Sugar, granulated            | 0.04          | 0.03         | 14            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Garlic, dehydrated, granular | 0.04          | 0.03         | 14            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Onions, fresh, diced         | 3.45          | 2.25         | 1,021         | 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 each half-size steam table pan.<br>12. Cover, label, and freeze.                                                                                                                                           |
| Mushrooms, canned, sliced    | 2.88          | 1.88         | 853           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Margarine                    | 2.59          | 1.69         | 767           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Starch, Col-Flo 67           | 1.95          | 1.27         | 576           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Flour, wheat                 | 0.97          | 0.64         | 290           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Total</b>                 | <b>100.00</b> | <b>65.35</b> | <b>29,643</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

## COUNTRY STYLE STEAK

- Notes:**
1. Reheat in convection oven at 325°F (164°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours and 10 minutes.
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions) equals 18.75 lb (8.5 kg).
  4. Pounds in formula are only a guide; use count of steaks to assure 100 portions.

## COUNTRY STYLE STEAK

### Ingredients

#### 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-8915-00-616-0200, Fed. HHH-V-1744/40.
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, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
8. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Sugar, granulated, 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-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.

#### Special Procurement

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

# CREAM CHIPPED BEEF

B-5

Yield: 100 Portions

1 Portion: 8 oz (227 g)

| Ingredients                      | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                        |
|----------------------------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Margarine                        | 3.31          | 1.66         | 753           | 1. In a steam-jacketed kettle melt margarine.<br>2. Make a roux with flour and melted margarine.                                                                                 |
| Flour, wheat                     | 1.77          | 0.89         | 404           |                                                                                                                                                                                  |
| Milk, homogenized                | 75.36         | 37.68        | 17,092        | 3. Slowly add ingredients listed in this section, reserving some milk for step 5.<br>4. Heat to 160°F (71°C).                                                                    |
| Sugar                            | 0.59          | 0.30         | 136           |                                                                                                                                                                                  |
| Pepper, white, ground            | 0.04          | 0.02         | 9             |                                                                                                                                                                                  |
| Starch, Clo-Flo 67               | 2.23          | 1.11         | 503           | 5. Make a starch slurry, using milk reserved from step 3.<br>6. Add to other ingredients and heat to 180°F (82°C).                                                               |
| Chipped beef, chunked and formed | 16.70         | 8.35         | 3,789         | 7. Soak chipped beef in water if overly salty. Drain and discard water.<br>8. Add to other ingredients, mixing well.<br>9. Add fresh water to maintain formula weight or volume. |
|                                  |               |              |               | 10. Chill to 50°F (10°C).<br>11. Fill 80 oz (2268 g) into half-size steam table pans.<br>12. Cover, label, and freeze.                                                           |
| <b>Total</b>                     | <b>100.00</b> | <b>50.01</b> | <b>22,686</b> |                                                                                                                                                                                  |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 1 hour and 45 minutes. Do not overheat.
  2. Formula makes 10 pans. Each pan contains 10 portions.

## **CREAMED CHIPPED BEEF**

### **Ingredients**

#### **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 I.
3. Pepper, white, ground, NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
4. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

#### **Cereal and Bakery Products**

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

#### **Special Procurement**

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

# CREAMED GROUND BEEF

R-2

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|-----------------------------|---------------|--------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, ground      | 30.00         | 16.38        | 7,430         | 1. Brown ground beef, mixing constantly to prevent clumping; discard liquid.<br>2. Cool ground beef to about 50°F (10°C) and reserve for step 9.                                                                                                                                                                                                                                                                                              |
| Onions, dehydrated, chopped | 1.30          | 0.71         | 322           | 3. Rehydrate onions in excess water for approximately 15 minutes.<br>4. Drain and reserve for step 5.                                                                                                                                                                                                                                                                                                                                         |
| Water                       | 56.14         | 30.65        | 13,902        | 5. Combine ingredients listed in this section with onions from step 4. Blend thoroughly to dissolve nonfat dry milk. Reserve some water for step 7.<br>6. Heat gradually to 160°F (71°C) to avoid scorching.                                                                                                                                                                                                                                  |
| Milk, nonfat, dry           | 9.00          | 4.91         | 2,227         |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Salt                        | 1.20          | 0.65         | 295           |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Pepper, white, ground       | 0.04          | 0.02         | 9             |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Garlic, granulated          | 0.02          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Starch, Col-Flo 67          | 1.40          | 0.76         | 345           | 7. Make a starch-flour slurry with water reserved from step 5, adding the liquid to the dry ingredients.<br>8. Heat to 180°F (82°C) gradually to avoid scorching.<br>9. Remove from heat and add cooked beef from step 2 to above. Mix thoroughly.<br>10. Add water to maintain formula weight or volume.<br>11. Cool to about 50°F (10°C).<br>12. Place 80 oz (2270 g) into each half-size steam table pan.<br>13. Cover, label, and freeze. |
| Flour, wheat                | 0.90          | 0.49         | 222           |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|                             |               |              |               |                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>Total</b>                | <b>100.00</b> | <b>54.58</b> | <b>24,756</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                               |

- Notes:
1. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Formula is based on a 72% yield of ground beef. Cooked weight of ground beef for 100 portions should be approximately 11.8 lb (5.3 kg).
  4. Final weight of 100 servings is 50 lb (22.7 kg). Final volume of 100 servings is 5.8 gal (21.9 L). One gallon weighs 8.6 lb (3.9 kg).

## **CREAMED GROUND BEEF**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground w/soy, NSN-8905-01-050-3190, USDA Specification, Schedule AA.

#### **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. Garlic, dehydrated, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
4. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 4.

#### **Bakery and Cereal Products**

5. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00482, Type III, Class B, Style 2.

#### **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.

#### **Special Procurement**

8. 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   | 34.09  | 15,463 | 1. Place meat in deep pans and heat in convection oven at 450°F (232°C) until well browned, turning frequently (see note 4).<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. Hold for step 12. |
| Onions, dehydrated, chopped | 2.62    | 1.71   | 776    | 6. Rehydrate onions in excess warm water for 15 minutes. Drain. Reserve for use in gravy, step 8.                                                                                                                                                                                                                                                                                                                                                    |
| Beef broth and water        | 37.93   | 24.781 | 11,241 | 7. In a steam-jacketed kettle place broth from step 3. Add water to reach formula weight for gravy. Reserve some broth for slurry, step 10.                                                                                                                                                                                                                                                                                                          |
| Tomato paste (26%)          | 2.14    | 1.40   | 635    | 8. Add ingredients listed in this section and onions from step 6 to broth.<br>9. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                                               |
| Bacon fat                   | 1.49    | 0.97   | 440    |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Salt                        | 0.57    | 0.37   | 168    |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Paprika                     | 0.41    | 0.27   | 122    |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Sugar                       | 0.38    | 0.25   | 113    |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Caraway seed, ground        | 0.06    | 0.04   | 18     |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Pepper, black               | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Garlic, granulated          | 0.01    | 0.09   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Starch, Col-Flo 67          | 1.55    | 1.01   | 458    | 10. Make a slurry by adding chilled broth from step 7 to starch and flour. Add slurry to above mixture.<br>11. Heat to 180°F (82°C).                                                                                                                                                                                                                                                                                                                 |
| Flour, wheat                | 0.64    | 0.42   | 191    |                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

## HUNGARIAN GOULASH

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                                                                           |
|--------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------|
|              |               |              |               | 12. Chill gravy to 50°F (10°C).<br>Pour 50 oz (1389 g) over meat<br>in half-size steam table pans.<br>13. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>65.34</b> | <b>29,638</b> |                                                                                                                                     |

- Notes:**
1. 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 makes 10 pans. Each pan contains 10 portions.
  3. Formula is calculated on 55% yield of beef. Cooked weight of beef (100 portions) equals 18.75 lb (8.5 kg).
  4. Meat may be browned in a steam-jacketed kettle, stirring slowly to brown all sides of dices.

## HUNGARIAN GOULASH

### Ingredients

#### Meat

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS, Item No. 135A.

#### Vegetables

2. Garlic, dehydrated, granulated, 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.
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, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
7. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
8. Sugar, granulated, NSN-8925-00-127-2073, Fed. JJJ-S-791, Class a.

#### Cereal and Bakery Products

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

#### Special Procurement

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

# MEAT LOAF WITH BROWN GRAVY

L-35

Yield: 100 Portions

Each Portion: 6 oz meat (170 g)  
4 oz gravy (120 mL)

| Ingredients                                 | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Onions, dehydrated, chopped                 | 0.25    | 0.18   | 82     | 1. Rehydrate onions in excess water 10 minutes; drain.<br>2. Saute onions, peppers, and celery in shortening until lightly browned. Cool to 60°F (16°C) and save for step 3.                                                                                                                                                                                                                                                                                                                                                                                                                |
| Peppers, sweet, fresh green, finely chopped | 0.69    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Celery, fresh, finely chopped               | 1.37    | 1.00   | 454    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Shortening or vegetable oil                 | 0.69    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Beef, boneless, ground                      | 41.13   | 30.00  | 13,608 | 3. Combine sauteed vegetables, bread crumbs, beef, eggs, seasoning and water in mechanical mixer and mix lightly (enough to complete mixing).<br>4. Place 2 lb, 8 oz (1135 g) in each greased bread pan (8-1/2" x 4-1/2" x 2-3/4").<br>5. Heat uncovered in 325°F (163°C) oven to an internal temperature of 165°F (74°C) (1 hour, 20 minutes). Place in freezer or refrigerator to reduce temperature to 60°F (16°C). Slice 9/16 inches thick (3 oz (85 g) slices). Place 20 slices to each half-size steam table pan, 10 on each side shingled. Cool to 50°F (10°C) and hold for step 10. |
| Eggs, white, beaten                         | 1.78    | 1.30   | 590    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Salt                                        | 0.55    | 0.40   | 181    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Pepper, black                               | 0.04    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Bread crumbs, dry                           | 5.47    | 4.00   | 1,814  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Water                                       | 8.23    | 6.00   | 2,722  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Shortening or vegetable oil                 | 0.69    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Gravy</b>                                |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Meat drippings and clear fat or shortening  | 2.06    | 1.50   | 680    | 6. Heat fat in steam kettle.<br>7. Sprinkle flour evenly over fat and cook 10 minutes.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Flour, wheat                                | 0.69    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Starch, Col-Flo 67                          | 1.37    | 1.00   | 454    | 8. Combine starch, stock or water and remaining ingredients; heat to 180°F (82°C) and add slowly to fat/flour mixture. Mix thoroughly and cook for 20 minutes. Bring volume back to 3.25 gal (12.3 L) with hot water.                                                                                                                                                                                                                                                                                                                                                                       |
| Stock or cold water                         | 34.28   | 25.00  | 11,340 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Pepper, black                               | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Caramel coloring liquid                     | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Soup and gravy base beef flavored           | 0.69    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

## MEAT LOAF WITH BROWN GRAVY

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                    |
|--------------|---------------|--------------|---------------|--------------------------------------------------------------|
|              |               |              |               | 9. Cool to 50°F (10°C).                                      |
|              |               |              |               | 10. Pour 42 oz (1.23 L) of gravy over each pan of meat loaf. |
|              |               |              |               | 11. Cover, label, and freeze.                                |
| <b>Total</b> | <b>100.00</b> | <b>72.93</b> | <b>33,082</b> |                                                              |

- Notes:**
1. As a substitute in step 1 for dehydrated onions, 1.26 lb (572 g) of fresh onions may be used.
  2. As a substitute in step 2 for fresh peppers, 1.50 oz (681 g) dehydrated green peppers may be used.
  3. Formula yields 10 pans. Each pan contains 10 servings of two slices each.
  4. Reheat pans covered in 325°F (163°C) convection oven to 160°F (71°C) internal temperature. Time: approximately 2 hours.
  5. Dry broken bread may be substituted for bread crumbs as follows: Place formula water from step 3 in broken bread and whip until large pieces are unidentifiable. Press out and discard excess water.
  6. Vegetables in step 1 and 2 may be ground rather than finely chopped.

## **MEAT LOAF WITH BROWN GRAVY**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground w/soy, NSN-8905-01-050-3190, USDA Specification, Schedule AA.

#### **Vegetables**

2. Celery, fresh, NSN-8915-00-252-3783, Fed. HHH-V-1744/12.
3. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style I.
4. Peppers, sweet, fresh, NSN-8915-00-127-8006, Fed. HHH-V-1744/28.

#### **Dairy, Eggs and Condiments**

5. Bread, crumbs, NSN-8920-00-464-2224, MIL-F-3501, HIGH COMMERCIAL GRADE.
6. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind A, Class 1.
7. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
8. Food coloring, caramel, NSN-8950-00-782-2181, MIL-F-35093, Type V.
9. Shortening, NSN-8945-00-616-0091, Fed. EE-S-00321, Type II, Class 1(b).
10. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class 1, Style A.
11. Pepper, black, ground, NSN-00-616-5486, Fed. EE-S-631, Type II.
12. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

13. Starch, Col-Flo 67.

# NEOPOLITAN SPAGHETTI

B-8

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                             | Percent | Pounds | Grams | Procedure                                                                                                                                                                                     |
|-----------------------------------------|---------|--------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Spaghetti (dry)                         | 11.10   | 4.54   | 2,059 | 1. Cook spaghetti 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   | 11.43  | 5,185 | 5. Brown ground beef in steam-jacketed kettle.                                                                                                                                                |
| Onions, dehydrated, chopped             | 0.53    | 0.22   | 100   | 6. Rehydrate onions in excess warm water for 15 minutes; drain; add to ground beef.                                                                                                           |
| Water                                   | 21.59   | 8.83   | 4,006 | 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   | 8.38   | 3,802 |                                                                                                                                                                                               |
| Tomato paste                            | 3.72    | 1.52   | 689   |                                                                                                                                                                                               |
| Cheese, Cheddar, diced                  | 3.43    | 1.40   | 635   |                                                                                                                                                                                               |
| Black olives, ripe, pitted, sliced      | 2.15    | 0.88   | 399   |                                                                                                                                                                                               |
| Cheese, Swiss, diced                    | 2.10    | 0.86   | 390   |                                                                                                                                                                                               |
| Peppers, green, frozen, diced           | 1.56    | 0.64   | 290   |                                                                                                                                                                                               |
| Red peppers, canned, diced              | 1.25    | 0.51   | 231   |                                                                                                                                                                                               |
| Cheese, Parmesan, grated                | 1.14    | 0.47   | 213   |                                                                                                                                                                                               |
| Salt                                    | 0.59    | 0.24   | 109   |                                                                                                                                                                                               |
| Sugar                                   | 0.53    | 0.22   | 100   |                                                                                                                                                                                               |
| Worcestershire sauce                    | 0.46    | 0.19   | 86    |                                                                                                                                                                                               |
| Pepper, black                           | 0.01    | 0.004  | 2     |                                                                                                                                                                                               |
| Garlic, granulated                      | 0.01    | 0.004  | 2     |                                                                                                                                                                                               |
| Starch, Col-Flo 67                      | 1.42    | 0.58   | 263   | 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 water to maintain formula weight or volume.                            |

# NEOPOLITAN SPAGHETTI

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                     |
|--------------|---------------|--------------|---------------|---------------------------------------------------------------|
|              |               |              |               | 11. Cool sauce to 130°F (54°C) and add spaghetti from step 4. |
|              |               |              |               | 12. Chill to 50°F (10°C).                                     |
|              |               |              |               | 13. Fill 80 oz (2268 g) into each half-size steam table pan.  |
|              |               |              |               | 14. Cover, label, and freeze.                                 |
| <b>Total</b> | <b>100.00</b> | <b>40.92</b> | <b>18,560</b> |                                                               |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Formula is based on a threefold increase in spaghetti. Cooked weight of spaghetti (100 portions) is 13.6 lb (6.2 kg). Total weight of product using cooked spaghetti is 50.0 lb (22.7 kg).

## NEOPOLITAN SPAGHETTI

### Ingredients

#### Meat

1. Beef, boneless, ground with soy, NSN-8905-01-050-3190, USDA Specification for frozen ground beef, Schedule AA.

#### Vegetables

2. Garlic, dehydrated, granulated, 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 and Condiments

7. Cheese, Cheddar, NSN-8910-00-125-8440, Fed. C-C-271, Class 2, Style f, Size (6).
8. Cheese, Parmesan, grated, 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, granulated, 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, ground, 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   | 34.09  | 15,463 | 1. Heat beef in convection oven at 450°F (232°C) until well browned, turning frequently (see note 4).<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 each half-size steam table pan. |
| Peppers, green, fresh, sliced | 7.00    | 4.57   | 2,073  | 6. In a steam-jacketed kettle saute peppers and garlic in salad oil until soft but not brown.                                                                                                                                                                                                                                                                                                                                |
| Garlic, fresh, chopped        | 0.19    | 0.12   | 54     |                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Oil, salad                    | 1.28    | 0.84   | 381    |                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Beef broth and water          | 36.72   | 23.99  | 10,882 | 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    | 0.31   | 141    |                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Sugar                         | 0.23    | 0.15   | 68     |                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Pepper, black, ground         | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Starch, Col-Flo 67            | 1.20    | 0.78   | 354    | 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 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 pans.<br>12. Cover, label, and freeze.                                                                                                 |
| Flour, wheat                  | 0.72    | 0.47   | 213    |                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Total</b>                  |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                                              |
|                               | 100.00  | 65.33  | 29,633 |                                                                                                                                                                                                                                                                                                                                                                                                                              |

## PEPPER STEAK

- Notes:**
1. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Formula is calculated on a 55% yield for beef. Cooked weight of beef (100 portions) equals 18.8 lb (8.5 kg).
  4. Meat may be browned in a steam-jacketed kettle, stirring slowly to brown all edges of dices.

## **PEPPER STEAK**

### **Ingredients**

#### **Meat**

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS Item No. 135A.

#### **Vegetables**

2. Garlic, dry, NSN-8915-00-823-7663.

#### **Oils and Condiments**

4. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
5. Salad oil, NSN-9045-00-616-0082, Fed. JJJ-S-30, Type B.
6. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
7. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class A.

#### **Cereal and Bakery Products**

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

#### **Special Procurement**

9. Starch, Col-Flo 67.

# PIZZABURGERS

N-5

Yield: 100 Portions

Each Portion: 2 ea  
7.6 oz (215 g)

| Ingredients                 | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                           |
|-----------------------------|---------|--------|-------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, ground                | 32.92   | 15.63  | 7,090 | 1. Brown ground beef in steam-jacketed kettle with garlic and onion until redness of beef disappears.<br>2. Drain fat and discard.                                                                                                                                                                  |
| Onions, fresh, chopped      | 1.29    | 0.61   | 277   |                                                                                                                                                                                                                                                                                                     |
| Garlic, fresh, chopped      | 0.13    | 0.06   | 27    |                                                                                                                                                                                                                                                                                                     |
| Tomato puree, canned medium | 11.56   | 5.49   | 2,490 | 3. Add ingredients listed in this section and mix well.<br>4. Heat to 160°F (78°C).                                                                                                                                                                                                                 |
| Tomato paste                | 4.73    | 2.25   | 1,021 |                                                                                                                                                                                                                                                                                                     |
| Worcestershire sauce        | 0.52    | 0.25   | 113   |                                                                                                                                                                                                                                                                                                     |
| Sugar                       | 0.25    | 0.12   | 54    |                                                                                                                                                                                                                                                                                                     |
| Salt                        | 0.13    | 0.06   | 27    |                                                                                                                                                                                                                                                                                                     |
| Oregano, ground             | 0.04    | 0.02   | 9     |                                                                                                                                                                                                                                                                                                     |
| Pepper, cayenne             | 0.02    | 0.01   | 4     |                                                                                                                                                                                                                                                                                                     |
| Basil, ground               | 0.02    | 0.01   | 4     |                                                                                                                                                                                                                                                                                                     |
| Water                       | 0.83    | 0.39   | 177   | 5. Make a starch slurry.<br>6. Add to above and mix well.<br>7. Heat to 180°F (82°C).<br>8. Add water to maintain formula weight or volume.<br>9. Cool to 50°F (10°C).                                                                                                                              |
| Starch, Col-Flo 67          | 0.21    | 0.10   | 45    |                                                                                                                                                                                                                                                                                                     |
| English Muffins             | 28.79   | 13.67  | 6,201 | 10. Split English Muffins in half.<br>11. Toast in broiler until golden brown.<br>12. Place 2 oz (57 g) of pizza sauce on each half of English Muffin.                                                                                                                                              |
| Cheese, Mozzarella, sliced  | 18.57   | 8.82   | 4,001 |                                                                                                                                                                                                                                                                                                     |
|                             |         |        |       |                                                                                                                                                                                                                                                                                                     |
|                             |         |        |       | 13. Sprinkle 20 g of mozzarella cheese on top of pizza sauce on each half of English Muffin.<br>14. Bake in convection oven at 325°F (163°C) for approximately 5 minutes or until cheese melts.<br>15. Cool to approximately 50°F (10°C).<br>16. Place 10 halves in each half-size steam table pan. |

## PIZZABURGERS

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                     |
|--------------|---------------|--------------|---------------|-------------------------------|
|              |               |              |               | 17. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>47.49</b> | <b>21,540</b> |                               |

- Notes:**
1. Reheat in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula makes 20 pans. Each pan contains 5 portions.
  3. Formula is based on a 100% yield from unbaked to baked pizzaburgers. Cooked weight of pizzaburgers for 100 servings should be approximately 47.5 lb (21.5 kg). Each serving of two pizzaburgers should weigh approximately 7.6 oz (215 g).
  4. Final weight of pizza sauce for 100 servings is 2.9 gal (11.0 L). One gallon (3.8 L) weighs 8.6 lb (3.9 kg).

## **PIZZABURGERS**

### **Ingredients**

#### **Meat**

1. Beef, ground, frozen w/soy, NSN-8905-01-050-3190, USDA Specification, Schedule AA.

#### **Dairy**

2. Cheese, Mozzarella, natural, NSN-8910-00-782-2837, MIL-C035088, Type I, Class 4.

#### **Vegetables**

3. Garlic, dry, NSN-8915-00-823-7663.
4. Onions, dry, NSN-8915-00-616-0200, Fed. HHH-V-1744/40.
5. Tomato paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I, concentration d, Texture 1.

#### **Bakery and Cereal Products**

6. Rolls, bread, fresh, NSN-8920-00-293-4172, Fed. EE-B-671, Type II, Class M, Style 1.

#### **Sugar**

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

#### **Condiments and Related Products**

8. Basil, sweet, 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. Pepper, red, cayenne, ground, NSN-8950-00-170-9565, Fed. EE-S-631.
11. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
12. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

#### **Special Procurement**

13. Starch, Col-Flo 67.
14. Tomato puree, canned, medium.

# RAVIOLI

N-6

Yield: 100 Portions

Each Portion: Ravioli - 3.5 oz  
Sauce - 4.5 oz

| Ingredients                     | Percent       | Pounds       | Grams         | Procedure                                                                                            |
|---------------------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------|
| Ravioli, beef, frozen           | 34.14         | 14.58        | 6,613         | 1. Cook frozen ravioli in excess boiling water until slightly undercooked, approximately 10 minutes. |
| Onions, dry, chopped<br>1/4 in. | 4.02          | 1.72         | 780           | 2. Saute vegetables in salad oil.                                                                    |
| Garlic, dry, chopped<br>1/4 in. | 0.16          | 0.07         | 32            |                                                                                                      |
| Salad oil                       | 1.19          | 0.51         | 231           |                                                                                                      |
| Tomato puree, medium,<br>canned | 28.16         | 12.03        | 5,457         | 3. Add ingredients in this section to above and mix well.                                            |
| Tomatoes, Italian,<br>canned    | 27.28         | 11.66        | 5,289         | 4. Heat to 160°F (71°C).                                                                             |
| Cheese, Parmesan,<br>grated     | 0.82          | 0.35         | 159           |                                                                                                      |
| Sugar                           | 0.56          | 0.24         | 109           |                                                                                                      |
| Salt                            | 0.47          | 0.20         | 91            |                                                                                                      |
| Basil, ground                   | 0.05          | 0.02         | 9             |                                                                                                      |
| Oregano, ground                 | 0.05          | 0.02         | 9             |                                                                                                      |
| Pepper, black                   | 0.01          | 0.005        | 2             |                                                                                                      |
| Water                           | 2.45          | 1.045        | 474           | 5. Make a starch slurry.                                                                             |
| Starch, Col-Flo                 | 0.45          | 0.19         | 86            | 6. Add to above and heat to 180°F.                                                                   |
| Flour, wheat                    | 0.19          | 0.08         | 36            | 7. Add water to maintain formula weight and volume.                                                  |
|                                 |               |              |               | 8. Cool sauce to about 50°F (10°C).                                                                  |
|                                 |               |              |               | 9. Pour 45 oz of sauce over 35 oz of ravioli in each half-size steam table pan.                      |
|                                 |               |              |               | 10. Cover, label, and freeze.                                                                        |
| <b>Total</b>                    | <b>100.00</b> | <b>42.72</b> | <b>19,377</b> |                                                                                                      |

- Notes:**
1. Reheat in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula is based on 1.5 increase in ravioli during cooking. Cooked weight of ravioli for 100 portions should be approximately 21.9 lb (9.9 kg).
  4. Final weight of sauce for 100 servings should be 28.1 lb (12.8 kg). Final volume of sauce for 100 servings is 3.3 gal (12.6 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).

## **RAVIOLI**

### **Ingredients**

#### **Dairy**

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

#### **Vegetables**

2. Garlic, dry, NSN-8915-00-823-7663.
3. Onions, dry, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1.

#### **Cereal and Bakery 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, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class (a).

#### **Food Oils and Fats**

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

#### **Condiments and Related Products**

7. Basil, sweet, ground, NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
8. Oregano, ground, NSN-8950-00-582-1402, Fed. EE-S-631, Type II.
9. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
10. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

11. Ravioli, beef, frozen.
12. Starch, Col-Flo 67.
13. Tomatoes, Italian, canned.
14. Tomato puree, medium, canned.

# ROAST BEEF WITH BROWN GRAVY

L-9

Yield: 100 Portions

Each Portion: 4 oz (114 g) meat  
4 oz (120 mL) gravy

| Ingredients                  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless roast         | 58.04         | 40.00        | 18,144        | 1. Sprinkle salt and pepper over roasts.<br>2. Bake in 325°F (163°C) oven uncovered until internal temperature reaches 145°F (63°C).<br>3. Place in cooler to chill for slicing: save drippings for use in gravy, step 6.<br>4. When cool, slice meat into approximately 3/16" slices.<br>5. Pan 2-1/2 lb (1135 g) meat per half-size steam table pan.                                                                                                                           |
| Salt                         | 0.55          | 0.38         | 172           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Pepper, black                | 0.03          | 0.02         | 9             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Meat drippings or shortening | 2.18          | 1.50         | 680           | 6. Heat drippings or shortening.<br>7. Add flour to make a smooth roux. Turn off steam after flour has cooked.<br>8. Blend starch and cold water, add remaining seasonings. Pour into kettle. Blend thoroughly.<br>9. Heat mixture to thicken starch and form a smooth gravy. Adjust volume to 3.25 gallons (12.3 L) per 100 portions, blending well.<br>10. Cool to 50°F (10°C).<br>11. Pour 2-1/2 lb (1135 g) of gravy over each pan of meat.<br>12. Cover, label, and freeze. |
| Flour, wheat                 | 1.45          | 1.00         | 454           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Starch, Col-Flo 67           | 0.73          | 0.50         | 227           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Water                        | 36.27         | 25.00        | 11,340        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Soup and gravy base, beef    | 0.73          | 0.50         | 227           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Caramel coloring, powdered   | 0.01          | 0.01         | 5             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Pepper, black                | 0.01          | 0.01         | 5             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Total</b>                 | <b>100.00</b> | <b>68.92</b> | <b>31,263</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

**Notes:** 1. Reheat in a convection oven at 350°F (176°C) until internal temperature is 160°F (71°C).

2. Formula makes 10 pans. Each pan contains 10 portions.

## **ROAST BEEF WITH BROWN GRAVY**

### **Ingredients**

#### **Meat**

1. Beef, boneless roast, NSN-8905-00-133-5886, MIL-B-43813, Type I, Style I.

#### **Fats and Oils**

2. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class I(b).

#### **Cereal and Bakery Products**

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

#### **Condiments and Related Products**

4. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
5. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.
6. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.

#### **Special Procurement**

7. Caramel coloring, powdered.
8. Starch, Col-Flo 67.

# SALISBURY STEAK WITH BROWN GRAVY

L-37

Yield: 100 Portions

Each Portion: 1 steak  
4 oz (120 mL) gravy

| Ingredients                 | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------|---------|--------|--------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Milk, nonfat, dry           | 0.63    | 0.41   | 186    | 1. Reconstitute milk and blend with crumbs.                                                                                                                                                                                                                                                                                                                                                                              |
| Water, warm                 | 6.62    | 4.31   | 1,955  |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Bread crumbs                | 2.21    | 1.44   | 653    |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Beef, boneless, ground      | 46.05   | 30.00  | 13,608 | 2. Rehydrate onions in excess water; drain.<br>3. Combine milk, bread crumbs, and onions with beef and remaining ingredients. Mix on low speed, lightly but thoroughly.<br>4. Shape into oval patties 3/4" (1.9 cm) thick weighing 6 oz (170 g) on patty former.<br>5. Place on lightly greased pans or on parchment paper. Bake 1 hour at 325°F (163°C) to at least 165°F (74°C) internal temperature. Hold for step 9. |
| Onions, dehydrated, chopped | 0.57    | 0.37   | 168    |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Eggs, whole                 | 1.54    | 1.00   | 454    |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Pepper, black               | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Salt                        | 0.57    | 0.37   | 168    |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Worcestershire sauce        | 0.29    | 0.19   | 86     |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Gravy</b>                |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Flour, wheat                | 0.77    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Starch, Col-Flo 67          | 1.54    | 1.00   | 454    | 6. Blend all dry ingredients. Put in steam kettle.<br>7. Add water slowly while stirring vigorously.<br>8. Turn on steam and heat for 20 minutes at 200°F (93°C). Adjust volume to 3.25 gallons (12.3 L).<br>9. Cool to 50°F (10°C).<br>10. Place 10 steaks per half-size steam table pan. Pour 2-3/4 lb (1247 L) of gravy over steaks.<br>11. Cover, label, and freeze.                                                 |
| Soup and gravy base, beef   | 0.77    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Garlic powder               | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Pepper, black               | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Water                       | 38.39   | 25.00  | 11,340 |                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Total</b>                |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                                          |
|                             | 100.00  | 65.13  | 29,543 |                                                                                                                                                                                                                                                                                                                                                                                                                          |

Notes: 1. Reheat in convection oven at 325°F (163°C) until product temperature reaches 160°F (71°C).

2. Formula makes 10 pans. Each pan contains 10 servings.

## **SALISBURY STEAK WITH BROWN GRAVY**

### **Ingredients**

#### **Meat**

1. Beef, boneless ground w/soy, NSN-8905-01-050-3190, or USDA Specification for frozen ground beef, Schedule AA.

#### **Vegetables**

2. Onion, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Style 1, Type I.
3. Garlic, dehydrated, powder, NSN-8915-00-616-5465, Fed. JJJ-OO-1866, Type II.

#### **Dairy, Eggs and Condiments**

4. Bread crumbs, NSN-8920-00-464-2224, MIL-F-3501, Type III.
5. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type I, Kind A, Class I.
6. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style a.
7. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style c.
8. Soup and gravy base, beef, NSN-8935-00-758-6423, Fed. EE-B-575, Type I, Class 1, Style A.
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.
11. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

#### **Special Procurement**

12. Starch, Col-Flo 67.

# SALISBURY STEAK WITH TOMATO GRAVY

L-37A

Yield: 100 Portions

Each Portion: 1 steak  
4 oz (120 mL) sauce

| Ingredients                        | Percent       | Pounds       | Grams         | Procedure                                                                                                                       |
|------------------------------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------|
| Milk, nonfat, dry                  | 0.62          | 0.41         | 186           | 1. Reconstitute milk with water provided.                                                                                       |
| Water                              | 5.69          | 3.75         | 1,701         | 2. Add milk to bread crumbs, let stand 5 minutes.                                                                               |
| Bread crumbs, dry                  | 2.28          | 1.50         | 680           | 3. Combine bread mixture with beef and remaining ingredients; mix lightly but thoroughly.                                       |
| Beef, boneless, ground             | 45.50         | 30.00        | 13,608        | 4. Shape into 100 oval portions 3/4" (1.9 cm) thick weighing 6 oz (170 g) on Hollymatic.                                        |
| Onions, dehydrated, chopped        | 0.58          | 0.38         | 172           | 5. Place on lightly greased pans. Bake 1 hour at 325°F (163°C) to at least 165°F (74°C) internal temperature. Hold for step 12. |
| Egg, whole, beaten                 | 1.56          | 1.03         | 467           |                                                                                                                                 |
| Pepper, black                      | 0.03          | 0.02         | 9             |                                                                                                                                 |
| Salt                               | 0.58          | 0.38         | 172           |                                                                                                                                 |
| Worcestershire sauce               | 0.29          | 0.19         | 86            |                                                                                                                                 |
| <b>Gravy</b>                       |               |              |               |                                                                                                                                 |
| Onions, dehydrated, finely chopped | 0.29          | 0.19         | 86            | 6. Rehydrate onions in excess water for 10 minutes; drain and saute in shortening until light in color.                         |
| Shortening                         | 0.76          | 0.50         | 227           |                                                                                                                                 |
| Flour, wheat pastry                | 0.76          | 0.50         | 227           | 7. Sprinkle flour evenly over fat and onions and cook to make roux.                                                             |
| Starch, Col-Flo 67                 | 1.52          | 1.00         | 454           | 8. Add water to Col-Flo 67 starch and mix thoroughly.                                                                           |
| Water                              | 22.70         | 15.00        | 6,804         | 9. Combine all ingredients (starch, juice and spices) and heat to 180°F (82°C).                                                 |
| Tomato juice                       | 16.07         | 10.60        | 4,808         | 10. Add heated stock slowly to flour and onion mixture and cook for 20 minutes.                                                 |
| Pepper, black                      | 0.01          | 0.01         | 4             | 11. Bring volume back to 3.25 gal (11.3 L).                                                                                     |
| Soup and gravy base, beef          | 0.76          | 0.50         | 227           | 12. Place 10 steaks and 40 oz of gravy in each half-size steam table pan.                                                       |
|                                    |               |              |               | 13. Cover, label, and freeze.                                                                                                   |
| <b>Total</b>                       | <b>100.00</b> | <b>66.96</b> | <b>29,918</b> |                                                                                                                                 |

## **SALISBURY STEAK WITH TOMATO GRAVY**

- Notes:**
1. Reheat at 350°F (176°C) until internal temperature is 160°F (71°C). Time: approximately 1 hour, 10 minutes.
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. One gallon (3.8 L) of gravy weighs approximately 8.9 lb (4037 g).

## **SALISBURY STEAK WITH TOMATO GRAVY**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground with soy, NSN-8905-01-050-3190, or USDA Specification for frozen ground beef, Schedule AA.

#### **Vegetables**

2. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-866, Style 1, Type I.
3. Tomato juice, canned, NSN-8915-00-223-6090, Fed. JJJ-V-1746/8, Type I.

#### **Dairy, Eggs and Condiments**

4. Bread, crumbs, NSN-8920-00-464-2224, MIL-F-3501, Type III.
5. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind A.
6. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B.
7. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.
8. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
9. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.
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-631.
12. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

#### **Special Procurement**

13. Starch, Col-Flo 67.

# SPAGHETTI WITH MEAT BALLS AND SAUCE

L-39

Yield: 100 Portions

Each Portion: 3 meat balls  
2/3 cup sauce

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                         |
|-----------------------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sauce</b>                |               |              |               |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Garlic powder               | 0.03          | 0.03         | 14            | 1. Combine all sauce ingredients in steam kettle. Heat to 180°F (82°C), stirring constantly.<br>2. Simmer for 30 minutes with occasional stirring.<br>3. Bring volume to 5.5 gallons (20.4 L) with hot water. Cover and hold for step 8.                                                                                                                                                          |
| Onion, dehydrated, chopped  | 0.34          | 0.30         | 135           |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Basil, ground               | 0.05          | 0.04         | 18            |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Bay leaves, ground          | 0.01          | 0.01         | 3             |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Oregano, ground             | 0.07          | 0.06         | 27            |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Pepper, black, ground       | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Tomatoes, canned, crushed   | 22.84         | 20.44        | 9,272         |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Tomato paste (26% solids)   | 8.31          | 7.44         | 3,375         |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Salt                        | 0.56          | 0.50         | 227           |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Sugar, white                | 1.12          | 1.00         | 453           |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Cheese, Parmesan, grated    | 0.25          | 0.22         | 100           |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Water                       | 22.49         | 20.12        | 9,126         |                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Meat Balls</b>           |               |              |               |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Onions, dehydrated, chopped | 0.68          | 0.61         | 277           | 4. Mix ingredients for meat balls in a mixer thoroughly, but lightly.<br>5. Form into 2-oz (56-g) meat balls.<br>6. Bake in 325°F (163°C) revolving oven uncovered for 30 minutes or until internal temperature reaches 165°F (74°C).<br>7. Place 21 meat balls in each half-size steam table pan.<br>8. Pour 3 lb (1362 g) of sauce over each pan of meat balls.<br>9. Cover, label, and freeze. |
| Water                       | 2.49          | 2.23         | 1,012         |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Beef, boneless, ground      | 33.52         | 30.00        | 13,608        |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Bread crumbs, dry           | 2.59          | 2.32         | 1,052         |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Milk, nonfat, dry           | 2.59          | 2.32         | 1,052         |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Eggs, whole, beaten         | 1.46          | 1.31         | 594           |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Pepper, black               | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Salt                        | 0.58          | 0.52         | 236           |                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>Total</b>                | <b>100.00</b> | <b>89.49</b> | <b>40,589</b> |                                                                                                                                                                                                                                                                                                                                                                                                   |

- Notes:**
1. Reheat sauce and meat balls in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 15 minutes.
  2. Formula makes 15 pans. Each pan contains seven servings.
  3. One gallon (3.8 L of sauce) weighs approximately 8.6 lb (3.7 L).
  4. Serve over spaghetti (pasta). Spaghetti may be prepared in advance and frozen; however, for better quality, prepare just prior to serving.

## **SPAGHETTI WITH MEAT BALLS AND SAUCE**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground with soy, NSN-8905-01-050-3190, or USDA Specification for frozen ground beef.

#### **Dairy and 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-8910-00-982-2779, Fed. C-M-350, Type I, Style I.
4. Cheese, Parmesan, grated, NSN-8910-00-782-3765, Fed. C-C-285, Type I or II, Class 1 or 2.

#### **Fruit and Vegetables**

5. Garlic, dehydrated, powder, NSN-8915-00-616-5465, Fed. JJJ-OO-1866, Type II.
6. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Style 1, Type 1.
7. Tomato paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/2, Type I or II, conc. b or c, Texture 1 or 2.

#### **Condiments and Related Products**

8. Basil, ground, NSN-8950-00-404-6066, Fed. EE-S-631.
9. Bay leaves, ground, NSN-8950-00-170-9561, Fed. EE-S-631, Type I.
10. Bread crumbs, NSN-8920-00-464-2224, MIL-F-3501, Type III.
11. Oregano, ground, NSN-8950-00-582-1402, Fed. EE-S-631, Type II.
12. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
13. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
14. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

#### **Special Procurement**

15. Tomatoes, canned, crushed.

# MEAT SAUCE FOR SPAGHETTI

L-38

Yield: 100 Portions

Each Portion: 1 cup sauce  
(240 mL)

| Ingredients                | Percent       | Pounds       | Grams         | Procedure                                                                                            |
|----------------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------|
| Beef, boneless, ground     | 31.56         | 25.29        | 11,471        | 1. Brown beef in steam kettle and cook until redness disappears.<br>2. Drain and discard excess fat. |
| Tomato paste               | 14.51         | 20.03        | 9,086         | 3. Combine all ingredients with water, mix thoroughly and add to beef.                               |
| Tomatoes, canned, crushed. | 32.10         | 9.21         | 4,178         | 4. Heat to 180°F (82°C) and simmer for 30 minutes.                                                   |
| Garlic, granulated         | 0.03          | 0.02         | 9             | 5. Bring volume back to 6.25 gal (23.6 L) with water and mix thoroughly.                             |
| Salt                       | 0.58          | 0.46         | 209           | 6. Cool to 50°F (10°C).                                                                              |
| Oregano, ground            | 0.06          | 0.05         | 23            | 7. Place 80 oz (2.4 L) in each half-size steam table pan.                                            |
| Pepper, black              | 0.01          | 0.01         | 4             | 8. Cover, label, and freeze.                                                                         |
| Basil, ground              | 0.04          | 0.03         | 14            |                                                                                                      |
| Sugar                      | 0.81          | 0.65         | 295           |                                                                                                      |
| Bay leaves, ground         | 0.01          | 0.01         | 4             |                                                                                                      |
| Water                      | 20.00         | 16.02        | 7,267         |                                                                                                      |
| Starch, Col-Flo 67         | 0.10          | 0.08         | 36            |                                                                                                      |
| Cheese, Parmesan           | 0.19          | 0.15         | 68            |                                                                                                      |
| <b>Total</b>               | <b>100.00</b> | <b>72.01</b> | <b>32,664</b> |                                                                                                      |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Spaghetti (pasta) may be prepared in advance and frozen; however, for better quality prepare just before serving.

## **MEAT SAUCE FOR SPAGHETTI**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground with soy, NSN-8905-01-050-3190, or USDA Specification for frozen ground beef, Schedule AA.

#### **Dairy and Eggs**

2. Cheese, Parmesan, grated, NSN-8910-00-782-3765, Fed. CC-285, Type I or III, Class 1 or 2.

#### **Fruit and Vegetables**

3. Garlic, granulated, NSN-8915-00-616-5465, Fed. JJJ-OO-1866, Type II.
4. Tomato, paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/2, Type I or II, conc. B or C, Texture 1 or 2.

#### **Condiments and Related Products**

5. Basil, ground, NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
6. Bay leaves, ground, NSN-8950-00-170-9561, Fed. EE-S-631, Type I.
7. Oregano, ground, NSN-8950-00-582-1402, Fed. EE-S-631, Type II.
8. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
9. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
10. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class a.

#### **Special Procurement**

11. Tomatoes, canned, crushed.

# 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 Steaks                     | 52.17   | 34.09  | 15,463 | 1. Place meat portions 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) 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 each half-size steam table pan. |
| Onions, dehydrated, chopped           | 0.81    | 0.53   | 240    | 6. Rehydrate onions in excess warm water for 15 minutes. Drain. Reserve for step 7.                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Beef, broth, and water                | 20.42   | 13.34  | 6,051  | 7. Add water to broth (from step 3) to reach formula weight. Reserve some broth for step 9.<br>8. Add the remaining ingredients listed in this section with onions to beef broth and water. Heat to 160°F (71°C).<br>9. Make a starch-flour slurry with broth reserved from step 6. Add to above mixture.<br>10. Heat to 180°F (80°C).<br>11. Add water to maintain formula weight or volume.                                                                                                                     |
| Whole tomatoes, canned in heavy puree | 16.25   | 10.62  | 4,817  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Peppers, green, frozen diced          | 7.04    | 4.60   | 2,087  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Sugar, granulated                     | 0.69    | 0.45   | 204    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Salt                                  | 0.58    | 0.38   | 172    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Worcestershire sauce                  | 0.31    | 0.20   | 91     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Chili powder                          | 0.17    | 0.11   | 50     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Pepper, black                         | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Onion powder                          | 0.01    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Starch, Clo-Flo 67                    | 0.98    | 0.64   | 290    | 9. Make a starch-flour slurry with broth reserved from step 6. Add to above mixture.<br>10. Heat to 180°F (80°C).<br>11. Add water to maintain formula weight or volume.                                                                                                                                                                                                                                                                                                                                          |
| Flour, wheat                          | 0.54    | 0.35   | 159    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

## SPANISH STEAK

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                                                                              |
|--------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------|
|              |               |              |               | 12. Chill gravy to 50°F (10°).<br>Pour 50 oz (1417 g) over meat in<br>each half-size steam table pan.<br>13. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>65.34</b> | <b>29,637</b> |                                                                                                                                        |

- Notes:**
1. Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula is calculated on 55% yield of beef. Cooked weight of beef equals 18.8 lb (8.5 kg). Use count of steaks to assure 100 portions.

## **SPANISH STEAK**

### **Ingredients**

#### **Meat**

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

#### **Fruits and 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, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
6. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
7. Sugar, granulated, 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.

# STUFFED GREEN PEPPERS

N-7

Yield: 100 Portions

Each Portion: 2 halves  
9 oz (255 g)

| Ingredients                                          | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Peppers, green, cored,<br>cut in half,<br>lengthwise | 39.14   | 22.05  | 10,002 | 1. Blanch cut peppers in warm<br>water for approximately one minute.<br>2. Drain, and reserve for step 6.                                                                                                                                                                                                                                                                                                                        |
| Rice, parboiled                                      | 4.79    | 2.70   | 1,225  | 3. Cook rice in excess boiling<br>water until tender.                                                                                                                                                                                                                                                                                                                                                                            |
| Beef, ground                                         | 35.16   | 19.81  | 8,986  | 4. Combine ingredients listed in<br>this section. Mix well.                                                                                                                                                                                                                                                                                                                                                                      |
| Tomatoes, whole, canned                              | 6.57    | 3.70   | 1,678  | 5. Add cooked rice and mix gently.                                                                                                                                                                                                                                                                                                                                                                                               |
| Onions, fresh, chopped                               | 4.67    | 2.63   | 1,193  | 6. Fill each half of blanched<br>peppers with 2.8 oz (80 g) of<br>filling.                                                                                                                                                                                                                                                                                                                                                       |
| Worcestershire sauce                                 | 1.42    | 0.80   | 363    |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Salt                                                 | 0.44    | 0.25   | 113    |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Pepper, black                                        | 0.01    | 0.009  | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Cheese, Cheddar,<br>shredded                         | 7.80    | 4.39   | 1,991  | 7. Place 0.3 oz (10 g) of shredded<br>cheese on each half.<br>8. Place stuffed peppers in pans.<br>9. Cover bottom of pan with 1/4<br>inch (6 mm) of water.<br>10. Bake in convection oven at<br>325°F (163°C) for approximately 20<br>minutes to an internal temperature<br>of 140°F (60°C).<br>11. Cool to about 50°F (10°C).<br>12. Place 12 halves into each half-<br>size steam table pan.<br>13. Cover, label, and freeze. |
| Total                                                | 100.00  | 56.34  | 25,555 |                                                                                                                                                                                                                                                                                                                                                                                                                                  |

- Notes:
1. Reheat in a convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).
  2. Formula is based on a threefold increase in weight of rice. Cooked weight of rice for 100 portions should be approximately 8.1 lb (3.7 kg).
  3. Formula is based on a 90% yield of stuffed green peppers. Cooked weight of stuffed green peppers should be approximately 55.6 lb (25 kg). For guidance a 5-oz (140-g) portion should yield a 4.5-oz (127-g) cooked portion.
  4. The pounds of peppers specified in the formula are only a guide; use count of peppers to assure 100 portions.
  5. Formula makes 17 pans. Each pan contains 6 servings.

## **STUFFED GREEN PEPPERS**

### **Ingredients**

#### **Meat**

1. Beef, ground, frozen with soy, NSN-8905-01-050-3190, or USDA Specification for frozen ground beef, Schedule AA.

#### **Dairy Foods**

2. Cheese, Cheddar, natural, NSN-8910-00-125-8440, Fed. C-C-271, Class 2, Style F, Size 6.

#### **Fruits and Vegetables**

3. Onions, dry, NSN-8915-00-616-0200, Fed. HHH-V-1744/40.
4. Peppers, sweet, fresh, NSN-8915-00-616-0222, Fed. HHH-V-1744/28.
5. Tomatoes, canned, whole, NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I.

#### **Bakery and Cereal Products**

6. Rice, parboiled, NSN-8920-00-782-2980, Fed. N-R-00351, Class 1.

#### **Condiments**

7. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
8. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

# SWEDISH MEAT BALLS WITH GRAVY

L-41

Yield: 100 Portions

Each Portion: 5 meatballs,  
2/3 cup (80 mL)  
of gravy

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                                    |
|-----------------------------|---------------|--------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Onions, dehydrated, chopped | 0.55          | 0.42         | 191           | 1. Add water to nonfat dry milk and dehydrated onions. Mix thoroughly and let stand 10 minutes.<br>2. Combine all ingredients with beef in mixer and mix lightly but thoroughly.<br>3. Form into 1-1/4-oz (35-g) meatballs.<br>4. Bake in a revolving oven at 350°F (176°C) to internal temperature of 165°F (74°C) (35 minutes).<br>5. Pan 35 meatballs per half-size steam table pan. Reserve for step 12. |
| Milk, nonfat, dry           | 0.42          | 0.32         | 145           |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Water                       | 8.45          | 6.45         | 2,926         |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Bread crumbs, dry           | 3.77          | 2.88         | 1,306         |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Eggs, whole, beaten         | 1.31          | 1.00         | 454           |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Pepper, black               | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Salt                        | 0.33          | 0.25         | 113           |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Beef, boneless, ground      | 39.96         | 30.50        | 13,835        |                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Gravy</b>                |               |              |               | 6. Place half of formula water into steam kettle. Add all seasonings and blend thoroughly.<br>7. Heat to 180°F (82°C) and turn off steam.                                                                                                                                                                                                                                                                    |
| Water                       | 41.27         | 31.50        | 14,288        |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Soup and gravy base, beef   | 1.87          | 1.43         | 649           |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Garlic, granulated          | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Nutmeg, ground              | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Oregano, ground             | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Pepper, black               | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Paprika, ground             | 0.03          | 0.02         | 9             |                                                                                                                                                                                                                                                                                                                                                                                                              |
| Starch, Col-Flo 67          | 1.19          | 0.91         | 413           | 8. Combine remaining water, flour, and starch to make a slurry.<br>9. Add slurry slowly to steam kettle containing seasonings.<br>10. Heat mixture at 200°F (93°C) with constant stirring for 20 min. Adjust volume to 4.5 gallons (17 L).<br>11. Cool to 50°F (10°C).<br>12. Pour 38 oz (1.1 L) of gravy over panned meat balls.<br>13. Cover, label, and freeze.                                           |
| Flour, wheat                | 0.80          | 0.61         | 277           |                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Total</b>                | <b>100.00</b> | <b>76.34</b> | <b>34,626</b> |                                                                                                                                                                                                                                                                                                                                                                                                              |

Notes: 1. Reheat in convection oven at 325°F (163°C) until internal temperature of product reaches 160°F (71°C).

2. Formula makes 15 pans. Each pan contains 7 servings.

## **SWEDISH MEAT BALLS**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground with soy, NSN-8905-01-050-3190, or USDA Specification for frozen ground beef, Schedule AA.

#### **Vegetables**

2. Garlic, granulated, NSN-8915-00-616-5465, Fed. JJJ-OO-1866, Type II.
3. Onion, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Style 1.

#### **Dairy, Eggs and Condiments**

4. Bread crumbs, NSN-8920-00-464-2224, MIL-F-3501, Type III.
5. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind A, Class I.
6. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
7. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style 1.
8. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class 1, Style A.
9. Nutmeg, ground, NSN-8950-00-127-8047, Fed. EE-S-631, Type II.
10. Oregano, ground, NSN-8950-00-582-1402, Fed. EE-S-631, Type II.
11. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631.
12. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
13. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

14. Starch, Col-Flo 67.

# **SWISS STEAK AND BROWN GRAVY**

**L-16**

**Yield: 100 Portions**

**Each Portion: 1 steak,**

**1/2 cup sauce (120 mL)**

**Temperature: 350°F, Griddle; 325°F Oven**

| <b>Ingredients</b>                       | <b>Percent</b> | <b>Pounds</b> | <b>Grams</b>  | <b>Procedure</b>                                                                                                                                  |
|------------------------------------------|----------------|---------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, Swiss steak (100 steaks) | 45.11          | 36.00         | 16,330        | 1. Dredge steaks in seasoned flour. Shake off excess.                                                                                             |
| Flour, wheat                             | 2.76           | 2.20          | 998           |                                                                                                                                                   |
| Pepper, black                            | 0.02           | 0.02          | 9             |                                                                                                                                                   |
| Salt                                     | 0.23           | 0.18          | 82            |                                                                                                                                                   |
| Shortening, vegetable                    | 3.76           | 3.00          | 1,361         | 2. Brown steaks on well greased grill.                                                                                                            |
|                                          |                |               |               | 3. Shingle 50 steaks in each field pan, and hold for step 4.                                                                                      |
| Onions, dehydrated, sliced               | 0.54           | 0.43          | 195           | 4. Combine onions, garlic powder, pepper, salt, beef gravy base with water; mix thoroughly and pour equally over pans of shingled beef steaks.    |
| Garlic powder                            | 0.01           | 0.01          | 4             |                                                                                                                                                   |
| Pepper, black                            | 0.02           | 0.02          | 9             |                                                                                                                                                   |
| Salt                                     | 0.24           | 0.19          | 86            |                                                                                                                                                   |
| Soup and gravy base, beef                | 0.28           | 0.22          | 100           | 5. Cover pans and heat in 325°F (163°C) oven until meat is tender (2-1/2 hours).                                                                  |
| Worcestershire sauce                     | 0.34           | 0.27          | 122           | 6. Shingle 10 steaks in each half-size steam table pan, cool to internal temperature of 50°F (10°C) and set aside for step 10. Retain beef stock. |
| Water, hot                               | 18.00          | 14.36         | 6,514         |                                                                                                                                                   |
| Water, cold                              | 2.04           | 1.64          | 743           | 7. Discard fat from beef stock and place stock in steam kettle.                                                                                   |
| Starch, Col-Flo 67                       | 0.34           | 0.27          | 122           |                                                                                                                                                   |
| Beef stock (liquid from beef)            | 26.31          | 21.00         | 9,526         | 8. Combine cold water and starch; mix thoroughly and add to beef stock.                                                                           |
|                                          |                |               |               | 9. Heat to a boil, and simmer 5 minutes. Bring volume back to 2.5 gallons (9.5 L) with hot water.                                                 |
|                                          |                |               |               | 10. Add 32 oz (0.95 L) of gravy to each pan of shingled cooked beef.                                                                              |
|                                          |                |               |               | 11. Cover, label, and freeze.                                                                                                                     |
| <b>Total</b>                             | <b>100.00</b>  | <b>79.81</b>  | <b>36,201</b> |                                                                                                                                                   |

## SWISS STEAK AND BROWN GRAVY

- Notes:**
1. Formula makes 10 pans; each pan contains 10 servings.
  2. Three pounds (1326 g) of fresh onions may be substituted for dehydrated onions in step 4.
  3. Reheat in 325°F (163°C) convection oven, to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 15 minutes.
  4. The pounds in formula for steaks are only a guide; use count of steaks to assure 100 steaks.
  5. Field pans — length: 20 inches (50.8 cm); width: 17 inches (43.2 cm); depth: 6-1/2 inches (16.5 cm).

## **SWISS STEAK WITH BROWN GRAVY**

### **Ingredients**

#### **Meat**

1. Beef, boneless, Swiss steak, NSN-8905-01-004-2995, MIL-B-43813, Type V.

#### **Vegetables**

2. Garlic, dehydrated, powder, 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 I.

#### **Dairy, Eggs and Condiments**

4. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
5. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1 (b).
6. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class 1, Style A.
7. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
8. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

#### **Special Procurement**

10. Starch, Col-Flo 67.

# SWISS STEAK WITH TOMATO SAUCE

L-16

Yield: 100 Portions

Each Portion: 1 steak plus 1/3 cup  
sauce (80 mL)

Temperature: 325°F (176°C) Griddle; 325°F (163°C) Oven

| Ingredients                              | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                 |
|------------------------------------------|---------------|--------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, Swiss steak (100 steaks) | 38.26         | 36.00        | 16,330        | 1. Dredge steaks in seasoned flour. Shake off excess.                                                                                                     |
| Flour, wheat                             | 2.34          | 2.20         | 998           |                                                                                                                                                           |
| Pepper, black                            | 0.02          | 0.02         | 9             |                                                                                                                                                           |
| Salt                                     | 0.19          | 0.18         | 82            |                                                                                                                                                           |
| Shortening, vegetable                    | 2.13          | 2.00         | 907           | 2. Brown steaks on well greased grill.                                                                                                                    |
|                                          |               |              |               | 3. Shingle 50 steaks in each field pan and hold for step 4.                                                                                               |
| <b>Sauce</b>                             |               |              |               |                                                                                                                                                           |
| Onions, dehydrated, sliced               | 0.46          | 0.43         | 195           | 4. Combine onions, peppers, garlic powdered, pepper, salt, tomatoes, Worcestershire sauce and water and divide equally over pans of shingled beef steaks. |
| Peppers, sweet, fresh green, chopped     | 2.13          | 2.00         | 907           |                                                                                                                                                           |
| Garlic powder                            | 0.01          | 0.01         | 4             | 5. Cover pans and heat in 325°F (163°C) oven until meat is tender (2-1/2 hours).                                                                          |
| Pepper, black                            | 0.01          | 0.01         | 4             |                                                                                                                                                           |
| Salt                                     | 0.32          | 0.30         | 136           | 6. Drain and retain liquid.                                                                                                                               |
| Tomatoes, canned, crushed                | 14.05         | 13.23        | 6,001         |                                                                                                                                                           |
| Worcestershire sauce                     | 0.45          | 0.42         | 191           | 7. Shingle 10 steaks into each half-size steam table pan; cool to internal temperature of 50°F (10°C) and set aside for step 11.                          |
| Water                                    | 15.26         | 14.36        | 6,514         |                                                                                                                                                           |
| Water, cold                              | 1.74          | 1.64         | 744           | 8. Discard beef fat from stock and place stock into steam kettle. Make a slurry of starch and cold water, add to stock.                                   |
| Starch, Col-Flo 67                       | 0.31          | 0.29         | 132           |                                                                                                                                                           |
| Beef stock, liquid                       | 22.32         | 21.00        | 9,526         | 9. Heat to a boil and simmer 5 minutes. Bring volume back to 2.5 gallons (9.5 L) with hot water.                                                          |
|                                          |               |              |               | 10. Cool to 50°F (10°C).                                                                                                                                  |
|                                          |               |              |               | 11. Add 32 oz (907 mL) of gravy each pan of shingled, cooked beef.                                                                                        |
|                                          |               |              |               | 12. Cover, label, and freeze.                                                                                                                             |
| <b>Total</b>                             | <b>100.00</b> | <b>94.09</b> | <b>42,680</b> |                                                                                                                                                           |

## SWISS STEAK WITH TOMATO SAUCE

- Notes:**
1. Formula makes 10 pans. Each pan contains 10 servings.
  2. Three pounds (1362 g) of onions may be substituted for dehydrated onions in step 4.
  3. Five and one-third ounces (151 g) dehydrated green peppers may be substituted for 2 pounds (908 g) of fresh in step 4.
  4. The pounds in formula for steaks are only a guide; use count of steaks to assure 100 steaks.
  5. Reheat covered pans in 325°F (163°C) convection oven covered to an internal temperature of 160°F (71°C).

## **SWISS STEAK WITH TOMATO SAUCE**

### **Ingredients**

#### **Meat**

1. Beef, boneless, Swiss steak, NSN-8905-01-017-4589, MIL-B-43813, Type V.

#### **Vegetables**

2. Garlic, dehydrated, powder, 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, green sweet, fresh, NSN-8915-00-127-8006, Fed. HHH-V-1144/28.
5. Tomatoes, canned, whole, NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I.

#### **Dairy, Eggs and Condiments**

6. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
7. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
8. Pepper, black, ground, NSN-8950-00-616-5480, Fed. EE-S-631, Type II.
9. Salt, NSN-8950-00-262-8886, Fed. SS-S-31.
10. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

#### **Special Procurement**

11. Starch, Col-Flo 67.

# TALLERINES

B-11

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                       |
|------------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| Macaroni, elbow              | 8.50          | 4.00         | 1,814         | 1. Cook the macaroni in excess water until slightly underdone. Drain and reserve for step 5.                                                    |
| Beef, ground                 | 42.48         | 20.00        | 9,072         | 2. Brown ground beef with green peppers in steam-jacketed kettle until redness of beef disappears. Drain excess fat.                            |
| Peppers, green, frozen diced | 1.81          | 0.85         | 386           |                                                                                                                                                 |
| Onions, dehydrated chopped   | 1.36          | 0.64         | 290           | 3. Rehydrate onions in excess warm water for 15 minutes. Drain. Add onions to beef and pepper mixture.                                          |
| Tomatoes, canned, crushed    | 19.90         | 9.37         | 4,250         | 4. Add remaining ingredients to steam-jacketed kettle, reserving half of the American cheese (3.4 oz or 96 g) for step 9. Heat to 150°F (65°C). |
| Corn, whole kernel, drained  | 9.96          | 4.69         | 2,127         |                                                                                                                                                 |
| Cheese, American, grated     | 9.05          | 4.26         | 1,932         | 5. Add macaroni from step 1 and mix gently.                                                                                                     |
| Olives, ripe, pitted, sliced | 3.17          | 1.49         | 676           | 6. Add water to maintain formula weight or volume.                                                                                              |
| Mushrooms, canned, sliced    | 2.95          | 1.39         | 631           | 7. Chill to 50°F (10°C).                                                                                                                        |
| Salt                         | 0.45          | 0.21         | 95            | 8. Fill 76.6 oz (2172 g) per half-size steam table pan.                                                                                         |
| Pepper, black, ground        | 0.02          | 0.01         | 5             | 9. Sprinkle remaining American cheese evenly over mixture in pan.                                                                               |
| Onion powder                 | 0.26          | 0.12         | 54            |                                                                                                                                                 |
| Garlic, dehydrated, granular | 0.09          | 0.04         | 18            | 10. Cover pan, label, and freeze.                                                                                                               |
| <b>Total</b>                 | <b>100.00</b> | <b>47.07</b> | <b>21,350</b> |                                                                                                                                                 |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula is based on a 2.5 increase in macaroni. Cooked weight of macaroni (100 portions) equals 10 lb (4.5 kg). Meat weight is based on an 85% yield. Total cooked meat (100 portions) should be 17 lb (7.7 kg). Total weight of product using cooked macaroni is 50 lb (22.7 kg).

## **TALLERINES**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground with soy, NSN-8905-01-050-3190, or USDA Specification for frozen ground beef, Schedule AA.

#### **Vegetables**

2. Corn, canned, NSN-8915-00-257-3947, Fed. JJ-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 and Condiments**

8. Cheese, American, processed, NSN-8910-00-082-6205, Fed. C-C-291, Type I, Style C.
9. Pepper, black, ground, 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**

12. Onion powder.
13. Tomatoes, canned, crushed.

# TERIYAKI STEAK

L-8

Yield: 100 Portions

Each Portion: 2 slices

Temperature: 400°F (204°C) Griddle

| Ingredients                                         | Percent       | Pounds       | Grams         | Procedure                                                                                                                                   |
|-----------------------------------------------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| Beef, boneless, pot roast sliced 3/16 (2-oz slices) | 55.15         | 26.00        | 11,794        | 1. Slice beef 3/16 inch (0.5 cm) thick from 5 lb (2270 g) formed roasts. Each slice should weigh around 20 oz (56 g). Set aside for step 3. |
| Juice, pineapple                                    | 6.89          | 3.25         | 1,474         | 2. Combine all ingredients and mix thoroughly.                                                                                              |
| Juice, lemon                                        | 0.85          | 0.40         | 182           | 3. Place sliced steaks into seasoning. Mix thoroughly and marinate one hour.                                                                |
| Vinegar, cider                                      | 1.06          | 0.50         | 227           | 4. Drain marinade from beef and save for step 6.                                                                                            |
| Soy sauce                                           | 8.48          | 4.00         | 1,814         | 5. Place 20 slices of beef in each pan.                                                                                                     |
| Water                                               | 23.33         | 11.00        | 4,990         | 6. Place 1 lb 8 oz (681 g) of marinade in each pan.                                                                                         |
| Ginger, ground                                      | 0.34          | 0.16         | 73            | 7. Cover, label, and freeze.                                                                                                                |
| Garlic powder                                       | 0.02          | 0.01         | 4             |                                                                                                                                             |
| Pepper, black                                       | 0.13          | 0.06         | 27            |                                                                                                                                             |
| Monosodium glutamate                                | 0.04          | 0.02         | 9             |                                                                                                                                             |
| Brown sugar, light                                  | 3.71          | 1.75         | 794           |                                                                                                                                             |
| <b>Total</b>                                        | <b>100.00</b> | <b>47.15</b> | <b>21,388</b> |                                                                                                                                             |

Notes: 1. Formula makes 10 pans. Each pan contains 10 servings.

2. Reheat by thawing overnight in 40°F (4°C) refrigerator and frying on greased griddle 400°F (204°C), until brown on both sides and temperature reaches an internal temperature of 160°F (71°C); or reheat in steam table pans in 325°F (163°C) oven to an internal temperature of 160°F (71°C) and drain before serving.

## TERIYAKI STEAK

### Ingredients

#### Meat

1. Beef, boneless, pot roast, NSN-8905-00-133-5887, MIL-B-43813, Type II, Style 1, 2 or 3.

#### Vegetables

2. Juice, lemon, NSN-8915-00-411-2676, MIL-J-11174.
3. Juice, pineapple, canned, NSN-8915-00-634-2439, Fed. Z-F-1742/19, Style 1.
4. Garlic, dehydrated, granulated, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.

#### Dairy, Eggs and Condiments

5. Soy sauce, NSN-8950-00-935-3254, Fed. EE-S-610.
6. Sugar, brown, light, NSN-8925-00-566-7506, Fed. JJJ-S-00791, Type II, Class (A), (B) or (C).
7. Ginger, ground, NSN-8950-00-616-5484, Fed. EE-S-631, Type II.
8. Monosodium glutamate, NSN-8950-00-263-2786, Fed. EE-M-591.
9. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
10. Vinegar, cider, NSN-8950-00-221-0297, Fed. Z-V-401, Type I.

# 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)                                   | 40.09   | 26.78  | 12,147 | 1. Place roasts on rack in large roasting pans with approximately 1/2 inch (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 inch (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-inch (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-inch (1.3-cm) slices | 6.99    | 4.67   | 2,118  | 6. Cook carrots in boiling water until slightly tender. Hold for step 11.                                                                                                                                                                                                                                                                                                                                                                                                               |
| Broth and/or water                                 | 31.972  | 21.335 | 9,687  | 7. Place in a steam-jacketed kettle water and broth (from step 2) to reach formula weight. Reserve some chilled broth for step 9.<br>8. Add ingredients listed in this section to the broth and heat to 160°F (71°C).                                                                                                                                                                                                                                                                   |
| Tomatoes, whole, canned in heavy puree             | 12.71   | 8.49   | 3,851  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Onions, fresh, diced                               | 3.67    | 2.45   | 1,111  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Vinegar, cider                                     | 1.89    | 1.26   | 572    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Salt                                               | 0.67    | 0.45   | 204    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Parsley, dehydrated                                | 0.09    | 0.06   | 27     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Sugar                                              | 0.24    | 0.16   | 73     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Pepper, black                                      | 0.02    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Garlic, fresh, chopped                             | 0.02    | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Thyme, ground                                      | 0.02    | 0.01   | 3      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Bay leaves, ground                                 | 0.002   | 0.001  | 1      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Clove, ground                                      | 0.006   | 0.004  | 2      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Starch, Col-Flo 67                                 | 0.94    | 0.63   | 28     | 9. Make a starch slurry using broth reserved from step 7.<br>10. Add to above mixture and heat to 180°F (82°C).                                                                                                                                                                                                                                                                                                                                                                         |
| Flour, wheat                                       | 0.67    | 0.45   | 204    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

## YANKEE POT ROAST

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                      |
|--------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|              |               |              |               | 11. Add carrots (drained from step 6).<br>12. Add back water to maintain formula weight or volume.<br>13. Chill gravy to 50°F (10°C).<br>14. Pour 64 oz (1814 g) over meat in each half-size steam table pan.<br>15. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>66.77</b> | <b>30,294</b> |                                                                                                                                                                                                                                                |

- Notes:**
1. Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours and 15 minutes.
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula is based on 70% yield of beef. Cooked weight of beef equals 18.75 lb (8.5 kg).
  4. Frozen precooked carrots may be substituted without further cooking.

## YANKEE POT ROAST

### Ingredients

#### Meat

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

#### Vegetables

2. Carrots, fresh, NSN-8915-00-8019, Fed. HH-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-8915-00-616-0200, Fed. HHH-V-1746/9, Type II, Style E.
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, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
8. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Sugar, granulated, 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-8920-00-140-7748, Fed. N-F-00481, Type III, 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.

## PRODUCTION GUIDES

### EGGS

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# CHEESE OMELET

N-8

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients                              | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Eggs, whole, frozen<br>Volume: 2-3/4 gal | 49.02   | 20.65  | 9,367  | 1. Beat eggs until whites and yolks are well blended. Reserve for step 5.                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Cheese, cheddar                          | 6.05    | 2.55   | 1,157  | 2. Cut cheddar cheese into small pieces and reserve for step 3.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Milk, homogenized<br>Volume: 2-1/3 gal   | 43.11   | 18.16  | 8,237  | 3. Combine ingredients listed in this section with cheese from step 2; mix well. Reserve some milk for step 6.                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Salt                                     | 0.26    | 0.11   | 50     | 4. Gradually heat to 160°F (71°C) to melt cheese, stirring constantly.                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Citric Acid                              | 0.02    | 0.01   | 4.5    | 5. Remove from heat, add eggs reserved from step 1 and mix well.                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Garlic, granulated                       | 0.02    | 0.01   | 4.5    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Starch, Col-Flo 67                       | 1.52    | 0.64   | 290    | 6. Make a starch slurry with the milk reserved from step 3.<br>7. Add to egg mixture and mix until well blended.<br>8. Add water to maintain formula weight or volume.<br>9. Spray half-size steam table pans lightly with vegetable coating agent.<br>10. Pour 2.5 lb (1134 g) of omelet mix into each half-size steam table pan.<br>11. Place pans in convection oven at 325°F (162°C) and bake for approximately 25 minutes to an internal temperature of 180°F (82°C).<br>12. Cool to about 50°F (10°C).<br>13. Cover, label, and freeze. |
| Total                                    | 100.00  | 42.13  | 19,110 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

- Notes:
1. Formula is based on an 89% yield from raw to cooked omelet. Weight of cooked omelet for 100 portions should be approximately 37.5 lb (17.0 kg).
  2. Final weight of uncooked omelet for 100 servings is 42.1 lb (19.1 kg). Final volume of 100 servings is 5.0 gal (18.9 L).
  3. Formula makes 10 pans. Each pan contains 10 servings.
  4. Reheat in 325°F (163°C) until internal temperature reaches 160°F (71°C).

## **CHEESE OMELET**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Cheese, cheddar, natural, NSN-8910-00-125-8440, grade A, Fed. C-C-271, Class 2, Style F, Size 6.
2. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class I.
3. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class I.

#### **Fruits and Vegetables**

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

#### **Condiments**

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

#### **Special Procurement**

6. Citric acid.
7. Starch, Col-Flo 67.

# CREAMED EGGS AND HAM

N-9

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients               | Percent       | Pounds        | Grams         | Procedure                                                                                                                                                                                                                                             |
|---------------------------|---------------|---------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Margarine                 | 3.01          | 1.13          | 513           | 1. Melt margarine.                                                                                                                                                                                                                                    |
| Flour                     | 0.80          | 0.30          | 136           | 2. Make a roux with flour.                                                                                                                                                                                                                            |
| Milk, homogenized         | 56.09         | 21.03         | 9,539         | 3. Combine milk, salt and pepper, reserving some milk for step 7.                                                                                                                                                                                     |
| Salt                      | 0.29          | 0.11          | 50            | 4. Add to roux to make cream sauce.                                                                                                                                                                                                                   |
| Pepper, white, ground     | 0.02          | 0.007         | 3             |                                                                                                                                                                                                                                                       |
| Ham, canned               | 14.00         | 5.25          | 2,381         | 5. Dice ham into approximately 3/8-inch (10-mm) pieces.<br>6. Add to above and heat to 160°F (71°C).                                                                                                                                                  |
| Starch, Col-Flo 67        | 1.79          | 0.67          | 304           | 7. Make a starch slurry using milk reserved from step 3 and add to above.<br>8. Heat to 180°F (82°C).<br>9. Add water to maintain formula weight or volume.<br>10. Cool to about 50°F (10°C).                                                         |
| Egg, frozen, cooked, roll | 24.00         | 9.00          | 4,082         | 11. Slice tempered, 30°F (1°C), egg roll into 1/4- to 3/8-in. (6- to 10-mm) slices.<br>12. Add egg slices to chilled cream sauce.<br>13. Mix gently.<br>14. Pour 60 oz (1701 g) into each half-size steam table pan.<br>15. Cover, label, and freeze. |
| <b>Total</b>              | <b>100.00</b> | <b>37.497</b> | <b>17,008</b> |                                                                                                                                                                                                                                                       |

- Notes:**
1. Final weight for 100 servings is 37.5 lb (17.0 kg). Final volume for 100 servings is 4.4 gal (16.7 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Creamed eggs and ham may be served over toast or rusks after reheating.
  4. Reheat in 325°F (161°C) oven until internal temperature reaches 160°F (71°C).

## **CREAMED EGGS AND HAM**

### **Ingredients**

#### **Meat**

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

#### **Dairy Products**

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

#### **Bakery and Cereal Products**

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

#### **Food Oils and Fats**

4. Margarine, NSN-8945-00-616-0078, Fed. EE-M-45, Type I, Class 1.

#### **Condiments**

5. Pepper, white, ground, NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
6. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

7. Egg, roll, frozen, cooked.
8. 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    | 4.54   | 2,061  | 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    | 2.28   | 1,032  | 3. Combine ingredients listed in this section.                                                              |
| Celery, fresh, diced          | 4.37    | 2.28   | 1,032  | 4. Add meat and mix gently.                                                                                 |
| Bean Sprouts, canned, drained | 8.01    | 4.17   | 1,892  | 5. Portion with number 16 scoop (50 g) onto lightly greased grill at 325°F (163°C).                         |
| Eggs, whole, frozen, thawed   | 16.06   | 8.36   | 3,793  | 6. Grill until lightly browned.                                                                             |
| Salt                          | 0.36    | 0.19   | 87     | 7. Cool.                                                                                                    |
| Pepper, black                 | 0.005   | 0.003  | 1      | 8. Shingle 20 patties (2 lb or 907 g) into each half-size steam table tray.                                 |
| Soy sauce                     | 0.46    | 0.24   | 108    |                                                                                                             |
| Chicken broth                 | 47.785  | 24.88  | 11,282 | 9. Combine ingredients in this section in steam kettle. Heat to 180°F (82°C).                               |
| Catsup                        | 5.20    | 2.70   | 1,227  | 10. Add water to maintain formula weight or volume.                                                         |
| Soy sauce                     | 2.16    | 1.12   | 510    | 11. Chill gravy to 50°F (18°C). Pour 3 lb (1361 g) over patties in steam table pans.                        |
| Starch, Col-Flo 67            | 2.49    | 1.30   | 588    | 12. Cover, label, and freeze.                                                                               |
| Total                         | 100.00  | 52.06  | 23,613 |                                                                                                             |

Notes: 1. Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 1 hour and 50 minutes.

2. Formula makes 10 pans. Each pan contains 10 servings.

## **EGG FOO YUNG**

### **Ingredients**

#### **Meat**

1. Beef, boneless, ground, NSN-8905-01-050-3190, USDA Specification for frozen ground beef, Schedule AA.

#### **Vegetables**

2. Bean Sprouts, canned, NSN-8915-00-290-2029, MIL-B-35012.
3. Celery, fresh, NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
4. Onions, dry, NSN-8915-00-616-0200, Fed. HHH-V-1744/40.

#### **Eggs and Condiments**

5. Catsup, tomato, 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, Type II, Kind A.
7. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
8. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Soy sauce, NSN-8950-00-935-3254, Fed. EE-S-610, Type II.

#### **Special Procurement**

10. Starch, Col-Flo 67.

# EGGS A LA GOLDENROD

N-10

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients         | Percent | Pounds | Grams  | Procedure                                                                                                 |
|---------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------|
| Margarine           | 3.01    | 1.13   | 513    | 1. Melt margarine.                                                                                        |
| Flour               | 0.99    | 0.37   | 168    | 2. Make a roux with flour.                                                                                |
| Milk, homogenized   | 69.99   | 26.25  | 11,907 | 3. Combine milk, salt and pepper, reserving some milk for step 5.                                         |
| Salt                | 0.99    | 0.37   | 168    | 4. Add to roux to make creme sauce, and heat to 160°F (71°C).                                             |
| Pepper, white       | 0.02    | 0.009  | 4      |                                                                                                           |
| Starch, Col-Flo 67  | 2.00    | 0.75   | 340    | 5. Make a starch slurry using milk reserved from step 3 and add to above.                                 |
|                     |         |        |        | 6. Heat to 180°F (82°C).                                                                                  |
|                     |         |        |        | 7. Add water to maintain formula weight and volume.                                                       |
|                     |         |        |        | 8. Cool to about 50°F (10°C).                                                                             |
| Egg, frozen, cooked | 23.00   | 8.63   | 3,915  | 9. Slice tempered, 30°F (-1°C) frozen, cooked, egg roll lengthwise.                                       |
|                     |         |        |        | 10. Remove yolk, crumble and reserve for step 14.                                                         |
|                     |         |        |        | 11. Slice egg white into 1/4- to 3/8-inch (6- to 9-mm) pieces.                                            |
|                     |         |        |        | 12. Add egg white slices to chilled cream sauce.                                                          |
|                     |         |        |        | 13. Pour 60 oz (1700 g) of creamed eggs into half-size steam table pans.                                  |
|                     |         |        |        | 14. Sprinkle crumbled egg yolk (approximately 7 g or 1/4 oz per serving) over creamed eggs for a garnish. |
|                     |         |        |        | 15. Cover, label, and freeze.                                                                             |
| Total               | 100.00  | 37.51  | 17,015 |                                                                                                           |

- Notes:**
1. Final weight excluding yolk for 100 servings is 35 lb (15.9 kg). Final volume excluding yolk for 100 servings is 4.0 gal (15.2 L). One gallon (3.8 L) weight 8.8 lb (3.9 kg).
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Eggs a la Goldenrod may be served over toast after reheating.
  4. Reheat in 325°F (163°C) oven until internal temperature reaches 160°F (71°C).

## **EGGS A LA GOLDENROD**

### **Ingredients**

#### **Dairy**

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

#### **Bakery and Cereal Products**

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

#### **Food Oils and Fats**

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

#### **Condiments**

4. Pepper, white, ground, NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
5. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

6. Egg roll, cooked, frozen.
7. Starch, Col-Flo 67.

# FRENCH TOAST

N-11

Yield: 100 Portions

Each Portion: 2 slices,  
4 oz (110 g)

| Ingredients         | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                          |
|---------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Eggs, whole, frozen | 26.28         | 7.53         | 3,416         | 1. Beat eggs until whites and yolks are well blended.                                                                                                                                                                                                                                                                              |
| Milk, homogenized   | 25.51         | 7.31         | 3,316         | 2. Add milk, salt, vanilla extract and cinnamon to above and mix well.                                                                                                                                                                                                                                                             |
| Salt                | 0.45          | 0.13         | 59            |                                                                                                                                                                                                                                                                                                                                    |
| Vanilla extract     | 0.18          | 0.05         | 23            |                                                                                                                                                                                                                                                                                                                                    |
| Cinnamon, ground    | 0.04          | 0.01         | 5             |                                                                                                                                                                                                                                                                                                                                    |
| Bread               | 43.07         | 12.34        | 5,597         | 3. Dip bread slices into batter for 30 to 45 seconds per slice.                                                                                                                                                                                                                                                                    |
| Salad oil           | 4.47          | 1.28         | 581           | 4. Lightly grease grill or electric skillet with oil.<br>5. Fry slices on grill or electric skillet at 375°F (190°C) for approximately 2 minutes per side or until golden brown.<br>6. Cool slices to about 50°F (10°C) on kraft paper.<br>7. Place slices of toast in half-size steam table pans.<br>8. Cover, label, and freeze. |
| <b>Total</b>        | <b>100.00</b> | <b>28.65</b> | <b>12,997</b> |                                                                                                                                                                                                                                                                                                                                    |

- Notes:**
1. Formula is based on an 86% yield from dipped bread to cooked product. Weight of cooked french toast for 100 portions should be approximately 24.6 lb (11.2 kg).
  2. Weight of bread is only a guide. Use count of slices of bread to insure adequate portions.
  3. Final weight of egg wash for 100 servings is 15.0 lb (6.8 kg). Final volume of egg wash for 100 servings is 1.8 gal (6.8 L). One gallon weighs 8.5 lb (3.8 kg).
  4. Formula makes 10 pans. Each pan contains 10 servings.
  5. Reheat in 325°F (163°C) oven until internal temperature reaches 160°F (71°C).

## **FRENCH TOAST**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class I.
2. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1.

#### **Food Fats and Oils**

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

#### **Condiments and Related Products**

4. Cinnamon, ground, NSN-8950-00-170-9573, Fed. EE-S-631, Type IIc.
5. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

6. Bread, white, thin sliced, firm, home style such as Pepperidge Farm, Arnold, or equivalent.
7. Vanilla extract.

# MUSHROOM OMELET

N-12

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients                 | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|-----------------------------|---------|--------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Eggs, whole, frozen, thawed | 44.62   | 18.80  | 8,528 | 1. Beat eggs until whites and yolks are well blended and reserve for step 7.                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Cheese, processed, American | 3.00    | 1.26   | 572   | 2. Cut American cheese into small pieces and reserve for step 5.                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Mushrooms, canned, drained  | 4.00    | 1.68   | 762   | 3. Combine ingredients listed in this section in a blender (Waring or equivalent).<br>4. Mix until homogenous in appearance.                                                                                                                                                                                                                                                                                                                                                                             |
| Milk, homogenized           | 2.00    | 0.84   | 381   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Milk, homogenized           | 37.48   | 15.80  | 7,167 | 5. Add cheese from step 2 and mushroom puree from step 4 to the ingredients listed in this section. Reserve some milk for step 8.<br>6. Gradually heat to 160°F (71°C) to melt cheese, stirring constantly.<br>7. Remove from heat, add to eggs reserved from step 1 and mix well.                                                                                                                                                                                                                       |
| Mushrooms, canned, drained  | 7.00    | 2.95   | 1,338 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Salt                        | 0.35    | 0.15   | 68    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Citric acid                 | 0.05    | 0.02   | 9     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Starch, Col-Flo 67          | 1.50    | 0.64   | 290   | 8. Make a starch slurry with the milk reserved from step 5.<br>9. Add to above and mix until well blended.<br>10. Add water to maintain formula weight or volume.<br>11. Spray half-size steam table pans lightly with vegetable coating agent.<br>12. Pour 3.75 lb (1700 g) of omelet mix into each half-size steam table pan.<br>13. Place pan in convection oven at 325°F (162°C) and bake for approximately 30 minutes to an internal temperature of 200°F (93°C).<br>14. Cool to about 50°F (10°C). |

## MUSHROOM OMELET

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                     |
|--------------|---------------|--------------|---------------|-------------------------------|
|              |               |              |               | 15. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>42.14</b> | <b>19,115</b> |                               |

- Notes:**
1. Formula is based on an 89% yield from raw to cooked omelet. Weight of cooked omelet for 100 portions should be approximately 37.5 lb (17.0 kg).
  2. Final weight of uncooked omelet of 100 servings is 42.1 lb (19.1 kg). Final volume of 100 servings is 5.0 gal (19.3 L). One gallon (3.9 L) weighs 8.5 lb (3.8 kg).
  3. Formula makes 10 pans. Each contains 10 servings.
  4. Reheat in 325°F (163°C) to an internal temperature of 160°F (71°C).

## **MUSHROOM OMELET**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Cheese, processed, American, NSN-8910-00-082-6205, Fed. C-C-291, Type I, Style C.
2. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, kind a, Class 1.
3. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1.

#### **Fruits and Vegetables**

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

#### **Condiments and Related Products**

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

#### **Special Procurement**

6. Citric acid.
7. Starch, Col-Flo 67.

# PLAIN OMELET

N-13

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients           | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|-----------------------|---------------|--------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Eggs, whole, frozen   | 50.50         | 21.28        | 9,653         | 1. Beat eggs until whites and yolks are well blended.                                                                                                                                                                                                                                                                                                                                                                                                                          |
| Milk, homogenized     | 46.94         | 19.775       | 8,970         | 2. Add ingredients listed in this section to above. Reserve some milk for step 3.                                                                                                                                                                                                                                                                                                                                                                                              |
| Salt                  | 0.50          | 0.21         | 95            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Pepper, white, ground | 0.01          | 0.005        | 2             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Citric acid           | 0.05          | 0.02         | 9             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Starch, Col-Flo 67    | 2.00          | 0.85         | 386           | 3. Make a starch slurry with the milk reserved from step 2.<br>4. Add to above and mix until well blended.<br>5. Spray half-size steam table pans lightly with vegetable coating agent.<br>6. Pour 3.75 lb (1700 g) of omelet mix into each half-size steam table pan.<br>7. Place pans in convection oven at 325°F (162°C) and bake for approximately 30 minutes to an internal temperature of 200°F (93°C).<br>8. Cool to about 50°F (10°C).<br>9. Cover, label, and freeze. |
| <b>Total</b>          | <b>100.00</b> | <b>42.14</b> | <b>19,115</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

- Notes:**
1. Formula is based on an 89% yield from raw to cooked omelet. Weight of cooked omelet for 100 portions should be approximately 37.5 lb (17.0 kg).
  2. Final weight of 100 servings of uncooked omelet is 42.1 lb (19.1 kg). Final volume of 100 servings is 5.0 gal (19.5 L). One gallon (3.9 L) weighs 8.5 lb (3.8 kg).
  3. Formula makes 10 pans. Each pan contains 10 servings.
  4. Reheat in 325°F (163°C) oven until internal temperature reaches 160°F (71°C).

## **PLAIN OMELET**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, kind a, Class 1.
2. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1.

#### **Condiments and Related Products**

3. Pepper, white, ground, NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
4. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

5. Citric acid.
6. Starch, Col-Flo 67.

# PUFFY OMELET

W-2

Yield: 100 Portions

Each Portion: 5 oz (142 g)

| Ingredients        | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                             |
|--------------------|---------|--------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Margarine          | 9.94    | 3.86   | 1,751  | 1. In a steam kettle; melt margarine. Add dry ingredients mixed together. Stir to blend. Add water gradually with continuous stirring and heating until mixture thickens and reaches a temperature of 176°F (80°C).                                                                                   |
| Milk, nonfat, dry  | 4.26    | 1.65   | 748    |                                                                                                                                                                                                                                                                                                       |
| Methocel*          | 0.99    | 0.38   | 172    |                                                                                                                                                                                                                                                                                                       |
| Starch, Col-Flo 67 | 4.26    | 1.66   | 753    |                                                                                                                                                                                                                                                                                                       |
| Flour, wheat       | 2.84    | 1.10   | 499    |                                                                                                                                                                                                                                                                                                       |
| Salt               | 0.71    | 0.28   | 127    |                                                                                                                                                                                                                                                                                                       |
| Water              | 40.63   | 15.76  | 7,149  |                                                                                                                                                                                                                                                                                                       |
| Egg yolks, fresh   | 13.92   | 5.40   | 2,449  | 2. Beat egg yolk at high speed for 3 minutes scraping bowl after 1-1/2 minutes. Gradually add hot white sauce at medium speed then beat for 1-1/2 minutes. Scrape bowl after 1 minute.                                                                                                                |
| Egg whites, fresh  | 22.45   | 8.71   | 3,951  | 3. Beat egg white at high speed until stiff but not dry. Fold 3.25 quarts (3.1 L) of egg white into yolk mixture, then fold in remaining whites.<br>4. Place 48 ozs (1360 g) in each half-size steam table pan.<br>5. Bake uncovered at 225°F (107°C) for 50 minutes.<br>6. Cover, label, and freeze. |
| Total              | 100.00  | 38.80  | 17,599 |                                                                                                                                                                                                                                                                                                       |

\*Methocel mc, Dow Chemical Co., premium grade (food use), 15 cps.

- Notes:
1. Reheat: Remove lid and cover omelet loosely with aluminum foil. Heat at 300°F (149°C) for 50 to 60 minutes.
  2. Formula makes 11 pans. Each pan contains 9 portions.
  3. Product may be served with a sauce, such as Spanish sauce or creamed chipped beef sauce.

## **PUFFY OMELET**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Eggs, fresh, NSN-8910-00-043-3200, Fed. C-E-00271.
2. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.

#### **Bakery and Cereal**

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

#### **Fats and Oils**

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

#### **Condiments and Related Products**

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

#### **Special Procurement**

6. Methocel mc, Dow Chemical Co.

# QUICHE LORRAINE

N-14

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients                  | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|------------------------------|---------|--------|-------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Flour, wheat, pastry         | 9.59    | 3.91   | 1,774 | 1. Place pastry flour and salt in mixing bowl. Mix well.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Salt                         | 0.16    | 0.06   | 27    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Vegetable shortening         | 4.80    | 1.95   | 885   | 2. Add shortening to above and mix with wire whip until particle size is uniform, approximately 1/4 inch (0.6 cm).<br>3. Sprinkle cold water evenly over mixture.<br>4. Mix quickly with dough knife to incorporate water.<br>5. Pat dough lightly into a ball.<br>6. Chill to 40°F (5°C) until thoroughly cool.<br>7. Roll out dough approximately 1/8 inch (0.3 cm) in thickness.<br>8. Place 1.6 lb (0.7 kg) into full-size steam table pans, bringing dough approximately 1.5 inch (3.81 cm) up the sides of the pans and reserve for step 12. |
| Water, cold                  | 4.80    | 1.96   | 889   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Cream, light                 | 40.476  | 16.503 | 7,486 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Cheese, Swiss, finely ground | 17.30   | 7.05   | 3,198 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Eggs, fresh, slightly beaten | 17.24   | 7.03   | 3,189 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Bacon bits (not imitation)   | 4.66    | 1.90   | 862   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Salt                         | 0.38    | 0.15   | 68    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Pepper, cayenne, ground      | 0.01    | 0.005  | 2     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Nutmeg, ground               | 0.004   | 0.002  | 1     | 9. Combine ingredients listed in this section reserving some cream for step 10 and mix gently.                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Starch, Col-Flo 67           | 0.58    | 0.24   | 109   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|                              |         |        |       | 10. Make a starch slurry with cream reserved from step 9.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|                              |         |        |       | 11. Add to above and mix gently.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                              |         |        |       | 12. Pour 6.6 lb (3 kg) of mixture into pastry shells reserved from step 8.                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|                              |         |        |       | 13. Bake in convection oven at 400°F (204°C) until surface browns, approximately 10 minutes.                                                                                                                                                                                                                                                                                                                                                                                                                                                       |

## QUICHE LORRAINE

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                            |
|--------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|              |               |              |               | 14. Reduce heat to 300°F (136°C) and continue cooking until internal temperatures reaches 165°F (75°C) approximately 20 minutes.<br>15. Cool to about 50°F (10°C).<br>16. Cut into 6 oz (170 g) portions and place 10 portions into each half-size steam table pan.<br>17. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>40.76</b> | <b>18,389</b> |                                                                                                                                                                                                                                                                                                      |

- Notes:**
1. Formula is based on a 92% yield from unbaked to baked quiche. Weight of baked quiche for 100 servings should be approximately 37.5 lb (17.0 kg).
  2. Imitation bacon bits should not be used to replace bacon bits. If desired, well cooked, drained, crumbled bacon may be substituted.
  3. Formula makes 10 pans. Each pan contains 10 servings.
  4. Reheat in 325°F (163°C) oven until internal temperature reaches 160°F (71°C).
  5. Crust may be made in half-size aluminum disposable pans and filled, cooled and frozen in pans.

## **QUICHE LORRAINE**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Cheese, Swiss, natural, NSN-8910-00-584-6434, Fed. C-C-302, Style (c).
2. Cream, table, NSN-8910-00-170-5058, Fed. C-M-1678, Type II, Class 3.
3. Eggs, shell, fresh or shell protected, large, NSN-8910-00-043-3200, Fed. C-E-271, Condition 1 or 2.

#### **Bakery and Cereal Products**

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

#### **Food Oils and Fats**

5. Shortening compound, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).

#### **Condiments**

6. Nutmeg, ground, NSN-8950-00-127-8047, Fed. EE-S-631, Type II.
7. Pepper, red, ground, NSN-8950-00-170-9565, Fed. EE-S-631.
8. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

9. Bacon bits (not imitation).
10. Starch, Col-Flo 67.

# **SCRAMBLED EGGS**

**Yield: 100 Portions**

**Each Portion: 30 oz (85 g)**

| Ingredients           | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                         |
|-----------------------|---------------|--------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Starch, Col-Flo 67    | 1.61          | 0.39         | 177           | 1. Make a starch slurry with milk.                                                                                                                                                                                                                                                                                                |
| Milk, homogenized     | 4.00          | 0.98         | 444           |                                                                                                                                                                                                                                                                                                                                   |
| Eggs, fresh or frozen | 77.45         | 18.918       | 8,581         | 2. Beat eggs with wire whip until smooth.                                                                                                                                                                                                                                                                                         |
| Milk, homogenized     | 15.18         | 3.70         | 1,681         | 3. Add starch slurry, milk, and seasoning to eggs.<br>4. Mix well.                                                                                                                                                                                                                                                                |
| Salt                  | 0.50          | 0.12         | 54            |                                                                                                                                                                                                                                                                                                                                   |
| Citric acid           | 0.05          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                   |
| Pepper, white         | 0.01          | 0.002        | 1             |                                                                                                                                                                                                                                                                                                                                   |
| Margarine             | 1.20          | 0.29         | 131           | 5. Melt margarine in 300°F (149°C) tilt frying pan.<br>6. Pour egg mixture into fryer and scramble until slightly under-cooked. Eggs should be moist and temperature about 155°F (68°C) to 160°F (71°C).<br>7. Cool to 50°F (10°C).<br>8. Place 75 oz (2126 g) in each half-size steam table pan.<br>9. Cover, label, and freeze. |
| <b>Total</b>          | <b>100.00</b> | <b>24.41</b> | <b>11,073</b> |                                                                                                                                                                                                                                                                                                                                   |

- Notes:**
1. Product loses about 23% in cooking loss, 24.41 lb (11.1 kg) will produce about 18.8 lb (8526 g) cooked product.
  2. Formula makes four pans. Each pan contains 25 portions.
  3. No allowance has been made for overrun.
  4. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (73°C).

## **SCRAMBLED EGGS**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Butter, salted, NSN-8910-00-616-0038, Fed. C-B-801, Style (b), Class 1.
2. Eggs, whole frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.
3. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1.

#### **Condiments and Related Products**

4. Pepper, white, ground, NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
5. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

6. Citric acid.
7. Starch, Col-Flo 67.

# SPINACH QUICHE

N-16

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients                            | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                     |
|----------------------------------------|---------|--------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Flour, wheat, pastry                   | 9.59    | 3.91   | 1,774 | 1. Place pastry flour and salt in mixing bowl, mix well.                                                                                                                                                                                                                                                                                                                                                                      |
| Salt                                   | 0.16    | 0.06   | 27    |                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Vegetable shortening                   | 4.80    | 1.95   | 885   | 2. Add shortening to above.<br>3. Mix with wire whip until particle size is uniform (approximately 1/4 inch (0.6 mm)).                                                                                                                                                                                                                                                                                                        |
| Water, cold                            | 4.80    | 1.96   | 885   | 4. Sprinkle cold water evenly over mixture.<br>5. Mix quickly with dough knife to incorporate water.<br>6. Pat dough lightly into a ball.<br>7. Chill at 40°F (5°C) until thoroughly cool.<br>8. Roll out dough approximately 1/8 in. (0.3 cm) in thickness.<br>9. Place 1.6 lb (0.7 kg) into full-size steam table pans, bringing dough approximately 1.5 in. (3.81 cm) up the sides of the pan.<br>10. Reserve for step 14. |
| Cream, light                           | 40.325  | 16.44  | 7,457 | 11. Combine ingredients listed in this section and mix gently. Reserve some cream for step 12.                                                                                                                                                                                                                                                                                                                                |
| Eggs, fresh, slightly beaten           | 18.95   | 7.73   | 3,506 |                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Cheese, Swiss, finely ground           | 11.93   | 4.86   | 2,204 |                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Spinach, frozen, chopped, well drained | 8.50    | 3.46   | 1,569 |                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Salt                                   | 0.42    | 0.17   | 77    |                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Pepper, cayenne, ground                | 0.01    | 0.004  | 2     |                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Nutmeg, ground                         | 0.005   | 0.002  | 1     | 12. Make a starch slurry with cream reserved from step 11. Add to above.<br>13. Mix gently.<br>14. Pour 6.6 lb (3 kg) of mixture into pastry shells reserved from step 10.                                                                                                                                                                                                                                                    |
| Starch, Col-Flo 67                     | 0.51    | 0.21   | 95    |                                                                                                                                                                                                                                                                                                                                                                                                                               |

## SPINACH QUICHE

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|              |               |              |               | 15. Bake in convection ove at 400°F (204°C) until surface browns, approximately 10 minutes.<br>16. Reduce heat to 300°F (136°C) and continue cooking until internal temperature reaches 165°F (75°C) approximately 20 minutes.<br>17. Cool to about 50°F (10°C).<br>18. Cut into 6-oz (170-g) portions. Place ten portions in each half-size steam table pan.<br>19. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>40.76</b> | <b>18,482</b> |                                                                                                                                                                                                                                                                                                                                                                                                |

- Notes:**
1. Formula is based on 92% yield from unbaked to baked quiche. Weight of baked quiche for 100 servings should be approximately 37.5 lb (17.0 kg).
  2. Spinach, chopped, well drained is based on a 44% yield from Spinach, frozen, chopped. Frozen weight of chopped spinach for 100 portions should be approximately 10.7 lb (4.8 kg).
  3. Formula makes 10 pans. Each pan contains 10 servings.
  4. Reheat in 325°F (163°C) oven until internal temperature reaches 160°F (71°C).
  5. Crust may be made in aluminum disposable half-sized steam table pans and filled, cooled and frozen in these pans.

## **SPINACH QUICHE**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Cheese, Swiss, natural, NSN-8910-00-584-6434, Fed. C-C-302, Style (c).
2. Cream, table, NSN-8910-00-170-5058, Fed. C-M-1678, Type II, Class 3.
3. Eggs, shell, fresh or shell protected, large, NSN-8910-00-043-3200, Fed. C-E-271, Condition 1 or 2.

#### **Fruits and Vegetables**

4. Spinach, frozen, NSN-8915-00-010-3224, Fed. HH-V-1745/18, Style II.

#### **Bakery and Cereal Products**

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

#### **Foods Oils and Fats**

6. Shortening compound, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).

#### **Condiments**

7. Nutmeg, ground, NSN-8950-00-127-8047, Fed. EE-S-631, Type II.
8. Pepper, red, cayenne, ground, NSN-8950-00-170-9565, Fed. EE-S-631.
9. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

10. Bacon bits (not imitation).
11. Starch, Col-Flo 67.

## **PRODUCTION GUIDES**

### **FISH AND SHELLFISH**

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# BAKED FISH WITH CHEESE SAUCE

L-106

Yield: 100 Portions

Each Portion: 2 pieces fish,  
4 oz (120 mL) sauce

| Ingredients                     | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                    |
|---------------------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Fish, perch, thawed<br>or fresh | 65.19         | 32.00        | 14,515        | 1. Place single layers of fish on greased sheet pans. (Use part of margarine in formula for greasing pans).<br>2. Melt margarine, combine with lemon juice and pour evenly over fish.<br>3. Sprinkle paprika over fish.<br>4. Bake about 25 minutes or until brown at 325°F (163°C).<br>5. Place 20 pieces of cooked fish (10 to a layer) in each half-size steam table pan. |
| Margarine or butter             | 3.06          | 1.50         | 680           |                                                                                                                                                                                                                                                                                                                                                                              |
| Lemon juice                     | 1.02          | 0.50         | 227           |                                                                                                                                                                                                                                                                                                                                                                              |
| Paprika, ground                 | 0.12          | 0.06         | 27            |                                                                                                                                                                                                                                                                                                                                                                              |
| Cheese, American, processed     | 20.39         | 10.01        | 4,540         | 6. Cut cheese in 1/2 in. (10 mm) cubes.<br>7. Combine ingredients in kettle and heat with very low heat until cheese is melted and sauce is smooth.<br>8. Pour 80 oz (2.4 L) over fish in half-size steam table pans.<br>9. Cover, label, and freeze.                                                                                                                        |
| Milk, whole                     | 10.20         | 5.01         | 2,272         |                                                                                                                                                                                                                                                                                                                                                                              |
| Pepper, black                   | 0.02          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Total</b>                    | <b>100.00</b> | <b>49.09</b> | <b>22,265</b> |                                                                                                                                                                                                                                                                                                                                                                              |

- Notes:**
1. Formula makes 10 pans. Each pan contains 10 servings.
  2. Reheat pans covered in 350°F (176°C) convection oven to an internal temperature of 160°F (71°C) from frozen state. Time: approximately 1 hour, 15 minutes.
  3. If large fish are used, cut into 5-ounce (142-g) pieces and place 10 in each pan.
  4. One pound, 10 ounces (738 g) lemons A.P. (6 lemons) will yield 0.50 lb (227 g) of juice in step 2.

## **BAKED FISH WITH CHEESE SAUCE**

### **Ingredients**

#### **Fish**

1. Perch, frozen, fillets, NSN-8905-00-164-0485, Fed. PP-F-381, Type II, Form III (L), (a) or (b).

#### **Vegetable**

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

#### **Dairy, Eggs and Condiments**

3. Butter, 8910-00-616-0038, Fed. C-B-801, Style (b), Class 1.
4. Cheese, Cheddar, white (has to be specified), NSN-8910-00-125-8440, Grade A, Fed. C-C-271, Class 2, Grade A, Style , Size 6.
5. Flour, wheat, all purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
6. Margarine, NSN-8945-00-616-0078, Fed. EE-M-0045, Type I.
7. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.
8. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631, Type II.
9. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

10. Starch, Col-Flo 67.

# BAKED TUNA AND NOODLES

L-124

Yield: 100 Portions

Each Portion: 9 oz (225 g)

| Ingredients                            | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                            |
|----------------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tuna, canned, white                    | 28.30   | 17.00  | 7,711  | 1. Drain tuna; flake. Set aside for use in step 7.                                                                                                                                                                                                                   |
| Noodles, dry medium                    | 8.32    | 5.00   | 2,268  | 2. Cook noodles in salted water (3 gallons) until just tender (15-20 minutes). Rinse thoroughly and set aside for step 7.                                                                                                                                            |
| Salt                                   | 0.18    | 0.11   | 50     |                                                                                                                                                                                                                                                                      |
| Milk, nonfat, dry                      | 4.16    | 2.50   | 1,134  | 3. Add dry milk and starch to water, mix thoroughly and heat slowly to 180°F (82°C). Hold for step 5.                                                                                                                                                                |
| Water, warm                            | 39.95   | 24.00  | 10,886 |                                                                                                                                                                                                                                                                      |
| Starch, Col-Flo 67                     | 1.42    | 0.85   | 386    |                                                                                                                                                                                                                                                                      |
| Flour, wheat                           | 0.70    | 0.42   | 191    | 4. Heat butter in large steam kettle, slowly add flour and salt. Mix thoroughly and cook for 10 minutes w/constant stirring.<br>5. Gradually add heated milk-starch mixture to butter-flour mixture. Stir constantly, simmer for 20 minutes. Hold sauce for step 7.  |
| Salt                                   | 0.27    | 0.16   | 73     |                                                                                                                                                                                                                                                                      |
| Butter or margarine                    | 3.75    | 2.25   | 1,021  |                                                                                                                                                                                                                                                                      |
| Celery, fresh, chopped, 1/8-inch dices | 6.66    | 4.00   | 1,814  | 6. Rehydrate onions in excess cold water for 10 minutes, drain well. Saute celery and onions in butter until tender. Set aside for step 7.                                                                                                                           |
| Onions, dehydrated, sliced             | 0.15    | 0.09   | 41     |                                                                                                                                                                                                                                                                      |
| Butter or margarine                    | 0.70    | 0.42   | 191    |                                                                                                                                                                                                                                                                      |
| Pimientos, canned, drained, chopped,   | 1.42    | 0.85   | 386    | 7. Combine tuna, noodles, sauteed vegetables and pimientos with sauce from step 5. Mix thoroughly; heat to 165°F (74°C) and bring volume back to 6.5 gallons (2.5 L) with hot water. Cool to 50°F (10°C). Place 5.75 lb (2611 g) in each half-sized steam table pan. |
| Cheese, Cheddar natural shredded       | 2.50    | 1.50   | 680    | 8. Sprinkle cheese evenly over pans of tuna.                                                                                                                                                                                                                         |
| Paprika, ground                        | 0.10    | 0.06   | 27     | 9. Mix bread crumbs and paprika and spread evenly over cheese.                                                                                                                                                                                                       |
| Bread crumbs, dry                      | 1.42    | 0.85   | 386    | 10. Cover, label, and freeze.                                                                                                                                                                                                                                        |

## BAKED TUNA AND NOODLES

| Ingredients | Percent | Pounds | Grams  | Procedure |
|-------------|---------|--------|--------|-----------|
| Total       | 100.00  | 60.06  | 27,245 |           |

- Notes:**
1. Formula makes 10 pans. Each pan contains 10 servings.
  2. Reheat in convection oven covered at 350°F (176°C) to an internal temperature of 160°F (71°C) (1 hour, 15 minutes); the last 15 minutes remove cover for browning.
  3. Twelve ounces (340 g) of fresh onions may be used in step 6.
  4. Three and one-half gallons (13.3 L) of fresh homogenized milk may be substituted for nonfat, dry milk and water in step 3.

## BAKED TUNA AND NOODLES

### Ingredients

#### Fish

1. Tuna, canned, NSN-8905-00-935-3161, Fed. PP-T-771, Type I or II, Form A, Packing Media (C), Color 2.

#### Vegetables

2. Celery, fresh, NSN-8915-00-926-4928, Fed. HHH-V-1744/12.
3. Onions, dehydrated, sliced, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 4.
4. Pimientos, NSN-8915-00-935-6371, Fed. JJJ-P-400, Style I, II, or III.

#### Dairy, Eggs and Condiments

5. Bread, crumbs, NSN-8920-00-141-0136, High Commercial Grade.
6. Butter, NSN-8910-00-616-0038, Fed. C-B-081, (ARMY-GL), Style (B), Class 1.
7. Cheese, Cheddar, natural, white, NSN-8910-00-125-8440, Grade A, Fed. C-C-271, Class 2, Style (F), (B), Size 6.
8. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
9. Margarine, NSN-8945-00-616-0078, Fed. EE-M-0045, Type I.
10. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.
11. Noodles, dry, medium, NSN-8920-00-126-3388, Fed. N-N-591.
12. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631, Type II.
13. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### Special Procurement

14. Starch, Col-Flo 67.

# FRIED CRAB CAKES

F-1

Yield: 100 Portions

Each Portion: 2 cakes

| Ingredients                 | Percent | Pounds | Grams  | Procedure                                                                                           |
|-----------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------|
| Crabmeat, canned            | 40.43   | 30.00  | 13,608 | 1. Drain crabmeat and reserve for step 7.                                                           |
| Potatoes, white, instant    | 7.54    | 5.60   | 2,540  | 2. Combine potatoes, milk, and salt. Reserve for step 5.                                            |
| Milk, nonfat, dry           | 0.40    | 0.30   | 136    |                                                                                                     |
| Salt                        | 0.13    | 0.10   | 45     |                                                                                                     |
| Water                       | 19.05   | 14.14  | 6,414  | 3. Heat water to boiling. Pour into mixing bowl.                                                    |
| Margarine                   | 0.94    | 0.70   | 318    | 4. Add margarine.                                                                                   |
|                             |         |        |        | 5. Add potatoes, milk, and salt. Whip until smooth. Cool slightly.                                  |
| Eggs, whole, beaten         | 4.01    | 2.97   | 1,347  | 6. Rehydrate onions in excess water for 15 minutes. Drain.                                          |
| Onions, dehydrated, chopped | 1.51    | 1.12   | 508    | 7. Combine crabmeat, potatoes, eggs, onions, and black pepper. Mix thoroughly. Chill to 35°F (2°C). |
| Pepper, black, ground       | 0.01    | 0.01   | 4.5    |                                                                                                     |
| Wheat gluten                | 5.39    | 4.00   | 1,814  | 8. Shape into 3.5-oz (71 g) patties. Chill to 35°F (2°C).                                           |
|                             |         |        |        | 9. Dredge patties in wheat gluten.                                                                  |
| Water                       | 4.04    | 3.00   | 1,361  | 10. Combine water, eggs, and nonfat dry milk to make egg wash.                                      |
| Eggs, frozen, whole         | 2.69    | 2.00   | 907    | 11. Dip crab cakes in egg wash. Drain excess.                                                       |
| Milk, nonfat, dry           | 0.42    | 0.31   | 141    |                                                                                                     |
| Breading mix (see p 282)    | 13.44   | 9.97   | 4,522  | 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. Cool to 50°F (10°C).                                                                            |
|                             |         |        |        | 15. Place cooked crab cakes on trays in a single layer and freeze rapidly.                          |
|                             |         |        |        | 16. Place 12 crab cakes in each half-size steam table pan.                                          |
|                             |         |        |        | 17. Cover, label, and freeze.                                                                       |
| Total                       | 100.00  | 74.22  | 33,666 |                                                                                                     |

## **FRIED CRAB CAKES**

- Notes:**
1. To reheat, remove crab cakes from steam table 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. Each pan contains 6 servings. Formula makes 17 pans.

## **FRIED CRAB CAKES**

### **Ingredients**

#### **Seafood**

1. Crab, canned, NSN-8905-00-424-0329.

#### **Vegetables**

2. Onions, dehydrated, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1.
3. Potatoes, white, instant, NSN-8915-00-164-6876.

#### **Dairy, Eggs and 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-8910-00-982-2779, Fed. C-M-350, Type I, Style C.
8. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
9. Salt, table, iodized, 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**

| <b>Ingredients</b>       | <b>Percent</b> | <b>Pounds</b> | <b>Grams</b>  | <b>Procedure</b>                                                                                                                                                                                                                                                                                                                                                          |
|--------------------------|----------------|---------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Haddock, fillets, frozen | 60.84          | 30.00         | 13,608        | 1. Thaw fillets and cut into 4.5-oz (128-g) portions.                                                                                                                                                                                                                                                                                                                     |
| Wheat gluten             | 8.11           | 4.00          | 1,814         | 2. Dredge fillets in wheat gluten.                                                                                                                                                                                                                                                                                                                                        |
| Water                    | 6.08           | 3.00          | 1,361         | 3. Combine water, eggs, and nonfat dry milk to make egg wash.                                                                                                                                                                                                                                                                                                             |
| Eggs, frozen, whole      | 4.06           | 2.00          | 907           | 4. Dip fillets in egg wash.                                                                                                                                                                                                                                                                                                                                               |
| Milk, nonfat, dry        | 0.63           | 0.31          | 141           |                                                                                                                                                                                                                                                                                                                                                                           |
| Breading mix             | 20.28          | 10.00         | 4,536         | 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. Cool to 50°F (10°C).<br>8. Place cooked fillets on trays in single layer and freeze rapidly.<br>9. Place 15 frozen cooked fillets in half-size steam table pans.<br>10. Cover, label, and freeze. |
| <b>Total</b>             | <b>100.00</b>  | <b>49.31</b>  | <b>22,367</b> |                                                                                                                                                                                                                                                                                                                                                                           |

- Notes:**
1. To reheat remove frozen fillets from steam table 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 makes 7 pans. Each pan contains 15 servings.

## **FRIED HADDOCK**

### **Ingredients**

#### **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-8910-00-982-2779, Fed. C-M-00350, Type I, Style C.

#### **Special Procurement**

4. Gluten, wheat.

# FRIED SCALLOPS

F-3

Yield: 100 Portions

Each Portion: 8 scallops  $\pm$  1

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                    |
|-----------------------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Scallops, frozen            | 60.84         | 30.00        | 13,608        | 1. Thaw scallops.<br>2. Wash in cold tap water. Drain thoroughly.                                                                                                                                                                                                                                                                            |
| Wheat gluten                | 8.11          | 4.00         | 1,814         | 3. Dredge scallops in wheat gluten.                                                                                                                                                                                                                                                                                                          |
| Water                       | 6.09          | 3.00         | 1,361         | 4. Combine water, eggs, and nonfat                                                                                                                                                                                                                                                                                                           |
| Eggs, frozen, whole, thawed | 4.05          | 2.00         | 907           | dry milk to make egg wash.                                                                                                                                                                                                                                                                                                                   |
| Milk, nonfat, dry           | 0.63          | 0.31         | 141           | 5. Dip scallops in egg wash.                                                                                                                                                                                                                                                                                                                 |
| Breading mix<br>(see p 282) | 20.28         | 10.00        | 4,536         | 6. Dredge scallops in breading mix.<br>7. Deep-fry fat in vegetable shortening at 350°F until internal temperature is 160°F (71°C).<br>8. Cool to 50°F (10°C).<br>9. Place cooked scallops on trays in a single layer and freeze rapidly.<br>10. Place 65 to 72 scallops in each half-size steam table pan.<br>11. Cover, label, and freeze. |
| <b>Total</b>                | <b>100.00</b> | <b>49.31</b> | <b>22,367</b> |                                                                                                                                                                                                                                                                                                                                              |

- Notes:**
1. To reheat, remove frozen scallops from steam table 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. Each pan contains 8 servings. Formula makes 13 pans.

## **FRIED SCALLOPS**

### **Ingredients**

#### **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-8910-00-982-2779, Fed. C-M-350, Type I, Style C.

#### **Special Procurement**

4. Gluten, wheat.

# SALMON PATTIES

F-5

Yield: 100 Portions

Each Portion: 2 patties 3.5 oz  
(100 g)

| Ingredients                    | Percent | Pounds | Grams  | Procedure                                                                                                                              |
|--------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------|
| Margarine                      | 4.31    | 1.08   | 490    | 1. Melt margarine.                                                                                                                     |
| Onions, dehydrated,<br>chopped | 0.57    | 0.14   | 64     | 2. Rehydrate onions in excess warm water for 15 minutes. Drain.                                                                        |
| Salmon, drained                | 65.61   | 16.39  | 7,435  | 3. Combine ingredients listed in this section with margarine and onions in a mixer.                                                    |
| Eggs, whole, frozen            | 10.45   | 2.61   | 1,184  |                                                                                                                                        |
| Bread crumbs, dry              | 12.88   | 3.22   | 1,461  | 4. Mix well and chill to 50°F (10°C).                                                                                                  |
| Celery, fresh, diced           | 4.65    | 1.16   | 526    | 5. Form into 2-oz (56-g) patties on Holymatic or equivalent forming equipment.                                                         |
| Lemon juice, reconstituted     | 1.33    | 0.33   | 150    | 6. Deep-fry fat at 375°F (190°C) for 45 seconds, drain, excess oil. Cool to 50°F (10°C).                                               |
| Pepper, black                  | 0.01    | 0.002  | 1      | 7. Cover bottom of half-size steam table pans with parchment. Shingle 20 patties, 2.2 lb (1000 g) into each half-size steam table pan. |
| Liquid smoke                   | 0.19    | 0.05   | 23     | 8. Cover, label, and freeze                                                                                                            |
| Total                          | 100.00  | 24.98  | 11,334 |                                                                                                                                        |

**Notes:** 1. 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 makes 10 pans. Each pan contains 10 servings.

## **SALMON PATTIES**

### **Ingredients**

#### **Fish**

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. JJ-O-1866, Type I, Style 1.

#### **Dairy, Eggs and Condiments**

5. Eggs, whole, frozen, NSN-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.

\*Military Specification

# SEAFOOD AU GRATIN

F-6

Yield: 100 Portions

Each Portion: 6 oz (170 g)

| Ingredients                  | Percent | Pounds | Grams | Procedure                                                                                                                                                                                                  |
|------------------------------|---------|--------|-------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Shrimp, frozen, deveined     | 20.02   | 9.87   | 4,477 | 1. Cook shrimp in boiling water until tender.<br>2. Drain and cool.                                                                                                                                        |
| Haddock, frozen              | 20.02   | 9.87   | 4,477 | 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             | 20.02   | 9.87   | 4,477 | 5. Follow steps 3 and 4 replacing haddock with scallops.<br>6. Drain and cool to 50°F (10°C), reserving broth for steps 8 and 10.                                                                          |
| Onions, fresh, diced         | 3.73    | 1.84   | 835   | 7. Saute onions in steam-jacketed kettle until soft but not brown.                                                                                                                                         |
| Margarine                    | 0.71    | 0.35   | 159   |                                                                                                                                                                                                            |
| Broth (seafood)              | 10.68   | 5.27   | 2,390 | 8. Add ingredients listed in this section to above, reserving some broth for step 10.<br>9. Heat to 160°F (71°C).                                                                                          |
| Cheese, Cheddar, diced       | 8.90    | 4.30   | 1,991 |                                                                                                                                                                                                            |
| Milk, homogenized, whole     | 7.17    | 3.54   | 1,606 |                                                                                                                                                                                                            |
| Cream, light                 | 5.98    | 2.95   | 1,338 |                                                                                                                                                                                                            |
| Salt                         | 0.10    | 0.05   | 23    |                                                                                                                                                                                                            |
| Garlic, dehydrated, granular | 0.02    | 0.01   | 4.5   |                                                                                                                                                                                                            |
| Starch, Col-Flo 67           | 0.88    | 0.44   | 200   | 10. Make a starch-flour slurry, using cooled broth from step 8.<br>11. Add to above and heat to 180°F (82°C).                                                                                              |
| Flour, wheat                 | 0.35    | 0.17   | 77    |                                                                                                                                                                                                            |
| Sherry flavor                | 1.42    | 0.70   | 318   | 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.<br>15. Add water to maintain formula weight or volume. |

## SEAFOOD AU GRATIN

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                  |
|--------------|---------------|--------------|---------------|------------------------------------------------------------|
|              |               |              |               | 16. Fill 80 oz (2268 g) in each half-size steam table pan. |
|              |               |              |               | 17. Cover, label, and freeze.                              |
| <b>Total</b> | <b>100.00</b> | <b>49.23</b> | <b>22,373</b> |                                                            |

- Notes:**
1. Reheat in 325°F (163°C) convection oven to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 30 minutes.
  2. Formula makes 8 pans. Each pan contains 13 servings.
  3. Formula is based on 70% yield of shrimp, 60% yield of haddock, and 50% yield of scallops. Weight of cooked shrimp equals 6.91 lb (3134 g); weight of cooked haddock equals 5.92 lb (2686 g); weight of cooked scallops equals 4.94 lb (2239 g).

## SEAFOOD AU GRATIN

### Ingredients

#### Fish

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, granulated, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
5. Onions, dry, NSN-8915-00-616-0200, Fed. HHH-V-1744/40.

#### Dairy and 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, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### Cereal and Bakery Products

11. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, 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, deveined         | 50.00   | 22.17  | 10,058 | 1. Cook in boiling water until tender. Drain.<br>2. Cool to 50°F (10°C). Save for steps 7 and 8.                                                                                                                                                                                     |
| Bacon                            | 7.13    | 3.16   | 1,433  | 3. Brown in oven until crisp. Drain bacon fat and save for step 5. Crumble bacon. Save for step 5.                                                                                                                                                                                   |
| Onions, dehydrated, chopped      | 0.41    | 0.18   | 82     | 4. Rehydrate in excess warm water, for 15 minutes. Drain, save for step 5.                                                                                                                                                                                                           |
| Tomatoes, canned, in heavy puree | 22.05   | 9.78   | 4,436  | 5. In a steam-jacketed kettle combine ingredients listed in this section with bacon, bacon fat, and onions.<br>6. Heat to 160°F (71°C).                                                                                                                                              |
| Celery, fresh, diced             | 4.06    | 1.80   | 816    |                                                                                                                                                                                                                                                                                      |
| Mushrooms, canned, pieces        | 3.04    | 1.35   | 612    |                                                                                                                                                                                                                                                                                      |
| Peppers, frozen, green, diced    | 2.55    | 1.13   | 513    |                                                                                                                                                                                                                                                                                      |
| Sugar                            | 0.81    | 0.36   | 163    |                                                                                                                                                                                                                                                                                      |
| Lemon juice, reconstituted       | 0.41    | 0.18   | 82     |                                                                                                                                                                                                                                                                                      |
| Salt                             | 0.41    | 0.18   | 82     |                                                                                                                                                                                                                                                                                      |
| Garlic, dehydrated, granulated   | 0.05    | 0.02   | 9      |                                                                                                                                                                                                                                                                                      |
| Tabasco Sauce                    | 0.014   | 0.007  | 3      |                                                                                                                                                                                                                                                                                      |
| Bay leaves, ground               | 0.002   | 0.001  | .45    |                                                                                                                                                                                                                                                                                      |
| Allspice, ground                 | 0.002   | 0.001  | .45    |                                                                                                                                                                                                                                                                                      |
| Pepper, cayenne, ground          | 0.002   | 0.001  | .45    |                                                                                                                                                                                                                                                                                      |
| Water, cold                      | 7.01    | 3.11   | 1,411  | 7. Make a starch-flour slurry with water and add to the above mixture. Heat to 180°F (82°C).<br>8. Add cooked shrimp. Mix well.<br>9. Add back water to maintain formula weight or volume.<br>10. Cool to 45°F (7°C).<br>11. Fill 80 oz (2268 g) in each half-size steam table tray. |
| Starch, Col-Flo 67               | 1.53    | 0.68   | 308    |                                                                                                                                                                                                                                                                                      |
| Flour, wheat                     | 0.52    | 0.23   | 104    |                                                                                                                                                                                                                                                                                      |

## SHRIMP CREOLE

| Ingredients | Percent | Pounds | Grams  | Procedure                     |
|-------------|---------|--------|--------|-------------------------------|
|             |         |        |        | 12. Cover, label, and freeze. |
| Total       | 100.00  | 44.34  | 20,111 |                               |

- Notes:
1. 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 contains 13 servings.
  3. Formula is based on a 70% yield of shrimp. Weight of cooked shrimp equals 15.5 lb (7039 g).

## **SHRIMP CREOLE**

### **Ingredients**

#### **Meat, Shellfish**

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, granulated, 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 leaves, 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,<br>deveined     | 49.97         | 22.16        | 10,052        | 1. Cook in boiling water until tender. Drain.<br>2. Cool to 50°F (10°C). Save for step 10.                             |
| Margarine                       | 5.00          | 2.22         | 1,007         | 3. In a steam-jacketed kettle melt margarine.                                                                          |
| Flour, wheat                    | 0.50          | 0.22         | 100           | 4. Make a roux with melted margarine and flour.                                                                        |
| Milk, homogenized               | 25.26         | 11.20        | 5,080         | 5. Add slowly all ingredients in this section, reserving small amount of milk for step 7. Mix well.                    |
| Salt                            | 0.50          | 0.22         | 100           |                                                                                                                        |
| Sugar                           | 0.25          | 0.11         | 50            |                                                                                                                        |
| Lemon juice,<br>reconstituted   | 0.11          | 0.05         | 23            |                                                                                                                        |
| Paprika, ground                 | 0.05          | 0.02         | 9             |                                                                                                                        |
| Worcestershire sauce            | 0.02          | 0.01         | 4.5           |                                                                                                                        |
| Pepper, white, ground           | 0.01          | 0.005        | 2             |                                                                                                                        |
| Tabasco sauce                   | 0.01          | 0.005        | 2             |                                                                                                                        |
| Starch, Col-Flo 67              | 1.51          | 0.67         | 304           | 6. Make a slurry of starch with milk reserved from step 5.<br>7. Heat to 180°F (82°C).<br>8. Cool to 120°F (49°C).     |
| Cream, light                    | 10.00         | 4.44         | 2,014         | 9. Add cream, mushrooms, red peppers and sherry flavoring. Mix well.                                                   |
| Mushrooms, canned,<br>sliced    | 3.50          | 1.55         | 703           | 10. Add cooked shrimp. Mix well.                                                                                       |
| Peppers, red, canned,<br>sliced | 1.01          | 0.45         | 204           | 11. Add enough water to maintain formula weight or volume.                                                             |
| Sherry flavoring                | 2.30          | 1.02         | 463           | 12. Cool to 45°F (7°C).<br>13. Fill 80 oz (2268 g) in each half-size steam table pan.<br>14. Cover, label, and freeze. |
| <b>Total</b>                    | <b>100.00</b> | <b>44.35</b> | <b>20,118</b> |                                                                                                                        |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) to 160°F (71°C) internal temperature. Time: approximately 1 hour, 15 minutes. Do not overheat.
  2. Formula makes 8 pans; each pan contains 13 servings.
  3. Formula is calculated on 70% shrimp yield. Cooked weight of shrimp (100 portions) equals approximately 15.5 pounds (7036 g).
  4. Shrimp may be replaced by fish to make a Fish Newburg.

## **SHRIMP NEWBURG**

### **Ingredients**

#### **Seafood**

1. Shrimp, frozen, NSN-8905-00-582-4039, Fed. PPP-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 and 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, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
11. Sugar, granulated, 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-8920-00-140-7748, Fed. N-F-00481, Type III, 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          | 1.10          | 499           | 1. Melt margarine.                                                                                                 |
| Onions, dehydrated,<br>chopped | 0.77          | 0.19          | 86            | 2. Rehydrate onions in excess warm water, let stand for 15 minutes. Drain.                                         |
| Tuna, canned, drained          | 66.06         | 16.31         | 7,398         | 3. Combine ingredients listed in this section with margarine and in mixer.                                         |
| Eggs, whole, frozen            | 10.31         | 2.55          | 1,157         |                                                                                                                    |
| Bread crumbs                   | 8.96          | 2.21          | 1,002         | 4. Mix well, chill to 50°F (10°C).                                                                                 |
| Celery, fresh, diced           | 4.99          | 1.23          | 558           | 5. Form into 2-oz (56 g) patties on Hollymatic or equivalent forming equipment.                                    |
| Sugar                          | 2.02          | 0.50          | 227           | 6. Deep-fry fat at 375°F (190°C) for 35 seconds, drain excess oil and chill to 45°F (7°C).                         |
| Lemon juice,<br>reconstituted  | 1.69          | 0.42          | 190           | 7. Cover bottoms of half-size steam table pans with parchment. Shingle 2.2 lb (1000 g) into each pan (20 patties). |
| Salt                           | 0.53          | 0.13          | 59            | 8. Cover, label, and freeze.                                                                                       |
| Tabasco sauce                  | 0.19          | 0.05          | 23            |                                                                                                                    |
| Monosodium glutamate           | 0.01          | 0.002         | 1             |                                                                                                                    |
| Pepper, black                  | 0.01          | 0.002         | 1             |                                                                                                                    |
| <b>Total</b>                   | <b>100.00</b> | <b>24.694</b> | <b>11,201</b> |                                                                                                                    |

- 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 makes 10 pans. Each pan contains 10 servings.
  3. Tuna patties may also be deep fat fried to form tuna croquettes.

## **TUNA PATTIES**

### **Ingredients**

#### **Fish**

1. Tuna, canned, NSN-8905-00-935-3161, Fed. P-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 and 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. Monosodium glutamate, NSN-8950-00-263-2786, Fed. EE-M-591.
8. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
9. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
10. Sugar, granulated, NSN-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.

## PRODUCTION GUIDES

### HAM

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# BAKED HAM WITH CHERRY SAUCE

L-65

Yield: 100 Portions

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

| Ingredients                        | Percent | Pounds | Grams  | Procedure                                                                                   |
|------------------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------|
| Ham, canned, whole                 | 50.00   | 18.75  | 8,505  | 1. Slice ham in 3-oz (85-g) slices. Place 30 oz (8500 g) in each half-size steam table pan. |
| Cherries, canned, dark, with juice | 27.07   | 10.15  | 4,604  | 2. Place cherries and juices, sugar and salt, in kettle and bring to a boil.                |
| Sugar                              | 11.49   | 4.31   | 1,955  |                                                                                             |
| Salt                               | 0.12    | 0.04   | 18     |                                                                                             |
| Starch, Col-Flo 67                 | 1.30    | 0.49   | 222    | 3. Make starch slurry.                                                                      |
| Water                              | 8.41    | 3.15   | 1,429  | 4. Add to cherries, stirring constantly.                                                    |
|                                    |         |        |        | 5. Cook for approximately 5 minutes to 200°F (93°C).                                        |
| Margarine                          | 0.55    | 0.21   | 95     | 6. Add margarine and lemon juice and mix well.                                              |
| Juice, lemon                       | 1.06    | 0.40   | 181    | 7. Return to formula weight or volume.                                                      |
|                                    |         |        |        | 8. Cool to 50°F (10°C).                                                                     |
|                                    |         |        |        | 9. Pour 30 oz (8500 g) over sliced ham in each half-size steam table pan.                   |
|                                    |         |        |        | 10. Cover, label, and freeze.                                                               |
| Total                              | 100.00  | 37.50  | 17,009 |                                                                                             |

- Notes:
1. Cherries used had a ratio (by weight) of 60% cherries, 40% juice.
  2. Final weight of 100 servings is 18.75 lb of ham and 18.75 lb of sauce. Final volume of 100 servings of sauce is 4.5 gal (17.0 L). One gallon (3.8 L) of sauce equals 8.35 lb (3789 g).
  3. Reheating: Reheat covered in 325°F (163°C) convection oven until internal temperature reaches 160°F (71°C).
  4. Weights listed are actual weights needed and do not include losses from cutting, trimming, and other processing steps.
  5. Formula makes 10 pans. Each pan contains 10 servings.

## **BAKED HAM WITH CHERRY SAUCE**

### **Ingredients**

#### **Meat**

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

#### **Fats and Oils**

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

#### **Fruits and Vegetables**

3. Cherries, canned, NSN-8915-00-290-6057, Fed. Z-F-1742/6, Type I (9).

#### **Condiments and Related Products**

4. Juice, lemon, NSN-8915-00-411-2676, MIL-J-11174.
5. Salt, iodized, table, NSN-8950-00-262-8886, Fed. SS-S-31.
6. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-00791, Type I, Class (A).

#### **Special Procurement**

7. Starch, Col-Flo 67.

# GRILLED HAM WITH PINEAPPLE SAUCE

L-65A

Yield: 100 Portions

Each Portion: 4 oz ham  
2 oz (60 mL) sauce

| Ingredients                   | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                |
|-------------------------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ham, canned, whole            | 60.95         | 34.00        | 15,422        | 1. Slice ham into 2 oz slices. Grill on 400°F (204°C) grill.<br>2. Place 40 oz (1134 g) in each half-size steam table pan.<br>3. Cool to 50°F (10°C).    |
| <b>Sauce</b>                  |               |              |               |                                                                                                                                                          |
| Water, boiling                | 10.93         | 6.10         | 2,767         | 4. In steam kettle add sugar and salt to water, stir until dissolved.                                                                                    |
| Sugar, white, granulated      | 8.96          | 5.00         | 2,268         |                                                                                                                                                          |
| Salt                          | 0.04          | 0.02         | 9             |                                                                                                                                                          |
| Starch, Col-Flo 67            | 0.72          | 0.40         | 181           | 5. Blend starch and cold water to make a smooth paste. Add paste to hot water, stirring constantly; cook 5 minutes at 200°F (93°C), stirring constantly. |
| Water, cold                   | 3.59          | 2.00         | 907           |                                                                                                                                                          |
| Butter or margarine           | 1.79          | 1.00         | 454           | 6. Add remaining ingredients, mix and allow to return to boiling. Adjust volume to 1.6 gallons (6.0 L) with hot water.                                   |
| Pineapple, canned, crushed    | 12.21         | 6.81         | 3,089         |                                                                                                                                                          |
| Nutmeg, ground                | 0.02          | 0.01         | 5             | 7. Place 20 oz (0.6 L) sauce over prepanned ham slices.<br>8. Cover, label, and freeze.                                                                  |
| Juice, lemon                  | 0.45          | 0.25         | 113           |                                                                                                                                                          |
| Lemon rind, grated (optional) | 0.34          | 0.19         | 86            |                                                                                                                                                          |
| <b>Total</b>                  | <b>100.00</b> | <b>55.78</b> | <b>25,292</b> |                                                                                                                                                          |

- Notes:**
1. Reheat in 325°F (162°C) oven until internal temperature reaches 160°F.
  2. One pound lemons (A.P. (4 lemons)) will yield 3/4 cup juice.
  3. Formula makes 10 pans. Each pan contains 10 servings.

## GRILLED HAM WITH PINEAPPLE SAUCE

### Ingredients

#### Meat

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

#### Fats and Oils

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

#### Fruits and Vegetables

3. Pineapple, canned, crushed, NSN-8915-00-410-8421, Fed. Z-F-1742/23, Style IV (a).
4. Lemon, fresh, NSN-8915-00-582-4071, Fed. 4-F-1741/10.

#### Condiments and Related Products

5. Juice, lemon, NSN-8915-00-411-2676, MIL-J-11174.\*
6. Nutmeg, ground, NSN-8950-00-127-8047, Fed. EE-S-631, Type II.
7. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
8. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-00791, Type I, Class (A).

#### Special Procurement

9. Starch, Col-Flo 67.

\*Military Specification

# HAM LOAF

F-10

Yield: 100 Portions

Each Portion: 3.5 oz (100 g)

| Ingredients                   | Percent       | Pounds       | Grams         | Procedure                                                                                                                                  |
|-------------------------------|---------------|--------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| Ham, canned                   | 43.49         | 12.09        | 5,484         | 1. Grind meat through 3/8 inch plate.                                                                                                      |
| Pork, boneless                | 15.93         | 4.43         | 2,009         |                                                                                                                                            |
| Veal, boneless                | 13.00         | 3.61         | 1,639         |                                                                                                                                            |
| Onions, dehydrated, chopped   | 0.50          | 0.14         | 64            | 2. Rehydrate in excess warm water for 15 minutes. Drain.                                                                                   |
| Milk, homogenized             | 13.10         | 3.64         | 1,651         | 3. Combine ingredients with meat and onions in mechanical mixer. Mix lightly.                                                              |
| Eggs, whole, frozen, thawed   | 6.23          | 1.73         | 785           |                                                                                                                                            |
| Bread crumbs                  | 3.78          | 1.05         | 476           | 4. Place 4 lb 15 oz (2240 g) of ham loaf mixture in each half-size steam table pan. Pack down well to avoid air holes and level loaf tops. |
| Peppers, frozen, green, diced | 1.47          | 0.41         | 186           |                                                                                                                                            |
| Cheese, Swiss, ground         | 1.00          | 0.28         | 127           |                                                                                                                                            |
| Liquid smoke                  | 0.13          | 0.04         | 18            |                                                                                                                                            |
| Mustard, flour                | 0.10          | 0.03         | 14            |                                                                                                                                            |
| Water                         | 1.27          | 0.35         | 159           | 5. Spread 1 oz (28 g) of water over surface of each ham loaf.                                                                              |
|                               |               |              |               | 6. Cover, label, and freeze.                                                                                                               |
| <b>Total</b>                  | <b>100.00</b> | <b>27.80</b> | <b>12,612</b> |                                                                                                                                            |

- Notes:**
1. 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 contains 18 servings.
  3. 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.
  4. Formula may also be suitable for ham croquettes (fried).

## **HAM LOAF**

### **Ingredients**

#### **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, cutlets, frozen, boneless, formed, portion cut, NSN-8905-00-139-8481, MIL-V-43944 (GL).

#### **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 and Condiments**

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

\*Military Specification

# HAM AND POTATO SCALLOP

N-16

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients             | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Potatoes, white, peeled | 41.00         | 20.50        | 9,299         | 1. Slice peeled potatoes into 1/8 inch (3 mm) slices and steam until not quite tender.<br>2. Cool to about 50°F (10°C) and reserve for step 10.                                                                                                                                                                                                                                                                                                             |
| Ham, canned             | 37.50         | 18.75        | 8,505         | 3. Dice ham into 1/2-inch (13-mm) pieces and reserve for step 10.                                                                                                                                                                                                                                                                                                                                                                                           |
| Margarine, melted       | 2.00          | 1.00         | 454           | 4. Make a roux.                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Flour, wheat            | 0.26          | 0.13         | 59            |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Cream, half and half    | 7.94          | 3.97         | 1,801         | 5. Add ingredients in this section reserving some milk for step 7 and mix well.                                                                                                                                                                                                                                                                                                                                                                             |
| Milk, homogenized       | 7.00          | 3.50         | 1,588         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Cheese, Cheddar, ground | 3.50          | 1.75         | 794           | 6. Gradually heat to 160°F (71°C) to melt cheese, stirring constantly.                                                                                                                                                                                                                                                                                                                                                                                      |
| Salt                    | 0.26          | 0.13         | 59            |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Pepper, white, ground   | 0.02          | 0.01         | 4.5           |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Garlic, granulated      | 0.02          | 0.01         | 4.5           |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Starch, Col-Flo 67      | 0.50          | 0.25         | 113           | 7. Make a starch slurry with milk reserved from step 5 and add to above.<br>8. Heat to 180°F (82°C).<br>9. Add back water to maintain formula weight or volume.<br>10. Add potatoes and ham from steps 2 and 3 to above and mix gently.<br>11. Cool to about 50°F (10°C).<br>12. Spray each half-size steam table pan with vegetable coating release agent.<br>13. Place 80 oz (2270 g) in each half-size steam table pan.<br>14. Cover, label, and freeze. |
| <b>Total</b>            | <b>100.00</b> | <b>50.00</b> | <b>22,681</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

- Notes:**
1. Final weight of sauce for 100 servings excluding potatoes and ham is 10.8 lb (4.9 kg). Final volume for 100 servings is 1.3 gal (4.9 L). One gallon (3.8 L) weighs 8.6 lb (3.9 kg).
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Reheat in 325°F (163°C) oven until internal temperature reaches 160°F (71°C).

## **HAM AND POTATO SCALLOP**

### **Ingredients**

#### **Meat**

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

#### **Vegetables**

2. Cheese, Cheddar, natural, NSN-8910-00-125-8440, Grade A, Fed. C-C-271, Class 2, Style F, Size 6.
3. Cream, half and half, NSN-8910-00-262-7306, Fed. C-M-1678, Type II, Class 4.
4. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1.
5. Garlic, dehydrated, granulated, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
6. Potatoes, white, fresh, NSN-8915-00-456-6111, Fed. HHH-V-1867/6, Style (a).

#### **Bakery and Cereal Products**

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

#### **Food Fats and Oils**

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

#### **Condiments and Related Products**

9. Pepper, white, ground, NSN-8950-00-245-2302, 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.

**PRODUCTION GUIDES**

**LAMB**

**Irish Stew**

**Page**

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# IRISH STEW

N-17

Yield: 100 Portions

Each Portion: Meat 3 oz (85 g)  
Sauce 5 oz (150 mL)

| Ingredients                    | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|--------------------------------|---------|--------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Lamb cubes                     | 52.17   | 34.09  | 15,463 | 1. Place diced lamb in deep pans. Heat in convection oven at 450°F (232°C) until well browned, turning frequently.<br>2. After browning, remove meat from oven, partially fill with water; cover and steam until tender at 15 psi (103 kPa) to an internal temperature of 160°F (71°C).<br>3. Drain liquid (broth) and reserve for steps 8 and 10 (see note 3).<br>4. Cool meat to about 50°F (10°C).<br>5. Place 30 oz (850 g) of meat into each half-size steam table pan. |
| Carrots, fresh, sliced         | 9.00    | 5.88   | 2,667  | 6. Steam carrots and potatoes at 15 psi (103 kPa) until not quite tender and reserve for step 12.                                                                                                                                                                                                                                                                                                                                                                            |
| Potatoes, fresh, 1 inch diced  | 9.00    | 5.88   | 2,667  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Margarine                      | 2.00    | 1.31   | 594    | 7. Make a roux with margarine and flour.                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Flour, wheat                   | 0.20    | 0.13   | 59     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Lamb broth and/or water        | 20.454  | 13.375 | 6,067  | 8. Combine ingredients listed in this section reserving some broth for step 10.                                                                                                                                                                                                                                                                                                                                                                                              |
| Onions, dry, 1/2-inch, chopped | 6.00    | 3.92   | 1,778  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Soup and gravy base, beef      | 0.50    | 0.33   | 150    | 9. Mix well and add to roux and heat to 160°F.                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Salt                           | 0.20    | 0.13   | 59     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Garlic, granulated             | 0.01    | 0.006  | 3      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Pepper, black                  | 0.01    | 0.006  | 3      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Bay leaves, ground             | 0.003   | 0.002  | 1      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Thyme, ground                  | 0.003   | 0.002  | 1      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Starch, Col-Flo 67             | 0.45    | 0.29   | 132    | 10. Make a starch slurry using broth reserved from step 3.<br>11. Add to above and heat to 180°F.<br>12. Add vegetables from step 6.<br>13. Add enough water to maintain formula weight or volume.                                                                                                                                                                                                                                                                           |

## IRISH STEW

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                       |
|--------------|---------------|--------------|---------------|-----------------------------------------------------------------|
|              |               |              |               | 14. Cool to about 50°F (10°C).                                  |
|              |               |              |               | 15. Pour 50 oz (1.5 L) over meat in half-size steam table pans. |
|              |               |              |               | 16. Cover, label, and freeze.                                   |
| <b>Total</b> | <b>100.00</b> | <b>65.35</b> | <b>29,644</b> |                                                                 |

- Notes:**
1. Formula is based on a 55% yield for diced lamb. Cooked weight of lamb for 100 portions should be approximately 18.8 lb (8.5 kg).
  2. Final weight of gravy for 100 servings including vegetables is 31.3 lb (14.2 kg). Final volume of gravy for 100 servings is 3.8 gal (14.3 L). One gallon (3.8 L) weighs 8.3 lb (3.8 kg).
  3. In the even that the broth from the meat steaming operation can be saved, the broth should be used in satisfying the water requirement in section 4.
  4. Reheat in 325°F (163°C) oven until internal temperature reaches 160°F (71°C).

## **IRISH STEW**

### **Ingredients**

#### **Meat**

1. Lamb, roast, frozen, NSN-8905-00-926-1599, MIL-L-43510, Type I.

#### **Vegetables**

2. Carrots, fresh, NSN-8915-00-127-8019, Fed. HHH-V-1744/10.
3. Garlic, dehydrated, granulated, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
4. Onions, dry, NSN-8915-00-616-0200, Fed. HHH-V-1744/40.
5. Potatoes, white, fresh, NSN-8915-00-456-611, Fed. HHH-V-1867/6, Style (a).

#### **Cereal and Bakery Products**

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

#### **Soups and Boullions**

7. 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**

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

#### **Condiments**

9. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
10. Pepper, black, ground, NSN-8950-616-5486, Fed. EE-S-631, Type II.
11. Thyme, ground, NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

#### **Special Procurement**

12. Bay leaves, ground.
13. Starch, Col-Flo 67.

## **PRODUCTION GUIDES**

### **PORK**

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# BAKED PORK CUTLETS WITH BROWN GRAVY

R-4

Yield: 100 Portions

Each Portion: 1 cutlet and 4 oz  
(120 mL) of gravy

| Ingredients                   | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                |
|-------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork cutlets, frozen, breaded | 56.10   | 34.38  | 15,609 | 1. Deep-fry frozen cutlets at 350°F (176°C) for 3 minutes or until golden brown.<br>2. Place browned cutlets in baking pans, cover and bake for 20 minutes at 350°F (176°C).<br>3. Place 10 cutlets in each half-size steam table pan, cool to internal temperature of 50°F (10°C) and hold for step 10. |
| Gravy                         |         |        |        |                                                                                                                                                                                                                                                                                                          |
| Meat drippings or shortening  | 3.30    | 2.02   | 917    | 4. Place meat drippings or shortening in steam-jacketed kettle.                                                                                                                                                                                                                                          |
| Flour, wheat                  | .88     | 0.54   | 245    | 5. Make a roux with flour.                                                                                                                                                                                                                                                                               |
| Water, cold                   | 37.27   | 22.84  | 10,369 | 6. Mix remaining ingredients stirring together vigorously and add slowly to roux.                                                                                                                                                                                                                        |
| Starch, Col-Flo 67            | 1.32    | 0.81   | 368    | 7. Heat to 200°F (93°C) for 10 minutes.                                                                                                                                                                                                                                                                  |
| Soup and gravy base, beef     | 1.09    | 0.67   | 304    | 8. Adjust volume to 3.25 gallons (12.3 L).                                                                                                                                                                                                                                                               |
| Pepper, black                 | .02     | 0.01   | 4      | 9. Cool to 50°F (10°C).                                                                                                                                                                                                                                                                                  |
| Garlic, powder                | .02     | 0.01   | 4      | 10. Pour 40 oz (1.2 L) over cutlets in each half-size steam table pan.                                                                                                                                                                                                                                   |
|                               |         |        |        | 11. Cover, label, and freeze.                                                                                                                                                                                                                                                                            |
| Total                         | 100.00  | 61.28  | 28,820 |                                                                                                                                                                                                                                                                                                          |

- Notes:
1. Reheat covered in 350°F (177°C) oven until internal temperature of pork reaches 160°F (71°C).
  2. Pounds of cutlets are only a guide. Use count of cutlets to assure 100 portions.
  3. Formula makes 10 pans. Each pan contains 10 servings.

## **BAKED PORK CUTLETS WITH BROWN GRAVY**

### **Ingredients**

#### **Meat**

1. Pork cutlets, frozen, NSN-8905-01-017-5718, LP/P DES 1-76, Style II.

#### **Dairy, Eggs and Condiments**

2. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
3. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.
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, Type II, Class C, Style 2.
6. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type I.

#### **Special Procurement**

7. Starch, Col-Flo 67.

# BAKED STUFFED PORK CUTLETS

L-84

Yield: 100 Portions

Each Portion: 1 cutlet and 1/4 cup  
(55 g) of dressing

| Ingredients                      | Percent       | Pounds       | Grams         | Procedure                                                                                                                                     |
|----------------------------------|---------------|--------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| Pork cutlets, frozen,<br>breaded | 73.81         | 34.38        | 15,695        | 1. Deep fry cutlets at 350°F<br>(176°C) for 3 minutes or until<br>golden brown.<br>2. Place 8 pork cutlets in half-<br>size steam table pans. |
| Bread, dry, broken               | 10.20         | 4.75         | 2,157         | 3. In mixing bowl combine bread,<br>onions, pepper, poultry seasoning,<br>and salt. Mix thoroughly.                                           |
| Onions, dehydrated,<br>chopped   | 0.39          | 0.18         | 82            | 4. Add water to form a ball.                                                                                                                  |
| Pepper, black                    | 0.02          | 0.01         | 4             | 5. Add eggs and blend.                                                                                                                        |
| Poultry seasoning,<br>dehydrated | 0.13          | 0.06         | 27            | 6. Add shortening and blend gently<br>to mix.                                                                                                 |
| Shortening, melted               | 0.82          | 0.38         | 173           | 7. Place 1/4 cup (55 g) on each<br>pork cutlet.                                                                                               |
| Eggs, whole, beaten              | 1.07          | 0.50         | 227           | 8. Cover, label, and freeze.                                                                                                                  |
| Water                            | 13.52         | 6.30         | 2,860         |                                                                                                                                               |
| Salt                             | 0.04          | 0.02         | 9             |                                                                                                                                               |
| <b>Total</b>                     | <b>100.00</b> | <b>46.58</b> | <b>21,234</b> |                                                                                                                                               |

- Notes:**
1. Formula makes 10 pans. Each pan contains 10 servings.
  2. Reheating: Heat until internal temperature reaches at least 160°F (71°C), in a convection oven at 325°F (163°C). After internal temperature reaches 160°F (71°C), remove cover and heat for 15 minutes to brown.
  3. Pounds of pork are only a guide. Use count of slices to assure 100 portions.

## **BAKED STUFFED PORK CUTLETS**

### **Ingredients**

#### **Meat**

1. Pork cutlets, frozen, NSN-8905-01-017-5718, LP/P DES 1-76, Style II.

#### **Vegetables**

2. Onions, dehydrated, chopped, NSN-8915-00-295-4170, Fed. JJJ-O-1866, Type I, Style 4.

#### **Dairy, Eggs and Condiments**

3. Eggs, whole, frozen, NSN-8910-00-616-0031, Fed. C-E-00230, Type II, Kind A, Class I.
4. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class I(b).
5. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
6. Poultry seasoning, NSN-8950-00-170-9558, Fed. EE-S-631, Type III.
7. Salt, table, iodized, NSN-8925-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

8. Bread, dry, broken.

# BARBECUED FRANKFURTERS

L-61

Yield: 100 Portions

Serving: 2 franks, 4 oz  
(60 mL) sauce

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                             |
|-----------------------------|---------------|--------------|---------------|-----------------------------------------------------------------------------------------------------------------------|
| Frankfurters                | 49.59         | 25.30        | 11,486        | 1. Slit frankfurters lengthwise; place 40 frankfurter halves in each half-size steam table pan.                       |
| Shortening                  | 2.47          | 1.26         | 572           | 2. Rehydrate onion in excess water, drain. Saute onions in shortening in a suitable size steam kettle.                |
| Onions, dehydrated, chopped | 0.59          | 0.30         | 136           | 3. Add remaining ingredients to kettle, simmer for 10 minutes. Adjust volume to 32.5 gallons (12.3 L) with hot water. |
| Sugar                       | 2.47          | 1.26         | 572           | 4. Pour 40 oz (1.2 L) sauce over prepanned frankfurters.                                                              |
| Pepper, black               | 0.14          | 0.07         | 32            | 5. Cover, label, and freeze.                                                                                          |
| Mustard, dry                | 0.47          | 0.24         | 109           |                                                                                                                       |
| Paprika                     | 0.31          | 0.16         | 73            |                                                                                                                       |
| Worcestershire Sauce        | 1.33          | 0.68         | 309           |                                                                                                                       |
| Hot sauce                   | 0.45          | 0.23         | 104           |                                                                                                                       |
| Catusp                      | 22.34         | 11.40        | 5,176         |                                                                                                                       |
| Vinegar, white              | 9.92          | 5.06         | 2,297         |                                                                                                                       |
| Water                       | 9.92          | 5.06         | 2,297         |                                                                                                                       |
| <b>Total</b>                | <b>100.00</b> | <b>51.02</b> | <b>23,163</b> |                                                                                                                       |

- Notes:**
1. Reheat covered in oven at 350°F (177°C) until internal temperature of frankfurters reaches 160°F (71°C).
  2. Formula makes 10 pans. Each pan contains 10 portions.
  3. Pounds of frankfurters are only a guide. Use count of frankfurters to assure 100 portions.

## **BARBECUED FRANKFURTERS**

### **Ingredients**

#### **Meat**

1. Frankfurters, frozen, NSN-8905-00-616-0050, USDA IMPS, Formula B, Color A or B, Style C.

#### **Fats and Oils**

2. Shortening compound, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class I(b).

#### **Fruits and Vegetables**

3. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style I.

#### **Condiments and Related Products**

4. Catsup, tomato, NSN-8950-00-127-9789, Fed. JJJ-V-1746/25, Type I or II, Flavor Style I.
5. Hot sauce, NSN-8950-00-926-9939, MIL-H-35021, Type I.
6. Mustard, dry, ground, NSN-8950-00-519-5661, Fed. EE-S-631, Type II.
7. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631.
8. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
9. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class A.
10. Vinegar, white, NSN-8950-00-616-0213, Fed. Z-V-401, Type IV, Class 1 or 2.
11. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

# BARBECUED PORK LOIN

L-79

Yield: 100 Portions

Each Portion: 4 oz (113 g) meat  
4 oz (60 mL) sauce

| Ingredients              | Percent | Pounds | Grams  | Procedure                                                                                                                                                                             |
|--------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork loin, boneless      | 74.01   | 42.00  | 19,068 | 1. Place seasoned roasts in pans. Do not add water or cover.<br>2. Bake to an internal temperature of 170°F (77°C). Drain fat and cool roast to 60°F before slicing.                  |
| Salt                     | 0.44    | 0.25   | 114    |                                                                                                                                                                                       |
| Pepper, black            | 0.03    | 0.02   | 9      |                                                                                                                                                                                       |
| Sugar, white, granulated | 3.53    | 2.00   | 908    | 3. Combine sauce ingredients and bring to a boil. Reduce heat and simmer until sauce is blended (approximately 30 minutes).                                                           |
| Sugar, brown             | 0.44    | .25    | 114    |                                                                                                                                                                                       |
| Mustard, ground          | 0.11    | .06    | 27     |                                                                                                                                                                                       |
| Salt                     | 0.11    | .06    | 27     |                                                                                                                                                                                       |
| Hot sauce                | 0.05    | .03    | 14     |                                                                                                                                                                                       |
| Meat sauce               | 0.99    | .56    | 254    |                                                                                                                                                                                       |
| Tomato paste             | 0.53    | .30    | 136    |                                                                                                                                                                                       |
| Vinegar, white           | 7.05    | 4.00   | 1,816  |                                                                                                                                                                                       |
| Juice, lemon             | 0.88    | 0.50   | 227    |                                                                                                                                                                                       |
| Water                    | 10.57   | 6.00   | 2,724  |                                                                                                                                                                                       |
| Salad oil                | 0.11    | .06    | 27     |                                                                                                                                                                                       |
| Starch, Col-Flo 67       | 0.28    | .16    | 73     | 4. Dissolve starch in water and add to sauce. Heat for 5 minutes at 200°F (93°C). Adjust volume to 3.25 gallons (12.3 L) blending thoroughly. Cool to 50°F (10°C).                    |
| Water                    | 0.88    | .50    | 227    |                                                                                                                                                                                       |
| Total                    |         |        |        | 5. Slice roast in 2-oz (57-g) slices placing 40 oz (1134 g) of product in each half-sized steam table pan. Pour 40 oz (1.2 L) sauce over panned meat.<br>6. Cover, label, and freeze. |
| Total                    |         |        |        | 100.00 56.75 25,765                                                                                                                                                                   |

Notes: 1. Reheat covered in 325°F (163°C) oven until product temperature reaches 160°F (71°C).

2. Formula makes 10 pans. Each pan contains 10 portions.

## **BARBECUED PORK LOIN**

### **Ingredients**

#### **Meat**

1. Pork, loin, boneless, NSN-8905-00-935-0618, Fed. PP-Q-0571, Style B.

#### **Fruits and Vegetables**

2. Juice, lemon, NSN-8915-00-411-2676, MIL-J-11174.
3. Tomato paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I.

#### **Fats and Oils**

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

#### **Sugar**

5. Sugar, brown, NSN-8925-00-127-7325, Fed. JJJ-S-791, Type II, Class (A).
6. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class A.

#### **Condiments and Related Products**

7. Hot sauce, NSN-8950-00-926-9939, MIL-H-35021, Type I.
8. Meat sauce, NSN-8950-00-082-6176, MIL-S-0035013.
9. Mustard, ground, NSN-8950-00-519-5661, Fed. EE-S-631, Type III.
10. Pepper, black, ground, NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
11. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

# BRAISED SPARERIBS WITH SAUERKRAUT

L-93

Yield: 100 Portions

Each Portion: 2 double ribs, 1/2 cup  
(114 g) sauerkraut

Temperature: 204°C -- 163°C oven

| Ingredients                 | Percent       | Pounds        | Grams         | Procedure                                                                                                                                                                                                                                                                                  |
|-----------------------------|---------------|---------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork spareribs              | 59.45         | 75.00         | 34,050        | 1. Cut ribs into two rib pieces.<br>2. Place cut ribs in single layer, fat side up in sheet pans. Bake 40 minutes at 400°F (204°C) or until golden brown.<br>3. Drain ribs and place in field lugs (50 portions per pan). Cool to 50°F (10°C) and hold for step 4.                         |
| Onions, dehydrated, chopped | 0.56          | 0.70          | 318           | 4. Combine onions, salt, pepper and water together, mix thoroughly and spread evenly over ribs.                                                                                                                                                                                            |
| Salt                        | 0.32          | 0.40          | 182           | 5. Bake covered at 325°F (163°C), 1-1/2 to 2 hours or until ribs are tender.                                                                                                                                                                                                               |
| Pepper, black               | 0.05          | 0.06          | 28            |                                                                                                                                                                                                                                                                                            |
| Water, hot                  | 19.02         | 24.00         | 10,896        |                                                                                                                                                                                                                                                                                            |
| Sauerkraut, canned, drained | 20.60         | 26.00         | 11,804        | 6. Pan in half-size steam table pans as follows:<br>(a) Place 8 double ribs evenly in bottom of pan.<br>(b) Spread 1 lb (454 g) of sauerkraut over ribs.<br>(c) Place 8 more double ribs over sauerkraut.<br>(d) Spread 1 lb (454 g) of sauerkraut on top.<br>7. Cover, label, and freeze. |
| <b>Total</b>                | <b>100.00</b> | <b>126.16</b> | <b>57,278</b> |                                                                                                                                                                                                                                                                                            |

- Notes:**
1. Formula makes 13 pans. Each pan contains 8 portions.
  2. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 20 minutes.
  3. Five pounds (2270 g) dry chopped onions may be substituted for dehydrated onions in step 4.
  4. Sheet pans -- Length: 25 inches (63.5 cm); Width: 17 inches (43.2 cm); Depth: 1-1/4 inches (3.18 cm).
  5. Field lugs -- Length: 20 inches (50.8 cm); Width: 17 inches (43.2 cm); Depth: 6-1/2 inches (16.5 cm).

## **BRAISED SPARERIBS WITH SAUERKRAUT**

### **Ingredients**

#### **Meat**

1. Pork, spareribs, NSN-8905-00-126-8743, USDA IMPS.

#### **Vegetables**

2. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 4.
3. Sauerkraut, canned, NSN-8915-00-957-9558, Fed. JJJ-V-1746/18, Style I, Type of Pack (a).

#### **Dairy, Eggs and Condiments**

4. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
5. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

# BREADED PORK CHOPS

P-11

Yield: 100 Portions

Each Portion: 1 pork chop

| Ingredients                        | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                    |
|------------------------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork chops, (center cut, bone-in)  | 81.59         | 34.09        | 15,477        | 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                              | 4.19          | 1.75         | 795           | 4. Combine water, nonfat dry milk, and eggs to make egg wash. Dip pork chops in wash.                                                                                                                                                                                                                                        |
| Eggs, frozen, whole, thawed        | 1.34          | 0.56         | 254           |                                                                                                                                                                                                                                                                                                                              |
| Milk, nonfat, dry                  | 0.65          | 0.27         | 123           |                                                                                                                                                                                                                                                                                                                              |
| Breading (see breading mix p. 282) | 12.23         | 5.11         | 2,320         | 5. Dredge each pork chop in breading 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 each half-size steam table pan with parchment and shingle 8 pork chops (38 oz or 1077 g) to each pan.<br>9. Cover, label, and freeze. |
| <b>Total</b>                       | <b>100.00</b> | <b>41.78</b> | <b>18,969</b> |                                                                                                                                                                                                                                                                                                                              |

- Notes:**
1. 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 25.5 lb (11577 g).
  4. Formula makes 13 pans. Each pan contains 8 portions.
  5. The pounds in formula is only a guide. Use count of pork chops to assure 100 portions.

## **BREADED PORK CHOPS**

### **Ingredients**

#### **Dairy and 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-8910-00-982-2779, Fed. C-M-350, Type I, Style C.

#### **Special Procurement**

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

## KNOCKWURST AND SAUERKRAUT

W-3

Yield: 100 Portions

Each Portion: 1 Knockwurst  
5 oz (142 g)  
Sauerkraut

| Ingredients         | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                     |
|---------------------|---------|--------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Knockwurst          | 43.10   | 25.00  | 11,350 | 1. Split knockwurst lengthwise.                                                                                                                                                                                               |
| Sauerkraut, drained | 56.90   | 33.00  | 14,982 | 2. Portion 50 oz (1417 g) sauerkraut into each half-size steam table pan. Sauerkraut should not be completely drained.<br>3. Place 10 split knockwurst open side down over sauerkraut in pan.<br>4. Cover, label, and freeze. |
| Total               | 100.00  | 58.00  | 26,332 |                                                                                                                                                                                                                               |

- Notes:**
1. Twenty-five lb (11350 g) of knockwurst should yield 100 knockwurst. Use count of knockwurst to assure 100 portions.
  2. Frankfurters may be substituted for knockwurst. Twenty (9080 g) pounds of frankfurters should yield 200 frankfurters. In any event 200 frankfurters are required for each 100 portions.
  3. The amount of water in the sauerkraut may vary. Order sauerkraut by the drained weight to avoid shortages.
  4. If the sauerkraut is too salty add an equal weight of water, heat to a simmer, then drain excess water before portioning.
  5. Formula makes 10 pans. Each pan contains 10 servings.
  6. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C).

## **KNOCKWURST AND SAUERKRAUT**

### **Ingredients**

#### **Meat**

1. Knockwurst, Special Procurement through Commissary.
2. Frankfurters, frozen, Beef and Pork, USDA IMPS No. 800, Formula B, Color A or B, Style C, NSN-8905-00-616-0050.

#### **Vegetables**

3. Sauerkraut, canned, shredded, US Grade A, Style I, Fed Spec JJJ-V-1746/18, NSN-8915-00-680-0718.

# PORK CHOP SUEY

L-80

Yield: 100 Portions

Each Portion: 1 cup (240 mL)

| Ingredients                    | Percent       | Pounds       | Grams         | Procedure                                                                                         |
|--------------------------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------|
| Pork, boneless, diced,<br>raw  | 48.78         | 32.00        | 14,528        | 1. Brown diced pork in its own fat, sprinkled with pepper and salt, in a steam kettle.            |
| Salt                           | 0.40          | 0.26         | 118           |                                                                                                   |
| Pepper, black                  | 0.04          | 0.02         | 9             |                                                                                                   |
| Water                          | 14.00         | 9.18         | 4,168         | 2. Cover pork with water provided; bring to a boil.                                               |
| Onions, dehydrated,<br>chopped | 2.29          | 1.50         | 681           | 3. Rehydrate onions in excess water, drain and add rehydrated onions and sliced celery to kettle. |
| Celery, sliced 3/16"           | 12.21         | 8.01         | 3,637         |                                                                                                   |
|                                |               |              |               | 4. Cover and simmer for 1 hour.                                                                   |
| Bean sprouts (drained)         | 18.30         | 12.01        | 5,453         | 5. Drain bean sprouts, reserving liquid.                                                          |
| Starch, Col-Flo 67             | 1.90          | 1.25         | 568           |                                                                                                   |
| Ginger, ground                 | .02           | 0.01         | 5             | 6. Combine the liquid from the bean sprouts, starch, and ginger. Stir to make a smooth paste.     |
| Soy sauce                      | 1.53          | 1.00         | 454           |                                                                                                   |
| Molasses, dark                 | .53           | 0.35         | 159           | 7. Add slurry slowly to mixture, stirring constantly. Cook 20 minutes or until thickened.         |
|                                |               |              |               |                                                                                                   |
|                                |               |              |               | 8. Add bean sprouts; mix well.                                                                    |
|                                |               |              |               | 9. Stir in soy sauce and molasses. Blend well and adjust volume to 6.25 gallons (23.7 L).         |
|                                |               |              |               | 10. Cool to 50°F (10°C).                                                                          |
|                                |               |              |               | 11. Weigh 5 lb (2270 g) into each half-size steam table pan.                                      |
|                                |               |              |               | 12. Cover, label, and freeze.                                                                     |
| <b>Total</b>                   | <b>100.00</b> | <b>65.59</b> | <b>29,780</b> |                                                                                                   |

- Notes:**
1. Volume: 6.25 gallons (24 L) makes 100 portions.
  2. Formula makes 13 pans. Each pan contains 8 portions.
  3. Reheat at 325°F (163°C) until internal temperature reaches 160°F (71°C). Do not loosen or remove covers.
  4. Frozen sliced onions may be substituted for the dehydrated at the ratio of 8 parts to 1.

## **PORK CHOP SUEY**

### **Ingredients**

#### **Meat**

1. Pork, boneless, diced, NSN-8905-00-753-6503, Type I.

#### **Vegetables**

2. Bean sprouts, canned, NSN-8915-00-085-1642, MIL-B-35012.
3. Celery, fresh, NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
4. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style I.

#### **Dairy, Eggs and Condiments**

5. Molasses, NSN-8925-00-125-9454, Fed. JJJ-M-576.
6. Soy sauce, NSN-8950-00-935-3254, Fed. EE-S-610.
7. Ginger, ground, NSN-8950-00-616-5484, Fed. EE-S-631, Type II.
8. Pepper, black, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

10. Starch, Col-Flo 67.

# ROAST PORK AND GRAVY

L-81

Yield: 100 Portions

Each Portion: 2 slices (4 oz or 114 g)  
plus 4 oz (120 mL) gravy

| Ingredients                  | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork loin, boneless          | 58.68   | 39.00  | 17,706 | 1. Rub pork with salt and pepper; place in pans.<br>2. Insert meat thermometer in the center of the thickest part of a roast. Do not add water or cover.<br>3. Roast to an internal temperature of 160°F (71°C) in 325°F (183°C) oven.<br>4. Let stand 20 minutes in chilling box before slicing into 2-oz slices.<br>5. Fill each half-size steam table pans with 40 oz (1134 g) of sliced pork. |
| Salt                         | 0.76    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Pepper, black                | 0.09    | 0.06   | 27     |                                                                                                                                                                                                                                                                                                                                                                                                   |
|                              |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                   |
|                              |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Gravy                        |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Meat drippings or shortening | 3.04    | 2.02   | 917    | 6. Place meat drippings or shortening in steam-jacketed kettle.                                                                                                                                                                                                                                                                                                                                   |
| Flour, wheat                 | 0.81    | 0.54   | 245    | 7. Make a roux with flour.                                                                                                                                                                                                                                                                                                                                                                        |
|                              |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Water, cold                  | 34.37   | 22.84  | 10,369 | 8. Mix remaining ingredients together, stirring vigorously, add slowly to roux.<br>9. Heat to 200°F (93°C) for 10 minutes.<br>10. Add water to adjust volume to 3.25 gallons (12.3 L).<br>11. Cool to 50°F (10°C).<br>12. Pour 40 oz (1182 g) over meat in each half-size steam table pan.<br>13. Cover, label, and freeze.                                                                       |
| Starch, Col-Flo 67           | 1.21    | 0.81   | 368    |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Soup and gravy base beef     | 1.01    | 0.67   | 304    |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Pepper, black                | .02     | 0.01   | 4.5    |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Garlic powder                | .02     | 0.01   | 4.5    |                                                                                                                                                                                                                                                                                                                                                                                                   |
|                              |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                   |
| Total                        | 100.00  | 66.46  | 30,172 |                                                                                                                                                                                                                                                                                                                                                                                                   |

Notes: 1. Reheat in convection oven at 325°F (163°C) until internal temperature of the sliced pork reaches 160°F (71°C).

2. Formula makes 10 pans. Each pan contains 10 portions.

## **ROAST PORK AND GRAVY**

### **Ingredients**

#### **Meat**

1. Pork, loin, boneless, NSN-8905-00-935-0618, Fed. PP-00571, Style B.

#### **Dairy, Eggs and Condiments**

2. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
3. Garlic, dehydrated, granulated, NSN-8915-00-616-5469, Fed. JJJ-O-1866, Type II.
4. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
5. Soup and gravy base, beef, NSN-8935-00-753-6433, Fed. EE-B-575, Type I, Class 1, Style A.
6. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
7. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

8. Starch, Col-Flo 67.

# SWEET AND SOUR PORK

L-82

Yield: 100 Portions

Each Portion: 9 oz (270 mL)

| Ingredients               | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                |
|---------------------------|---------|--------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Pork, diced, boneless     | 35.39   | 32.00  | 14,515 | 1. Combine eggs, soy sauce, starch, salt and garlic powder. Stir until blended. Pour sauce over meat and mix to coat pieces. Let stand for 10 minutes.<br>2. Cook pork dices in deep fat fryer set at 360°F (182°C) for approximately 2 minutes or until meat is cooked to 160°F (71°C). |
| Eggs, whole, beaten       | 1.06    | 0.96   | 436    |                                                                                                                                                                                                                                                                                          |
| Soy sauce                 | 1.06    | 0.96   | 436    |                                                                                                                                                                                                                                                                                          |
| Starch, Col-Flo 67        | 1.06    | 0.96   | 436    |                                                                                                                                                                                                                                                                                          |
| Salt                      | 0.26    | 0.24   | 109    |                                                                                                                                                                                                                                                                                          |
| Garlic powder             | 0.01    | 0.01   | 5      |                                                                                                                                                                                                                                                                                          |
| Bean sprouts, canned      | 14.33   | 12.96  | 5,879  | 3. Drain bean sprouts and pineapple, saving the liquid to combine with water requirement.                                                                                                                                                                                                |
| Pineapple, canned, chunks | 7.17    | 6.48   | 2,939  |                                                                                                                                                                                                                                                                                          |
| Pineapple juice and water | 28.78   | 26.02  | 11,803 | 4. In steam-jacketed combine soy sauce, salt, sugar and juice-water mixture, reserving some liquid for step 6.<br>5. Add green peppers and cook mixture for 20 minutes.                                                                                                                  |
| Soy sauce                 | 0.53    | 0.48   | 218    |                                                                                                                                                                                                                                                                                          |
| Salt                      | 0.14    | 0.12   | 54     |                                                                                                                                                                                                                                                                                          |
| Sugar                     | 4.43    | 4.00   | 1,814  |                                                                                                                                                                                                                                                                                          |
| Peppers, sweet, fresh     | 2.20    | 2.00   | 902    |                                                                                                                                                                                                                                                                                          |
| Starch, Col-Flo 67        | 1.09    | 0.99   | 449    | 6. Make slurry with water reserved from step 4. Heat to 180°F (82°C).<br>7. Add cooked meat, bean sprouts, and pineapple chunks. Blend and heat mixture to 180°F (82°C).                                                                                                                 |
| Vinegar, white            | 2.49    | 2.25   | 1,021  |                                                                                                                                                                                                                                                                                          |
| Total                     |         |        |        | 8. Add vinegar, blend thoroughly. Adjust volume to 7.00 gallons (26.5 L).<br>9. Cool to 50°F (10°C).<br>10. Pour 80 oz (2.4 L) into half-size steam table pans.<br>11. Cover, label, and freeze.                                                                                         |
| Total                     |         |        |        | 100.00 90.43 41,016                                                                                                                                                                                                                                                                      |

**Notes:** 1. Reheat in convection oven at 325°F (163°C) until internal temperature reaches at least 160°F (71°C). Do not loosen or remove cover.

2. Formula makes 11 pans. Each pan contains 9 portions.

## **SWEET AND SOUR PORK**

### **Ingredients**

#### **Meat**

1. Pork, boneless, diced, NSN-8905-00-753-6503, Type I.

#### **Vegetables**

2. Bean sprouts, canned, NSN-8915-00-085-1642, MIL-B-35012.
3. Garlic, dehydrated, granulated, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
4. Peppers, sweet, fresh, NSN-8915-00-127-8006, Fed. HHH-V-1744/28.
5. Pineapple, canned, chunked, NSN-8915-00-170-5127, Fed. Z-P-1742/23, Style II.

#### **Dairy, Eggs and Condiments**

6. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind A, Class I.
7. Soy sauce, NSN-8950-00-935-3254, Fed. EE-S-610.
8. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-00791, Type I, Class (A).
10. Vinegar, cider, NSN-8950-00-221-0297, Fed. Z-V-401, Type I, Strength (B) (5%).

#### **Special Procurement**

11. Starch, Col-Flo 67.

## **PRODUCTION GUIDES**

### **POULTRY**

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# 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   | 29.30  | 13,289 | 1. Place thawed chicken in deep pans. Cover with water and steam until tender (approximately 40 minutes at 5 psi (34 kPa).<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    | 3.66   | 1,663  | 5. Simmer rice in excess water for 15 minutes.<br>6. Drain.<br>7. Chill to 50°F (10°C). Hold for step 14.                                                                                                                                                                                                                      |
| Bacon                                  | 8.94    | 5.39   | 2,445  | 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    | 2.14   | 972    |                                                                                                                                                                                                                                                                                                                                |
| Ham, smoked, diced                     | 4.66    | 2.81   | 1,274  |                                                                                                                                                                                                                                                                                                                                |
| Chicken broth                          | 14.44   | 8.71   | 3,950  | 9. Make a starch slurry with chilled chicken broth from step 2. Add to bacon, ham, and green peppers.                                                                                                                                                                                                                          |
| Starch, Col-Flo 67                     | 0.41    | 0.25   | 112    |                                                                                                                                                                                                                                                                                                                                |
| Onions, dehydrated, chopped            | 0.32    | 0.19   | 87     | 10. Rehydrate onions in excess warm water for 15 minutes. Drain, add to above.                                                                                                                                                                                                                                                 |
| Tomatoes, whole, canned in heavy puree | 6.19    | 3.73   | 1,693  | 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 each half-size steam table pan.<br>16. Cover, label, and freeze.                                                            |
| Tomato paste (26%)                     | 2.92    | 1.76   | 799    |                                                                                                                                                                                                                                                                                                                                |
| Peppers, red, canned, diced            | 2.69    | 1.62   | 734    |                                                                                                                                                                                                                                                                                                                                |
| Salt                                   | 0.41    | 0.25   | 112    |                                                                                                                                                                                                                                                                                                                                |
| Vinegar, cider                         | 0.32    | 0.19   | 87     |                                                                                                                                                                                                                                                                                                                                |
| Sugar                                  | 0.27    | 0.16   | 73     |                                                                                                                                                                                                                                                                                                                                |

## ARROZ CON POLLO

| Ingredients                       | Percent | Pounds | Grams  | Procedure |
|-----------------------------------|---------|--------|--------|-----------|
| Paprika                           | 0.13    | 0.08   | 34     |           |
| Garlic, dehydrated,<br>granulated | 0.05    | 0.03   | 13     |           |
| Pepper, black                     | 0.01    | 0.01   | 4      |           |
| Total                             | 100.00  | 60.28  | 27,341 |           |

- Notes:**
1. 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 contains 10 portions.
  3. Chicken weight is based on a 40% yield from raw weight to cooked edible (boned) meat. Edible weight of chicken equals 11.7 lb (5307 g).

## ARROZ CON POLLO

### Ingredients

#### Meat

1. Bacon, NSN-8905-00-403-0592, Fed. PP-B-0081, Type II, Form B, Style 1, Class 2.
2. Chicken, frozen, NSN-8905-00-965-22128, 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, granulated, 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 I.
6. Peppers, sweet, canned, red, NSN-8915-00-249-4873.
7. Peppers, sweet, frozen, green, NSN-8915-00-081-0856, Fed. HHH-V-1745/14, Type I, Style E.
8. Tomato paste, NSN-8915-00-582-4058, Fed. JJJ-V-1746/22, Type I, concentration d, Texture 1.

#### Condiments

9. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631, Type II, Class C, Style 2.
10. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
11. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
12. Sugar, granulated, 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, Strength B (5%).

#### 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.

# BARBECUED CHICKEN

L-128

Yield: 100 Portions

Each Portion: 2 pieces

| Ingredients                     | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken, broiler, fryer, cut-up | 54.56         | 50.00        | 22,700        | 1. Separate legs, wings, breasts, and thighs into individual greased pans.<br>2. Heat uncovered in 375°F (190°C) oven until slightly brown (20-30 minutes).                                                                                                                                                                                                                                                                        |
| Shortening                      | 1.09          | 1.00         | 454           |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Onions, dehydrated, sliced      | 0.40          | 0.37         | 168           | 3. Combine water, starch and all remaining seasonings into steam kettle and heat to 200°F (93°C).<br>4. Simmer for 15 minutes.                                                                                                                                                                                                                                                                                                     |
| Worcestershire sauce            | 2.46          | 2.25         | 1,022         |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Catsup, tomato                  | 18.00         | 16.50        | 7,484         |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Mustard, prepared               | 1.09          | 1.00         | 454           |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Sugar, light brown              | 2.73          | 2.50         | 1,135         |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Salt                            | 0.71          | 0.65         | 295           |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Pepper, black                   | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Pepper, red                     | 0.01          | 0.01         | 4             |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Margarine or butter             | 1.09          | 1.00         | 454           |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Starch, Col-Flo 67              | 0.38          | 0.35         | 159           |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Water                           | 13.10         | 12.00        | 5,443         |                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Vinegar, white                  | 4.37          | 4.00         | 1,814         | 5. Add vinegar, mix well and bring back to a volume of 4 gallons (15.1 L) with hot water.<br>6. Pour sauce equally over each pan of chicken, cover and bake at 325°F (163°C) to an internal temperature of 165°F (74°C) (1-1/2 hours)<br>7. Place 4 legs, 4 wings, 4 breasts and 4 thighs in each half-size steam table pan. Pour 2 lbs (908 g) of sauce over each pan.<br>8. Cool to 50°F (10°C).<br>9. Cover, label, and freeze. |
| <b>Total</b>                    | <b>100.00</b> | <b>91.64</b> | <b>41,590</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                    |

- Notes:**
1. Formula makes 13 pans. Each pan contains 8 portions.
  2. Three pounds (1362 g) of fresh onions may be substituted for dehydrated onions in step 3.
  3. Reheat in 350°F (176°C) convection oven covered to 160°F (71°C) internal temperature. Time: approximately 1 hour, 10 minutes.

## **BARBECUED CHICKEN**

### **Ingredients**

#### **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, Eggs and Condiments**

3. Butter, NSN-8910-00-616-0038, Fed. C-B-801, Style (b), Class 1.
4. Catsup, tomato, NSN-8950-00-127-9789, Fed. JJJ-V-1746/25, Type I, Flavor Style I.
5. Margarine, NSN-8945-00-616-0078, Fed. EE-M-0045, Type I.
6. Mustard, prepared, NSN-8950-00-127-8024, Fed. EE-M-821, Type I.
7. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1 (b).
8. Sugar, brown, light, NSN-8925-00-127-7328, Fed. JJJ-S-791, Type II.
9. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
10. Pepper, cayenne, ground, NSN-8950-00-170-9565, Fed. EE-S-631.
11. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
12. Vinegar, wine, white, NSN-8950-00-616-0213, Fed. Z-V-401, Type IV, Class 1.
13. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-00600.

#### **Special Procurement**

14. Starch, Col-Flo 67.

# CHICKEN CACCIATORE

L-130

Yield: 100 Portions

Each Portion: 8 oz (240 mL)

| Ingredients                                             | Percent       | Pounds        | Grams         | Procedure                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------|---------------|---------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken breasts,<br>cooked, deboned,<br>defatted, diced | 36.65         | 21.60         | 9,798         | 1. Remove fat and bone from breasts.<br>Place 10 lb (4540 g) per pan, in<br>full-size steam table pans, cover<br>and cook in high pressure steam to<br>170°F (77°C) internal temperature.<br>2. Cool slightly and dice 1/2-inch<br>by 1-inch pieces. Set aside for step 4. |
| Tomatoes, canned,<br>crushed                            | 16.04         | 8.51          | 3,860         | 3. Combine all ingredients except<br>chicken in steam kettle, heat to<br>a boil.                                                                                                                                                                                           |
| Tomato paste, canned,<br>(26% solids)                   | 6.87          | 4.05          | 1,837         | 4. Add cooked diced chicken to<br>season mixture. Mix well and simmer<br>for 15 minutes.                                                                                                                                                                                   |
| Mushrooms, drained,<br>diced 1/2 inch by<br>1/2 inch    | 5.49          | 3.24          | 1,470         | 5. Bring volume of mixture back to<br>6.25 gallons (23.6 L) with hot<br>water.                                                                                                                                                                                             |
| Water                                                   | 32.07         | 18.90         | 8,573         | 6. Place 80 oz (2.4 L) of<br>cacciatore in each half-size steam<br>table pan.                                                                                                                                                                                              |
| Soup and gravy base,<br>chicken                         | 0.76          | 0.45          | 204           | 7. Cool to 50°F (10°C).                                                                                                                                                                                                                                                    |
| Salt                                                    | 0.41          | 0.24          | 109           | 8. Cover, label, and freeze.                                                                                                                                                                                                                                               |
| Pepper, black                                           | 0.01          | 0.01          | 4             |                                                                                                                                                                                                                                                                            |
| Onions, dehydrated,<br>sliced                           | 0.46          | 0.27          | 122           |                                                                                                                                                                                                                                                                            |
| Thyme, ground                                           | 0.01          | 0.01          | 4             |                                                                                                                                                                                                                                                                            |
| Pepper, red                                             | 0.01          | 0.005         | 2             |                                                                                                                                                                                                                                                                            |
| Allspice, ground                                        | 0.01          | 0.01          | 4             |                                                                                                                                                                                                                                                                            |
| Garlic powder                                           | 0.01          | 0.01          | 4             |                                                                                                                                                                                                                                                                            |
| Chili powder                                            | 0.13          | 0.08          | 36            |                                                                                                                                                                                                                                                                            |
| Starch, Col-Flo 67                                      | 1.07          | 0.63          | 286           |                                                                                                                                                                                                                                                                            |
| <b>Total</b>                                            | <b>100.00</b> | <b>58.015</b> | <b>26,313</b> |                                                                                                                                                                                                                                                                            |

- Notes:**
- Two pounds (908 g) of fresh chopped onions may be substituted for dehydrated onions in step 3.
  - Formula makes 10 pans. Each pan contains 10 portions.
  - Reheat in convection oven covered at 350°F (176°C) to an internal temperature of 160°F (71°C) (1 hour, 10 minutes).
  - Whole chickens may be substituted for chicken breasts in step 1. Procedure is the same as listed except bone and skin is removed after cooking. One 3-pound (1362 g) whole chicken will yield 1 lb (454 g) cooked, deboned, defatted, diced chicken meat.
  - Pre-cooked chicken rolls may be substituted for chicken in step 1.
  - Fresh or frozen chicken breasts should weigh at least 32 lb (1452 g) to produce 24 lb (10896 g) cooked, deboned, defatted, and diced chicken as stated by formula.

## CHICKEN CACCIATORE

### Ingredients

#### Meat

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

#### Vegetables

2. Garlic, dehydrated, powder, NSN-8915-00-616-5465, MIL-G-35008.
3. Mushrooms, canned, NSN-8915-00-935-6629, Fed. JJJ-M-851, Type II, Style E.
4. Onions, dehydrated, sliced, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style I.
5. Tomatoes, canned, whole, NSN-8915-00-582-4060, Fed. JJJ-V-1746/20, Type I.
6. Tomato paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, Conc. (B) or (C), Texture 1 or 2.

#### Dairy, Eggs and Condiments

7. Soup and gravy base, chicken, NSN-8935-00-753-6424, Fed. EE-B-575, Type II, Class I, Style A.
8. Allspice, ground, NSN-8950-00-170-9562, Fed. EE-S-631, Type II.
9. Chili powder, NSN-8950-00-753-2962, Fed. EE-S-631, Type I.
10. Pepper, black, ground, NSN-8950-00-127-8067, Fed. EE-S-631, Type II.
11. Pepper, cayenne, ground, NSN-8950-00-170-9565, Fed. EE-S-631.
12. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
13. Thyme, ground, NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

#### Special Procurement

14. Starch, Col-Flo 67.

# CHICKEN FRICASSEE

N-18

Yield: 100 Portions

Each Portion: Chicken 3 oz (85 g)  
4 oz (113 g)

| Ingredient                             | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|----------------------------------------|---------|--------|--------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken, cut-up, legs, breasts, thighs | 65.22   | 46.87  | 21,260 | 1. Steam chicken parts at 15 psi (103 kPa) for approximately 20 minutes to an internal temperature of 160°F (71°C). Reserve broth for steps 9 (see note 3).<br>2. Cool to about 80°F (27°C) to facilitate handling.<br>3. Remove skin and bones from cooked chicken parts.<br>4. Cut chicken into approximately 1/2-inch by 1-inch pieces.<br>5. Cool chicken meat to about 50°F (10°C).<br>6. Place 30 oz (850 g) of chicken in each half-size steam table pan. |
| Carrots, fresh, sliced, 1/4-inch       | 4.87    | 3.50   | 1,588  | 7. Steam vegetables until not quite tender, reserve for step 13.                                                                                                                                                                                                                                                                                                                                                                                                 |
| Celery, fresh, sliced, 1/4-inch        | 4.87    | 3.50   | 1,588  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Margarine                              | 1.83    | 1.32   | 599    | 8. Make a roux from margarine and flour.                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Flour, wheat                           | 0.30    | 0.22   | 100    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Chicken, broth                         | 13.34   | 9.59   | 4,350  | 9. Add chicken broth (reserving some for step 11) milk, salt, onion powder and pepper to above; mix well.<br>10. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                                                           |
| Milk, homogenized                      | 7.30    | 5.25   | 2,381  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Salt                                   | 0.37    | 0.26   | 118    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Onion powder                           | 0.37    | 0.26   | 118    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Pepper, white, ground                  | 0.01    | 0.01   | 5      | 11. Make a starch slurry with broth reserved from step 9. Add to above.<br>12. Heat to 180°F (82°C).                                                                                                                                                                                                                                                                                                                                                             |
| Starch, Col-Flo 67                     | 0.61    | 0.44   | 200    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Sauterne flavoring                     | 0.91    | 0.65   | 295    | 13. Add sauterne and steamed vegetables from step 7 to above. Mix gently.<br>14. Add enough water to maintain formula weight.                                                                                                                                                                                                                                                                                                                                    |

## CHICKEN FRICASSEE

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                 |
|--------------|---------------|--------------|---------------|---------------------------------------------------------------------------|
|              |               |              |               | 15. Cool sauce to about 50°F (10°C).                                      |
|              |               |              |               | 16. Pour 40 oz (1134 g) sauce over chicken in half-size steam table pans. |
|              |               |              |               | 17. Cover, label, and freeze.                                             |
| <b>Total</b> | <b>100.00</b> | <b>71.87</b> | <b>32,602</b> |                                                                           |

- Notes:**
1. Formula is based on 40% yield of chicken. This includes 70% yield from raw weight to cooked weight and 57% yield from cooked weight to edible meat. Cooked weight of edible meat for 100 portions should be approximately 18.7 lb (8.5 kg).
  2. Final weight of gravy for 100 servings is 25.0 lb (11.3 kg). Final volume of gravy for 100 servings is 3.0 gallons (11.3 L). One gallon (3.8 L) weighs 8.25 lb (3.7 kg).
  3. In the event that the broth from the chicken steaming operation can be saved, this broth should be used in satisfying the broth requirement in section 4.
  4. Formula makes 10 pans. Each pan contains 10 portions.
  5. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C).

## **CHICKEN FRICASSEE**

### **Ingredients**

#### **Meat**

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

#### **Dairy Foods and Eggs**

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

#### **Vegetables**

3. Carrots, fresh, NSN-8915-00-127-8019, Fed. HHH-V-1744/10.
4. Celery, fresh, NSN-8915-00-926-4925, Fed. HHH-V-1744/12.

#### **Cereal and Bakery Products**

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

#### **Food Oils and Fats**

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

#### **Condiments**

7. Pepper, white, ground, NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
8. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

9. Onion powder.
10. Sauterne flavoring.
11. Starch, Col-Flo 67.

# CHICKEN KIEV

N-19

Yield: 100 Portions

Each Portion: 2 each 3.8 oz (109 g)

| Ingredients                            | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                             |
|----------------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken breasts,<br>skinless, boneless | 80.04   | 22.05  | 10,001 | 1. Split chicken breasts in half.<br>2. Pound chicken breasts to<br>approximately 1/4 inch (6 mm) in<br>thickness.                                                                                                                                                                                                    |
| Butter, salted                         | 6.40    | 1.76   | 798    | 3. Place 8 g of butter in the<br>center of each chicken breast.                                                                                                                                                                                                                                                       |
| Salt                                   | 0.46    | 0.13   | 59     | 4. Combine salt, parsley, chives,<br>onion powder, garlic and pepper<br>and mix well.<br>5. Spread approximately one grain<br>of seasoning mixture over entire<br>surface of each buttered chicken<br>breast.<br>6. Roll chicken breasts tightly<br>keeping buttered surface inward,<br>and fasten with toothpicks.   |
| Parsley, dehydrated                    | 0.10    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                       |
| Chives, frozen, diced                  | 0.10    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                       |
| Onion powder                           | 0.10    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                       |
| Garlic, granulated                     | 0.10    | 0.03   | 14     |                                                                                                                                                                                                                                                                                                                       |
| Pepper, black                          | 0.03    | 0.01   | 4.5    |                                                                                                                                                                                                                                                                                                                       |
| Flour, wheat                           | 2.61    | 0.72   | 327    | 7. Dust each rolled chicken<br>breast with flour.                                                                                                                                                                                                                                                                     |
| Eggs, beaten                           | 4.82    | 1.33   | 603    | 8. Dip in egg wash.                                                                                                                                                                                                                                                                                                   |
| Bread crumbs                           | 5.24    | 1.44   | 653    | 9. Roll each breast in bread<br>crumbs.<br>10. Deep fry fat at 325°F (163°C)<br>until internal temperature reaches<br>140°F (60°C).<br>11. Cool to approximately 50°F (10°C).<br>12. Remove toothpicks.<br>13. Place 20 rolled chicken breasts<br>in each half-size steam table pan.<br>14. Cover, label, and freeze. |
| Total                                  | 100.00  | 27.56  | 12,502 |                                                                                                                                                                                                                                                                                                                       |

## CHICKEN KIEV

- Notes:
1. Formula is based on an 88% yield of Chicken Kiev. Cooked weight of product for 100 portions should be approximately 23.8 lb. (For guidance a 4.4 oz (124 g) portion should yield a 3.8 oz (109 g) cooked portion.)
  2. The pounds specified in the formula are only a guide; use count of chicken breasts to assure 100 portions.
  3. Additional 10% overrun by weight, of flour, egg wash, and bread crumbs has been included for hand breading. Additional amounts may be needed to account for equipment fill.
  4. Formula makes 10 pans. Each pan contains 10 portions.
  5. Reheat in a convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C).

## **CHICKEN KIEV**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Butter, salted, NSN-8910-00-616-0038, Fed. C-B-801, Style (b), Class 1.
2. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class 1.

#### **Fruits and Vegetables**

3. Garlic, dehydrated, granulated, NSN-8915-00-616-5469, Fed. JJJ-O-1866, Type II.
4. Parsley, dehydrated, NSN-8915-00-975-0530, MIL-P-35090.
5. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-481, Type III, Class B, Style 2.
6. Bread crumbs, NSN-8920-00-464-2224, MIL-F-3501, Type III.

#### **Condiments**

7. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
8. Salt, table, iodized, NSN-8950-00-8886, Fed. SS-S-31.

#### **Special Procurement**

9. Chicken breasts, skinless, boneless.
10. Chives, frozen.
11. Onion powder.

# CHICKEN PARMESAN

C-3

Yield: 100 Portions

Each Portion: 5 oz (142 g) chicken  
2 oz (57 g) bread cubes

| Ingredients                            | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                     |
|----------------------------------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken (legs, thighs, breasts, backs) | 78.76         | 47.00        | 21,319        | 1. Place chicken in deep pan. Partially fill with water and steam until tender (approximately 40 minutes) at 5 psi or 34 kPa.<br>2. Drain broth.<br>3. Cool chicken to 45°F (7°C) and place approximately 39 oz (1106 g) into each half-size steam table pan. |
| Butter                                 | 8.09          | 4.83         | 2,191         | 4. Melt butter and add remaining ingredients in this section. Mix well.                                                                                                                                                                                       |
| Cheese, Parmesan, grated               | 0.98          | 0.58         | 263           |                                                                                                                                                                                                                                                               |
| Salt                                   | 0.24          | 0.15         | 68            |                                                                                                                                                                                                                                                               |
| Garlic, dehydrated, granulated         | 0.03          | 0.02         | 9             |                                                                                                                                                                                                                                                               |
| Croutons, unseasoned                   | 11.90         | 7.09         | 3,216         | 5. Combine seasoned butter with croutons. Mix well.<br>6. Place 14.5 oz (411 g) over chicken in pans.<br>7. Cover, label, and freeze.                                                                                                                         |
| <b>Total</b>                           | <b>100.00</b> | <b>59.67</b> | <b>27,066</b> |                                                                                                                                                                                                                                                               |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) until internal temperature of chicken reaches 160°F (71°C). Time: approximately 2 hours. Texture of product will be improved if cover is removed for the last half of the reheating.
  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 contains 7 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 chicken to edible meat.
  5. Cooked weight of chicken equals 32 pounds (14,515 g). Edible meat equals 18.8 lbs (8528 g).

## **CHICKEN PARMESAN**

### **Ingredients**

#### **Meat**

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

#### **Vegetables**

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

#### **Dairy, Condiments**

3. Cheese, Parmesan, grated, NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1.
4. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
5. Butter, NSN-8910-00-616-0038, Fed. C-B-801, Style (b), Class 1.

#### **Special Procurement**

6. Croutons, unseasoned.

# CHICKEN POT PIE

L-132

Yield: 100 Portions

Each Portion: 8 oz (227 g)  
and topping

| Ingredients                        | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken, whole, raw                | 43.57   | 45.00  | 20,412 | 1. Place whole chickens in deep sided pans. Mix seasoning with water and divide equally among pans. Cover and place in steam cooker for approximately 45 minutes or until chicken reaches 175°F (79°C). Drain stock. Add sufficient water to bring back to original water weight or volume (22.5 lb or 2.8 gal) and retain for use in step 3. Place cooked chicken in refrigerator to lower temperature enough to handle. Debone and skin, and cut into 1 inch dices. Cool to 50°F (10°C) and save for use in step 6. |
| Water                              | 13.00   | 13.42  | 6,087  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Salt                               | 0.34    | 0.35   | 159    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Monosodium glutamate               | 0.17    | 0.18   | 82     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Bay leaves, ground                 |         | 0.01   | 4      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Butter or margarine                | 0.91    | 0.94   | 426    | 2. Melt margarine in steam kettle. Add flour and cook to a smooth roux.                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Flour, wheat                       | 0.82    | 0.85   | 386    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Chicken stock                      | 21.80   | 22.52  | 10,215 | 3. Add chicken stock from step 1 add seasonings. Mix thoroughly.                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| Pepper, black                      | 0.02    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Celery salt                        | 0.02    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Salt                               | 0.05    | 0.05   | 23     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Potatoes, raw, diced<br>1-1/2 inch | 3.66    | 3.78   | 1,715  | 4. Add carrots and potatoes. Cook until vegetables are slightly undercooked. Add peas; heat to 180°F (82°C).                                                                                                                                                                                                                                                                                                                                                                                                          |
| Carrots, raw, sliced<br>1/2 inch   | 3.66    | 3.78   | 1,715  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Peas, frozen                       |         |        |        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Starch, Col-Flo 67                 | 1.22    | 1.26   | 572    | 5. Mix starch with a small amount of water in a separate container to make a slurry. Slowly add slurry while stirring constantly.                                                                                                                                                                                                                                                                                                                                                                                     |

## CHICKEN POT PIE

| Ingredients                     | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                       |
|---------------------------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Topping mixture<br>(see p. 228) | 4.84          | 5.00         | 2,268         | 6. Add deboned chicken and mix thoroughly. Heat contents to 180°F (82°C).<br>7. Cool to 50°F (10°C).<br>8. Fill each half-size steam table pan with 5 lb (2268 g) chicken mixture. Add dough strips to panned chicken; approximately 4 per pan.<br>9. Cover, label, and freeze. |
| <b>Total</b>                    | <b>100.00</b> | <b>97.18</b> | <b>44,082</b> |                                                                                                                                                                                                                                                                                 |

- Notes:**
1. Reheat in convection oven at 325°F (163°C) until internal temperature reaches at least 160°F (71°C). Then remove cover for 15 minutes or until topping is brown.
  2. Cooked deboned chicken may be substituted for the whole raw chickens at the rate of 1 lb (454 g) of cooked per 3 lb (1326 g) of raw whole chickens.
  3. Formula makes 10 pans. Each pan contains 10 servings.

## **CHICKEN POT PIE**

### **Ingredients**

#### **Meat**

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

#### **Vegetables**

2. Carrots, fresh, NSN-8915-00-127-8019, Fed. HHH-V-1745/6, Style 4.
3. Peas, frozen, NSN-8915-127-8021, Fed. HHH-V-1745/14.
4. Potatoes, white, frozen, NSN-8915-00-456-6111, Fed. HHH-V-1867/6, Style (a).

#### **Dairy, Eggs and Condiments**

5. Butter, NSN-8910-1870-616-0038, Fed. C-B-801, Style (D), Class 1.
6. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
7. Margarine, NSN-8945-00-616-0078, Fed. EE-M-0045, Type I.
8. Bay leaves, NSN-8950-00-170-9561, Fed. EE-S-631, Type I.
9. Celery salt, NSN-8950-127-8044, MIL-S-43855, Type I.
10. MSG, NSN-8950-00-263-2786, Fed. EE-M-591.
11. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
12. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

13. Starch, Col-Flo 67.

# CHICKEN POT PIE TOPPING

L-132

| Ingredients     | Percent | Pounds | Grams | Procedure                                                                                        |
|-----------------|---------|--------|-------|--------------------------------------------------------------------------------------------------|
| Flour, wheat    | 46.60   | 2.33   | 1,058 | 1. Blend the dry ingredients together in a large mixer.                                          |
| Nonfat dry milk | 2.98    | 0.15   | 68    |                                                                                                  |
| Baking powder   | 2.08    | 0.10   | 45    |                                                                                                  |
| Salt            | 0.90    | 0.05   | 23    |                                                                                                  |
| Sugar           | 1.00    | 0.05   | 23    |                                                                                                  |
| Shortening      | 15.52   | 0.78   | 354   | 2. Blend shortening into dry ingredients until mixture resembles coarse crumbs. Do not over mix. |
| Water           | 30.92   | 1.55   | 704   | 3. Gradually add water and mix only enough to form a soft dough.                                 |
|                 |         |        |       | 4. Place dough on lightly floured board; kneed lightly about 1 minute or until dough is smooth.  |
|                 |         |        |       | 5. Roll out to uniform thickness of 1/4 inch.                                                    |
|                 |         |        |       | 6. Cut into 1 inch strips to fit half-size steam table pans.                                     |
|                 |         |        |       | 7. Place strips over prepared pot pie.                                                           |
| Total           | 100.00  | 5.01   | 2,275 |                                                                                                  |

## **CHICKEN POT PIE TOPPING**

### **Ingredients**

#### **Dairy, Eggs and Condiments**

1. Baking powder, NSN-8950-00-125-6333, Fed. EE-B-25, Type 1.
2. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
3. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.
4. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
5. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class A.
6. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

# COUNTRY STYLE CHICKEN

L-135

Yield: 100 Portions

Each Portion: 2 pieces chicken  
4 oz (120 mL) gravy

| Ingredients                         | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                               |
|-------------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken, broiler, fryer, cut-up     | 54.15   | 50.00  | 22,680 | 1. Wash chickens thoroughly. Drain well.                                                                                                                                                                                                                                                                                                                                                |
| Flour, wheat                        | 4.33    | 4.00   | 1,814  | 2. Dredge chicken in seasoned flour; shake off excess.                                                                                                                                                                                                                                                                                                                                  |
| Salt                                | 0.54    | 0.50   | 227    |                                                                                                                                                                                                                                                                                                                                                                                         |
| Pepper, black                       | 0.02    | 0.02   | 9      | 3. Deep fry fat at 360°F (182°C) until brown (3-5 minutes).                                                                                                                                                                                                                                                                                                                             |
| Paprika, ground                     | 0.02    | 0.02   | 9      |                                                                                                                                                                                                                                                                                                                                                                                         |
| Water, hot                          | 8.64    | 8.00   | 3,628  | 4. Separate chicken pieces and place in individual full-size steam table pans. Add 1 quart of water to each pan.<br>5. Cover pans and bake 45 minutes or until chicken reaches an internal temperature of 165°F (74°C).<br>6. Place 4 legs, 4 wings, 4 thighs and 4 breasts in each half-size steam table pan. Cool to 50°F (10°C) and set aside for step 12. Reserve stock for step 7. |
| Starch, Col-Flo 67                  | 0.74    | 0.68   | 308    | 7. Combine all ingredients; mix well and add to steam kettle. Heat to 180°F (82°C). Hold for step 9.                                                                                                                                                                                                                                                                                    |
| Milk, nonfat dry                    | 0.74    | 0.68   | 308    |                                                                                                                                                                                                                                                                                                                                                                                         |
| Water or stock                      | 27.56   | 25.45  | 11,544 |                                                                                                                                                                                                                                                                                                                                                                                         |
| Soup and gravy base, chicken flavor | 0.74    | 0.68   | 308    |                                                                                                                                                                                                                                                                                                                                                                                         |
| Shortening                          | 1.78    | 1.64   | 744    | 8. Heat shortening in separate steam kettle; add flour slowly with thorough mixing. Cook to make a roux.                                                                                                                                                                                                                                                                                |
| Flour, wheat                        | 0.74    | 0.68   | 308    | 9. Add mixture from step 7 to flour, shortening mixture, heat to 180°F (82°C) and cook 15 minutes.<br>10. Bring volume back to 3.25 gallons (12.3 L) with hot water.                                                                                                                                                                                                                    |

## COUNTRY STYLE CHICKEN

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                       |
|--------------|---------------|--------------|---------------|---------------------------------|
|              |               |              |               | 11. Cool to 50°F (10°C).        |
|              |               |              |               | 12. Place 32 oz (0.9 L) of      |
|              |               |              |               | gravy over each pan of chicken. |
|              |               |              |               | 13. Cover, label, and freeze.   |
| <b>Total</b> | <b>100.00</b> | <b>92.35</b> | <b>41,887</b> |                                 |

- Notes:**
1. Formula makes 13 pans. Each pan contains 8 portions.
  2. In step 3, chicken may be browned in oven at 400°F (204°C) for 20 minutes.
  3. Other types of milk may be used in step 7, such as whole white.
  4. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 15 minutes.

## **COUNTRY STYLE CHICKEN**

### **Ingredients**

#### **Meat**

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

#### **Dairy, Eggs and Condiments**

2. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
3. Milk, nonfat dry, NSN-00-982-2779, Fed. C-M-350, Type I, Style C.
4. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
5. Soup and gravy base, chicken, NSN-8935-00-753-7424, Fed. EE-B-575, Type II, Class 1, Style A.
6. Paprika, ground, NSN-8950-00-170-9563, Fed. EE-S-631, Type II, Class C, Style 2.
7. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
8. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

9. Starch, Col-Flo 67.

# ORIENTAL CHICKEN

C-4

Yield: 100 Portions

Each Portion: 5 oz (142 g)

| Ingredients               | Percent       | Pounds       | Grams         | Procedure                                                                                                   |
|---------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------|
| Chicken, cooked, boned    | 60.00         | 18.75        | 8,505         | 1. Dice cooked chicken into 1/2-inch (1.3-cm) cubes. Hold for step 6.                                       |
| Scallions, fresh          | 2.42          | 0.75         | 340           | 2. Slice scallions into 1/4-inch (0.6-cm) segments. Blanch for 2 minutes in boiling water. Hold for step 6. |
| Chicken broth, canned     | 21.23         | 6.64         | 3,012         | 3. Combine ingredients listed in this section in a steam-jacketed kettle. Mix well. Heat to 180°F (162°C).  |
| Soy sauce                 | 2.20          | 0.69         | 313           |                                                                                                             |
| Sherry flavoring          | 1.96          | 0.61         | 277           |                                                                                                             |
| Starch, Col-Flo 67        | 1.58          | 0.50         | 227           |                                                                                                             |
| Sugar                     | 0.74          | 0.22         | 100           |                                                                                                             |
| Ginger, ground            | 0.03          | 0.01         | 5             |                                                                                                             |
| Mushrooms, canned, sliced | 5.90          | 1.85         | 839           | 4. Add ingredients listed in this section to above.                                                         |
| Apricot puree, canned     | 3.94          | 1.22         | 553           | 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.                                                                                |
| <b>Total</b>              | <b>100.00</b> | <b>31.24</b> | <b>14,171</b> |                                                                                                             |

**Notes:** 1. Reheat in convection at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.

2. Formula makes 6 pans. Each pan contains 17 servings.

3. Formula is based on cooked weight of boned chicken.

## **ORIENTAL CHICKEN**

### **Ingredients**

#### **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, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type I, Class (a).

#### **Special Procurement**

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

# OVEN-FRIED CHICKEN

L-138

Yield: 100 Portions

Each Portion: 2 pieces

| Ingredients                     | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|---------------------------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken, broiler, fryer, cut-up | 78.52         | 50.00        | 22,700        | 1. Separate pieces of chicken into individual parts (wings, legs, thighs, breasts). Wash thoroughly. Drain well.                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Nonfat dry milk                 | 0.63          | 0.40         | 182           | 2. Reconstitute milk with water; add eggs and mix thoroughly. Dip chicken in egg mixture. Drain and save for step 4.                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Water                           | 4.32          | 2.75         | 1,249         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Egg, whole, thawed, beaten      | 3.14          | 2.00         | 908           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Flour, wheat                    | 4.71          | 3.00         | 1,362         | 3. Combine flour, salt, pepper, paprika, and bread crumbs, mix thoroughly.<br>4. Dredge chicken in seasoned flour. Shake off excess.<br>5. Brown chicken in deep fat fryer at 365°F (185°C) for 2 minutes or until brown.<br>6. Place browned chicken in open pans and bake at 350°F (176°C) in revolving oven to an internal temperature of 165°F (74°C) (45 minutes).<br>7. Cool to 50°F (10°C).<br>8. Place 16 pieces (4 wings, 4 thighs, 4 legs, and 4 breasts) in each half-size steam table pan.<br>9. Cover, label, and freeze. |
| Salt                            | 0.79          | 0.50         | 227           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Pepper, black                   | 0.01          | 0.01         | 5             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Bread crumbs, dry               | 7.86          | 5.00         | 2,270         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Paprika, ground                 | 0.02          | 0.02         | 8             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Total</b>                    | <b>100.00</b> | <b>63.68</b> | <b>28,911</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |

**Notes:** 1. Formula makes 13 pans. Each pan contains 8 servings.

2. Reheat covered in 350°F (176°C) convection oven to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 15 minutes.

## OVEN-FRIED CHICKEN

### Ingredients

#### Meat

1. Chicken, cut-up, NSN-8905-00-965-2129, Fed. PP-C-248, Type IV, Class I, Style 4.

#### Dairy, Eggs and Condiments

2. Bread crumbs, NSN-8920-00-464-2224, MIL-F-3501, Type III.
3. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind A, Class 1.
4. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
5. Milk, nonfat, dry, NSN-00-982-2779, Fed. C-M-350, Type I, Style C.
6. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
7. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

# PINEAPPLE CHICKEN

L-139

Yield: 100 Portions

Each Portion: 2 pieces

Temperature: 365°F (185°C) Deep Fat

| Ingredients                        | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                         |
|------------------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken, broiler,<br>fryer, cut-up | 79.58         | 50.00        | 22,680        | 1. Wash chicken thoroughly.<br>2. Sprinkle chicken with monosodium glutamate.                                                                                                                                     |
| Monosodium glutamate               | 0.04          | .02          | 9             |                                                                                                                                                                                                                   |
| Soy sauce                          | 1.59          | 1.00         | 454           | 3. Combine soy sauce, salt and sugar; heat slightly and brush on chicken pieces.                                                                                                                                  |
| Salt                               | 0.48          | 0.30         | 136           |                                                                                                                                                                                                                   |
| Sugar                              | 0.40          | 0.25         | 113           |                                                                                                                                                                                                                   |
| Flour, wheat                       | 4.78          | 3.00         | 1,361         | 4. Dredge chicken in flour. Shake off excess.<br>5. Deep fat fry at 365°F (185°C) for 5 minutes to brown.<br>6. Place 4 wings, 4 legs, 4 thighs and 4 breasts in each half-size steam table pan. Hold for step 7. |
| Soy sauce                          | 1.20          | 0.75         | 340           |                                                                                                                                                                                                                   |
| Pineapple, canned,                 | 11.93         | 7.50         | 3,402         |                                                                                                                                                                                                                   |
|                                    |               |              |               |                                                                                                                                                                                                                   |
|                                    |               |              |               | 7. Combine soy sauce and pineapple; spread 10 oz (284 g) over top of chicken in each pan.                                                                                                                         |
|                                    |               |              |               | 8. Cover pans and bake to an internal temperature of 165°F (74°C) (45 minutes).                                                                                                                                   |
|                                    |               |              |               | 9. Cool to 50°F (10°C).                                                                                                                                                                                           |
|                                    |               |              |               | 10. Cover, label, and freeze.                                                                                                                                                                                     |
| <b>Total</b>                       | <b>100.00</b> | <b>62.82</b> | <b>28,495</b> |                                                                                                                                                                                                                   |

Notes: 1. Formula makes 13 pans; each pan contains 8 servings.

2. Reheat at 325°F (163°C) in convection oven to an internal temperature of 160°F (71°C) (1 hour, 10 minutes).

## **PINEAPPLE CHICKEN**

### **Ingredients**

#### **Meat**

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

#### **Fruits**

2. Pineapple, canned, chunk, NSN-8915-00-170-5127, Fed. Z-P-1742/23, Style II.

#### **Dairy, Eggs and Condiments**

3. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
4. Soy sauce, NSN-8950-00-935-3254, Fed. EE-S-610.
5. Sugar, granulated, NSN-8925-00-127-3074, Fed. JJJ-S-791, Type I, Class (A).
6. Monosodium glutamate, NSN-8950-00-263-2786, Fed. EE-M-591.
7. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

# SAVORY BAKED CHICKEN

R-5

Yield: 100 Portions

Each Portion: 2 pieces

| Ingredients             | Percent       | Pounds       | Grams         | Procedure                                                                                                                                             |
|-------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chicken, fryer, cut-up  | 92.29         | 50.00        | 22,680        | 1. Fill roasting pans with chicken.                                                                                                                   |
| Salt                    | 0.35          | 0.19         | 86            | 2. Combine ingredients listed in this section and mix well.                                                                                           |
| Pepper, black           | 0.07          | 0.04         | 18            | 3. Pour equal amounts of liquid over panned chicken.                                                                                                  |
| Celery salt             | 0.13          | 0.07         | 32            | 4. Let chicken marinate for 30 minutes, turning frequently.                                                                                           |
| Garlic salt             | 0.11          | 0.06         | 27            | 5. Bake chicken in pre-heated 350°F (177°C) oven to an internal temperature of 160°F (71°C) or until chicken is tender. Baste frequently with liquid. |
| Worcestershire sauce    | 1.85          | 1.00         | 454           | 6. Place 4 legs, 4 wings, 4 thighs and 4 breasts to each half-size steam table pan.                                                                   |
| Soy sauce               | 1.38          | 0.75         | 340           |                                                                                                                                                       |
| Salad oil               | 3.69          | 2.00         | 907           |                                                                                                                                                       |
| Parsley, fresh, chopped | 0.13          | 0.07         | 32            | 7. Sprinkle chopped parsley over panned chicken parts.                                                                                                |
|                         |               |              |               | 8. Cool to 50°F (10°C).                                                                                                                               |
|                         |               |              |               | 9. Cover, label, and freeze.                                                                                                                          |
| <b>Total</b>            | <b>100.00</b> | <b>54.18</b> | <b>24,576</b> |                                                                                                                                                       |

**Notes:** 1. Reheating: Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 1 hour, 15 minutes.

2. Formula makes 13 pans. Each pan contains 8 portions.

## **SAVORY BAKED CHICKEN**

### **Ingredients**

#### **Meat**

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

#### **Fruit and Vegetable**

2. Parsley, fresh, NSN-8915-00-127-8922, Fed. HHH-V-1744/24.

#### **Fats and Oils**

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

#### **Condiments and Related Products**

4. Celery salt, NSN-8950-00-127-8044, MIL-S-43855, Type I.
5. Garlic salt, NSN-8950-00-252-7667, MIL-S-43855, Type II.
6. Pepper, black, NSN-8950-00-616-5486, Fed. EE-S-631, type II.
7. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
8. Soy sauce, NSN-8950-00-935-3254, Fed. EE-S-610.
9. Worcestershire sauce, NSN-8950-00-082-6177, Fed. EE-W-600.

# SLICED TURKEY WITH GRAVY

R-6

Yield: 100 Portions

Each Portion: 4 oz meat (113 g)  
4 oz gravy (120 mL)

| Ingredients                               | Percent       | Pounds       | Grams         | Procedure                                                                                                                               |
|-------------------------------------------|---------------|--------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------|
| Turkey, boneless,<br>cooked, Class A Roll | 51.86         | 28.00        | 12,701        | 1. Slice turkey in 1/8 inch slices.<br>2. Shingle 2-1/2 lb (1135 g) into<br>each half-size steam table pan.<br>3. Set aside for step 7. |
| <b>Gravy</b>                              |               |              |               |                                                                                                                                         |
| Shortening                                | 2.83          | 1.53         | 694           | 4. Heat shortening in steam-<br>jacketed kettle.                                                                                        |
| Flour, wheat                              | 0.93          | 0.50         | 227           | 5. Add flour and heat to make<br>roux.                                                                                                  |
| Starch, Col-Flo 67                        | 1.41          | 0.76         | 345           | 6. Combine the water with the<br>remaining ingredients except milk;<br>mix well.                                                        |
| Water, cold                               | 40.62         | 21.947       | 9,955         | 7. Add slowly to flour mixture<br>stirring constantly.                                                                                  |
| Soup and gravy base,<br>chicken           | 1.17          | 0.63         | 286           | 8. Heat to 200°F (93°C).                                                                                                                |
| Caramel color                             | 0.01          | 0.003        | 1             | 9. Rehydrate milk with the remain-<br>ing water.                                                                                        |
| Milk, nonfat, dry                         | 1.17          | 0.63         | 286           | 10. Add reconstituted milk and heat<br>to 170°F (77°C) being careful not<br>to scorch milk.                                             |
|                                           |               |              |               | 11. Adjust water to 3.25 gallons<br>(12.3 L).                                                                                           |
|                                           |               |              |               | 12. Cool to 50°F (10°C).                                                                                                                |
|                                           |               |              |               | 13. Pour 40 oz (1.2 L) over meat<br>in half-size steam table pans.                                                                      |
|                                           |               |              |               | 14. Cover, label, and freeze.                                                                                                           |
| <b>Total</b>                              | <b>100.00</b> | <b>54.00</b> | <b>24,495</b> |                                                                                                                                         |

Notes: 1. Reheat in convection oven at 350°F (176°C) until internal temperature of  
product reaches 160°F (71°C).

2. Formula makes 10 pans. Each pan contains 10 portions.

## **SLICED TURKEY WITH GRAVY**

### **Ingredients**

#### **Meat**

1. Turkey, boneless, cooked, roll, NSN-8905-00-582-4042, Fed. PP-T-001823, Type III, Class 1.

#### **Dairy, Eggs and Condiments**

2. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
3. Food Coloring, caramel, NSN-8950-00-782-2181, MIL-F-35093, Type V.
4. Milk, nonfat, dry, NSN-00-982-2779, Fed. C-M-350, Type I, Style C.
5. Soup and gravy base, chicken, NSN-8935-00-753-6424, Fed. EE-B-575, Type II, Class I, Style A.
6. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class I(b).

#### **Special Procurement**

7. Starch, Col-Flo 67.

# TURKEY A LA KING

L-129

Yield: 100 Portions

Each Portion: 8 oz (240 mL)

| Ingredients                                  | Percent       | Pounds       | Grams         | Procedure                                                                                              |
|----------------------------------------------|---------------|--------------|---------------|--------------------------------------------------------------------------------------------------------|
| Shortening, melted                           | 3.74          | 2.25         | 1,021         | 1. Place shortening in steam kettle and heat. Stir in flour to make a roux. Cook for 10 minutes.       |
| Flour, wheat                                 | 1.54          | 0.93         | 422           |                                                                                                        |
| Starch, Col-Flo 67                           | 2.20          | 1.32         | 599           | 2. Mix starch, soup and gravy base, and water together and add to roux. Heat until thickened.          |
| Water, warm                                  | 37.70         | 22.69        | 10,292        |                                                                                                        |
| Soup and gravy base, chicken                 | 1.12          | 0.67         | 304           |                                                                                                        |
| Salt                                         | 0.28          | 0.16         | 73            | 3. Add seasonings and vegetables; bring to boil stirring constantly.                                   |
| Pepper, black                                | 0.04          | 0.02         | 9             |                                                                                                        |
| Onions, dehydrated, chopped                  | 0.19          | 0.11         | 50            |                                                                                                        |
| Celery, fresh, chopped                       | 7.48          | 4.50         | 2,041         |                                                                                                        |
| Turkey, boneless cooked (roll), 1 inch diced | 29.92         | 18.01        | 8,169         | 4. Add diced turkey, peppers and pimientos to mixture and heat to 180°F (82°C).                        |
| Pepper, sweet, fresh chopped                 | 1.49          | 0.90         | 408           |                                                                                                        |
| Pimientos, canned, chopped                   | 1.31          | 0.79         | 358           |                                                                                                        |
| Milk, nonfat dry                             | 1.22          | 0.73         | 331           | 5. Reconstitute milk; add to ingredients.                                                              |
| Water, warm                                  | 11.77         | 7.08         | 3,211         |                                                                                                        |
|                                              |               |              |               | 6. Adjust volume to 6.25 gallons (23.6 L). Heat to simmering temperature (180°F or 82°C). Do not boil. |
|                                              |               |              |               | 7. Cool to 50°F (10°C).                                                                                |
|                                              |               |              |               | 8. Fill 80 oz (2.4 L) of product into each half-size steam table pan.                                  |
|                                              |               |              |               | 9. Cover, label, and freeze.                                                                           |
| <b>Total</b>                                 | <b>100.00</b> | <b>60.16</b> | <b>27,288</b> |                                                                                                        |

**Notes:** 1. Reheating: Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Do not loosen or remove cover.

2. Formula makes 10 pans, each pan contains 10 portions.

## **TURKEY A LA KING**

### **Ingredients**

#### **Meat**

1. Turkey, boneless, cooked, roll, NSN-8905-00-582-4042, Fed. PP-T-001823, Type III, Class 1.

#### **Vegetables**

2. Celery, fresh, NSN-8915-00-252-3783, Fed. HHH-V-1744/12.
3. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style 1.
4. Peppers, sweet, fresh, NSN-8915-00-127-8006, Fed. HHH-V-1744/28.
5. Pimientos, canned, NSN-8915-00-935-6371, Fed. JJJ-V-1746/14, Style I, Type A.

#### **Dairy, Eggs and Condiments**

6. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
7. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.
8. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
9. Soup and gravy base, chicken, NSN-8935-00-753-6424, Fed. EE-B-575, Type II, Class I, Style A.
10. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
11. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

12. Starch, Col-Flo 67.

# TURKEY CHOW MEIN

N-20

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                                        | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                     |
|----------------------------------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Turkey breasts,<br>frozen                          | 52.62   | 34.72  | 15,749 | 1. Steam turkey breasts at 15 psi (103 kPa) to an internal temperature of 170°F (77°C).<br>2. Remove and discard skin and bones.<br>3. Cool to about 50°F (10°C).<br>4. Dice into 1/2" pieces.<br>5. Place 30 oz (850 g) in each half-size steam table pan.                                                   |
| Celery, fresh,<br>diced 1/4"                       | 9.46    | 6.25   | 2,835  | 6. Dice vegetables to required size.                                                                                                                                                                                                                                                                          |
| Bean sprouts,<br>canned, drained                   | 7.60    | 5.02   | 2,277  | 7. Drain liquid from bean sprouts and reserve liquid for steps 9 and 12.                                                                                                                                                                                                                                      |
| Onions, fresh,<br>cut 1" x 1/4"                    | 5.47    | 3.61   | 1,637  | 8. Reserve vegetables and bean sprouts for step 14.                                                                                                                                                                                                                                                           |
| Chicken broth                                      | 11.69   | 7.71   | 3,497  | 9. Combine ingredients, reserving some liquid for step 12.                                                                                                                                                                                                                                                    |
| Bean sprouts,<br>liquid and water                  | 4.42    | 2.92   | 1,325  | 10. Mix well.                                                                                                                                                                                                                                                                                                 |
| Water chestnuts,<br>canned, drained<br>sliced 1/4" | 3.48    | 2.29   | 1,039  | 11. Heat to 160°F (71°C).                                                                                                                                                                                                                                                                                     |
| Mushrooms, sliced,                                 | 2.58    | 1.70   | 771    |                                                                                                                                                                                                                                                                                                               |
| Soy sauce                                          | 1.01    | 0.66   | 299    |                                                                                                                                                                                                                                                                                                               |
| Salt                                               | 0.30    | 0.20   | 91     |                                                                                                                                                                                                                                                                                                               |
| Sugar                                              | 0.23    | 0.15   | 68     |                                                                                                                                                                                                                                                                                                               |
| Ginger, ground                                     | 0.02    | 0.01   | 45     |                                                                                                                                                                                                                                                                                                               |
| Pepper, white,<br>ground                           | 0.01    | 0.01   | 45     |                                                                                                                                                                                                                                                                                                               |
| Starch, Col-Flo 67                                 | 1.11    | 0.73   | 331    | 12. Make a starch slurry using liquid reserved from step 9 and add to above.<br>13. Heat to 180°F (82°C).<br>14. Add vegetables and bean sprouts from step 8 to above.<br>15. Heat for approximately 2 minutes. Vegetables should remain crisp.<br>16. Add enough water to maintain formula weight or volume. |

## TURKEY CHOW MEIN

| Ingredients  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                      |
|--------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------|
|              |               |              |               | 17. Cool to about 50°F (10°C).<br>18. Pour 50 oz (1418 g) of sauce over turkey in half-size steam table pans.<br>19. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>65.98</b> | <b>29,928</b> |                                                                                                                                                |

- Notes:**
1. Formula is based on a 54% yield of turkey. This includes a 65% yield from raw weight to cooked weight and a 83% yield from cooked weight to edible meat. Cooked weight of turkey for 100 portions should be approximately 22.6 lb (10.2 kg). Edible meat weight should be approximately 18.7 lb (8.5 kg).
  2. Final weight of sauce for 100 servings is 31.4 lb (14.2 kg). Final volume of sauce for 100 servings is 3.7 gallons (14.1 L). One gallon (3.8 L) weighs 8.5 lb (3.8 kg).
  3. Formula makes 10 pans. Each pan contains 10 servings.
  4. Reheat in 325°F (163°C) convection oven until internal temperature reaches 160°F (71°C).

## **TURKEY CHOW MEIN**

### **Ingredients**

#### **Vegetables**

1. Bean sprouts, canned, NSN-8915-00-085-1642, MIL-B-35012.
2. Celery, fresh, NSN-8915-00-252-3783, Fed. HHH-V-S-1744/12.
3. Mushrooms, canned, sliced, NSN-8915-00-935-6629, Fed. JJJ-V-1746/9, Type II, Style E.
4. Onions, dry, NSN-8915-00-616-0200, Fed. HHH-V-1744/40.

#### **Sugar**

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

#### **Condiments**

6. Ginger, ground, NSN-8950-00-519-5657, Fed. EE-S-631, Type II.
7. Pepper, white, ground, NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
8. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
9. Soy sauce, NSN-8950-00-935-3254, Fed. EE-S-610.

#### **Special Procurement**

10. Starch, Col-Flo 67.
11. Turkey breasts.
12. Water chestnuts, canned.

# TURKEY TETRAZZINI

T-1

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                        | Percent | Pounds | Grams | Procedure                                                                                                                                                                                             |
|------------------------------------|---------|--------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Spaghetti (dry)                    | 4.44    | 2.04   | 925   | 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  | 19.12  | 8,673 | 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.                                                                                                                      |
| Pepper, green, frozen, diced       | 1.73    | 0.80   | 363   | 7. Saute peppers in margarine in steam-jacketed kettle until soft but not brown. Add onions.                                                                                                          |
| Margarine                          | 1.31    | 0.60   | 272   |                                                                                                                                                                                                       |
| Turkey or chicken broth            | 28.48   | 13.10  | 5,942 | 8. Add turkey or chicken broth to above. Reserve some broth for step 10.                                                                                                                              |
| Cheese, Cheddar, diced             | 9.29    | 4.27   | 1,937 | 9. Add ingredients listed in this section to above mixture and heat to 160°F (71°C).                                                                                                                  |
| Milk, fresh, whole                 | 4.27    | 1.96   | 889   |                                                                                                                                                                                                       |
| Sherry flavoring                   | 3.00    | 1.38   | 626   |                                                                                                                                                                                                       |
| Peppers, sweet, red, canned, diced | 1.71    | 0.79   | 358   |                                                                                                                                                                                                       |
| Mushrooms, canned, drained         | 1.71    | 0.79   | 358   |                                                                                                                                                                                                       |
| Salt                               | 0.75    | 0.35   | 159   |                                                                                                                                                                                                       |
| Pepper, white, ground              | 0.007   | 0.002  | 1     |                                                                                                                                                                                                       |
| Starch, Col-Flo 67                 | 1.08    | 0.50   | 227   | 10. Make a starch-flour slurry using broth reserved from step 8. Add to above.<br>11. Heat to 180°F (82°C).<br>12. Add back water to maintain formula weight or volume.                               |
| Flour, wheat                       | 0.43    | 0.20   | 90    |                                                                                                                                                                                                       |

## TURKEY TETRAZZINI

| Ingredients  | Percent       | Pounds        | Grams         | Procedure                                                                                                                                                                                       |
|--------------|---------------|---------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|              |               |               |               | 13. Chill to 50°F (10°C).<br>14. Add cooked spaghetti and turkey from steps 4 and 5. Mix well.<br>15. Fill 80 oz (2268 g) into each half-size steam table pan.<br>16. Cover, label, and freeze. |
| <b>Total</b> | <b>100.00</b> | <b>46.012</b> | <b>20,870</b> |                                                                                                                                                                                                 |

- Notes:**
1. Reheat in convection oven at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 2 hours.
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. Formula calculated on a threefold increase in spaghetti. Cooked weight of spaghetti (100 portions) is 6.12 lb (2275 g). Total weight of product using cooked spaghetti is 50 lb (22716 g).
  4. Formula weight of turkey is based on cooked, boned meat.

## **TURKEY TETRAZZINI**

### **Ingredients**

#### **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 1, 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, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Bakery and Cereal Products**

11. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, 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. Broth, chicken or turkey, canned.
14. Starch, Col-Flo 67.
15. Sherry flavoring.

**PRODUCTION GUIDES**

**RABBIT**

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| <b>Breaded Rabbit</b> | <b>252</b>  |

# 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         | 37.50        | 17,010        | 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          | 0.95         | 431           | 4. Combine water, nonfat milk, and eggs to make egg wash. Dip rabbit pieces in wash.                                                                                                                                                                                                                                     |
| Eggs, whole, frozen, thawed        | 0.72          | 0.30         | 136           |                                                                                                                                                                                                                                                                                                                          |
| Milk, nonfat, dry                  | 0.34          | 0.14         | 64            |                                                                                                                                                                                                                                                                                                                          |
| Breading (see breading mix p. 282) | 9.78          | 4.21         | 1,910         | 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 pans with parchment and place 12 pieces of rabbit into each pan.<br>9. Cover, label, and freeze. |
| <b>Total</b>                       | <b>100.00</b> | <b>43.10</b> | <b>19,551</b> |                                                                                                                                                                                                                                                                                                                          |

**Notes:** 1. 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 28 lb (12758 g).

4. Formula makes 17 pans. Each pan contains six servings.

## **BREADED RABBIT**

### **Ingredients**

#### **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-8910-00-982-2779, Fed. C-M-350, Type I, Style C.

## PRODUCTION GUIDES

### VEAL

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| Veal Cordon Bleu      | 260  |
| Veal Cutlet Parmesan  | 262  |
| Veal Cutlet Wisconsin | 264  |
| Veal Loaf             | 267  |

## BREADED VEAL CUTLETS

R-9

Yield: 100 Portions

Each Portion: 1 veal cutlet

| Ingredients                      | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                         |
|----------------------------------|---------|--------|--------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Veal cutlets, breaded,<br>frozen | 100.00  | 34.58  | 15,595 | 1. Deep fry frozen cutlets at 350°F (176°C) for 3 minutes or until golden brown.<br>2. Place browned cutlets in baking pan, cover, and bake for 20 minutes at 350°F (176°C).<br>3. Cool to 50°F (10°C).<br>4. Place 10 cutlets in each half-size steam table pan.<br>5. Cover, label, and freeze. |
| Total                            | 100.00  | 34.58  | 15,595 |                                                                                                                                                                                                                                                                                                   |

- Notes:
1. Reheat in convection oven at 325°F (163°C) uncovered until internal temperature reaches 160°F (71°C). Time: approximately 50 minutes.
  2. Formula makes 10 pans. Each pan contains 10 servings.
  3. The weight in formula is only a guide; use count of cutlets to assure 100 portions.

## **BREADED VEAL CUTLETS**

### **Ingredients**

#### **Meat**

1. Veal cutlet, breaded, frozen, NSN-8905-00-139-8481, MIL-V-43947.

# VEAL BALLS, BRAISED

V-2

Yield: 100 Portions

Each Portion: 2 veal balls  
4 oz (120 mL) gravy

| Ingredients                 | Percent       | Pounds       | Grams         | Procedure                                                                                                            |
|-----------------------------|---------------|--------------|---------------|----------------------------------------------------------------------------------------------------------------------|
| Veal, boneless, roasts      | 32.12         | 16.08        | 7,294         | 1. Grind veal through 1/4-inch (0.6-cm) plate.                                                                       |
| Onions, dehydrated, chopped | 0.46          | 0.23         | 104           | 2. Rehydrate in excess warm water for 15 minutes.<br>3. Drain.                                                       |
| Bread crumbs                | 5.65          | 2.83         | 1,284         | 4. Combine ingredients listed in this section with veal and onions in a mixer.                                       |
| Water, cold                 | 4.53          | 2.27         | 1,030         | 5. Mix for 3 minutes at slow speed.                                                                                  |
| Milk, homogenized           | 2.51          | 1.26         | 572           | 6. Form 2-oz (57-g) balls with a number 20 scoop.                                                                    |
| Eggs, whole, frozen         | 2.02          | 1.01         | 458           | 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          | 0.75         | 340           | 8. Cool to 55°F (13°C).                                                                                              |
| Cheese, Parmesan, grated    | 1.00          | 0.50         | 227           | 9. Place 20 veal balls in each half-size steam table pan.                                                            |
| Salt                        | 0.25          | 0.12         | 54            |                                                                                                                      |
| Pepper                      | 0.02          | 0.01         | 5             |                                                                                                                      |
| Nutmeg, ground              | 0.002         | .0009        | 0.5           |                                                                                                                      |
| Clove, ground               | 0.002         | .0009        | 0.5           |                                                                                                                      |
| Chicken broth               | 48.226        | 24.155       | 10,957        | 10. Combine ingredients listed in this section and mix thoroughly.                                                   |
| Starch, Col-Flo 67          | 1.50          | .75          | 340           | 11. Heat to 180°F (82°C).                                                                                            |
| Salt                        | 0.20          | .09          | 41            | 12. Add enough water to maintain formula weight or volume.                                                           |
| Pepper, black               | 0.01          | .004         | 2             | 13. Chill gravy to 50°F (10°C). Pour 40 oz (1.2 L) over veal balls in each half-size steam table pan.                |
|                             |               |              |               | 14. Cover, label, and freeze.                                                                                        |
| <b>Total</b>                | <b>100.00</b> | <b>50.06</b> | <b>20,709</b> |                                                                                                                      |

Notes: 1. Reheat in convection oven with cover removed at 325°F (162°C) until internal temperature reaches 160°F (71°C). Time: approximately 1 hour, 15 minutes.

2. Formula makes 10 pans. Each pan contains 10 servings.

## **VEAL BALLS, BRAISED**

### **Ingredients**

#### **Meat**

1. Veal cutlets, fabricated, NSN-8905-00-139-8481.

#### **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 and 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, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
10. Salt, table, iodized, 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, 4 oz<br>(113 g) slices             | 66.80         | 24.75        | 11,227        | 1. Pound veal cutlets until very thin.                                         |
| Flour, wheat                                                  | 0.67          | 0.25         | 113           | 2. Flour surfaces.                                                             |
| Ham, canned                                                   | 8.48          | 3.14         | 1,424         | 3. Dice ham and cheese into 1/4 inch (0.6 cm) dices.                           |
| Cheese, Swiss                                                 | 8.48          | 3.14         | 1,424         | 4. Place 0.5 oz (14 g) of ham and 0.5 oz (14 g) of cheese on each veal cutlet. |
|                                                               |               |              |               | 5. Fold cutlets in half and seal edges firmly.                                 |
| Water                                                         | 3.91          | 1.45         | 658           | 6. Combine and mix.                                                            |
| Milk, nonfat, dry                                             | 0.41          | 0.15         | 68            | 7. Dip filled veal cutlets into egg mixture.                                   |
| Eggs, whole, frozen                                           | 1.13          | 0.42         | 191           |                                                                                |
| Breading mixture<br>for veal (breeding<br>mix formula p. 282) | 10.12         | 3.75         | 1,701         | 8. Bread veal cutlets.                                                         |
|                                                               |               |              |               | 9. Deep fat fry at 375°F (191°C) for 30 seconds. Cool to 45°F (70°C).          |
|                                                               |               |              |               | 10. Place six cutlets in each half-size steam table pan.                       |
|                                                               |               |              |               | 11. Cover, label, and freeze.                                                  |
| <b>Total</b>                                                  | <b>100.00</b> | <b>37.05</b> | <b>16,806</b> |                                                                                |

- Notes:**
1. 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 contains 6 servings.
  3. Formula is calculated on 8% egg wash and 15% breading (per cutlet).
  4. Parchment paper may be used to line the bottom of the steam table pan to absorb oil and prevent burning.
  5. Do not shingle or layer cutlets as improper browning or crispness may result.
  6. The weight in formula is only a guide; use count of cutlets to assure 100 portions.

## **VEAL CORDON BLEU**

### **Ingredients**

#### **Meat**

1. Ham, NSN-8905-00-410-4670, Fed. PP-H-61, Type II.
2. Veal, boneless, slices, formed, portion cut, NSN-8905-00-139-8481.

#### **Dairy, Eggs and 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-8910-00-982-2779, Fed. C-M-350, Type I, Style C.

#### **Cereal Products**

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

# VEAL CUTLET PARMESAN

R-10

Yield: 100 Portions

Each Portion: 1 cutlet  
1 slice cheese  
3 oz (90 mL) sauce

| Ingredients                            | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                           |
|----------------------------------------|---------|--------|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Veal cutlets, frozen, breaded          | 56.99   | 35.00  | 15,876 | 1. Deep fat fry frozen cutlets at 350°F (177°C) for 3 minutes or until golden brown.<br>2. Shingle 10 cutlets in each half-size steam table pan.                                                                                                    |
| Onions, fresh, sliced                  | 1.97    | 1.21   | 549    | 3. Saute onions and garlic in oil.                                                                                                                                                                                                                  |
| Garlic, fresh, chopped                 | 0.24    | 0.15   | 68     |                                                                                                                                                                                                                                                     |
| Salad oil                              | 0.93    | 0.57   | 259    |                                                                                                                                                                                                                                                     |
| Tomato puree                           | 15.76   | 9.68   | 4,391  | 4. Combine ingredients listed in this section with sauteed onions and garlic.                                                                                                                                                                       |
| Tomatoes, whole, canned in heavy puree | 11.98   | 7.36   | 3,338  |                                                                                                                                                                                                                                                     |
| Cheese, Parmesan, grated               | 1.97    | 1.21   | 549    | 5. Heat to 160°F (71°C) and measure volume.                                                                                                                                                                                                         |
| Sugar                                  | 0.51    | 0.31   | 141    | 6. Simmer for 15 minutes.                                                                                                                                                                                                                           |
| Salt                                   | 0.33    | 0.20   | 91     |                                                                                                                                                                                                                                                     |
| Oregano, ground                        | 0.05    | 0.03   | 14     |                                                                                                                                                                                                                                                     |
| Basil, ground                          | 0.03    | 0.02   | 9      |                                                                                                                                                                                                                                                     |
| Water, cold                            | 1.40    | 0.86   | 390    | 7. Make a starch slurry and add to mixture in kettle.<br>8. Heat to 180°F (82°C).<br>9. Add enough water to maintain formula weight or volume.<br>10. Chill to 50°F (10°C).<br>11. Pour 30 oz (800 mL) over meat in each half-size steam table pan. |
| Starch, Col-Flo 67                     | 0.51    | 0.31   | 141    |                                                                                                                                                                                                                                                     |
| Cheese, Mozzarella                     | 7.33    | 4.50   | 2,041  |                                                                                                                                                                                                                                                     |
|                                        |         |        |        |                                                                                                                                                                                                                                                     |
|                                        |         |        |        |                                                                                                                                                                                                                                                     |
| Total                                  | 100.00  | 61.41  | 27,857 | 12. Slice cheese into 17 to 20 gram slices.<br>13. Place 10 slices of cheese over cutlets and sauce in each pan.<br>14. Cover, label, and freeze.                                                                                                   |

Notes: 1. Formula makes 10 pans. Each pan contains 10 servings.

2. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C).

## **VEAL CUTLET PARMESAN**

### **Ingredients**

#### **Meat**

1. Veal, cutlets, frozen, boneless, breaded, formed, portion cut, NSN-8905-00-139-8481, MIL-V-43947 (GL).

#### **Vegetables**

2. Garlic, dry, NSN-8915-00-823-7663.
3. Onions, dry, NSN-8915-00-616-0200, Fed. HHH-V-1744/40.

#### **Dairy, Condiments**

4. Basil, ground, NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
5. Cheese, Parmesan, grated, NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1.
6. Cheese, Mozzarella, natural, NSN-8910-00-782-2837, MIL-C-35088, Type I, Class 4.
7. Oregano, ground, NSN-8950-00-582-1402, Fed. EE-S-631, Type II.
8. Salad oil, NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.
9. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
10. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-791, Type 1, Class a.

#### **Special Procurement**

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

# VEAL CUTLET WISCONSIN

N-21

Yield: 100 Portions

Each Portion: 3 oz (85 g) meat  
3 oz (90 mL) sauce

| Ingredients                  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                              |
|------------------------------|---------------|--------------|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Veal, cutlets                | 57.15         | 25.00        | 11,340        | 1. Pound cutlets slightly to tenderize.<br>2. Deep fat fry cutlets at 350°F (177°C) until light brown and internal temperature reaches 150°F (55°C).<br>3. Drain and cool to about 50°F (10°C).<br>4. Shingle 6 cooked veal cutlets in each half-size steam table pan. |
| Margarine                    | 2.06          | 0.90         | 408           | 5. Saute garlic in margarine.                                                                                                                                                                                                                                          |
| Garlic, fresh, chopped       | 0.25          | 0.11         | 50            | 6. Add flour to make roux.                                                                                                                                                                                                                                             |
| Flour, wheat                 | 0.10          | 0.04         | 18            |                                                                                                                                                                                                                                                                        |
| Milk, homogenized            | 32.23         | 14.10        | 6,396         | 7. Add milk (reserving some for step 9), cheese, onion powder and salt; mix well.                                                                                                                                                                                      |
| Cheese, milk, cheddar ground | 6.19          | 2.71         | 1,229         | 8. Heat gradually to 160°F (71°C) to melt cheese.                                                                                                                                                                                                                      |
| Onion powder                 | 0.52          | 0.23         | 104           |                                                                                                                                                                                                                                                                        |
| Salt                         | 0.31          | 0.14         | 64            |                                                                                                                                                                                                                                                                        |
| Starch, Col-Flo 67           | 0.51          | 0.07         | 32            | 9. Make starch slurry using milk reserved from step 7.<br>10. Heat to 180°F (82°C).                                                                                                                                                                                    |
| Sherry flavoring             | 1.04          | 0.45         | 204           | 11. Add sherry flavoring.<br>12. Add enough water to maintain formula weight or volume.<br>13. Cool to approximately 50°F (10°C).<br>14. Pour 18 oz (0.5 L) of sauce over veal in half-size steam table pans.<br>15. Cover, label, and freeze.                         |
| <b>Total</b>                 | <b>100.00</b> | <b>43.75</b> | <b>19,845</b> |                                                                                                                                                                                                                                                                        |

## VEAL CUTLET WISCONSIN

- Notes:
1. Formula is based on a 75% yield of veal. Cooked weight of veal should be approximately 18.8 lb (8.5 kg).
  2. Final weight of sauce for 100 servings is 18.8 lb (8.5 kg). Final volume of sauce for 100 servings is 2.2 gallons (8.1 L). One gallon weighs 8.5 lb (3.8 kg).
  3. Weight of the veal cutlets specified in the formula is only a guide; use count of cutlets to assure 100 portions.
  4. To serve without freezing, do not cook veal cutlets or sauce. Serve 3 oz (85 g) of hot veal cutlets with 3 oz (85 g) of heated cheese sauce per portion.
  5. Formula makes 17 pans. Each pan contains 6 portions.
  6. Reheat in 325°F (163°C) convection oven until internal temperature reaches 160°F (71°C).

## **VEAL CUTLET WISCONSIN**

### **Ingredients**

#### **Meat**

1. Veal cutlets, breaded, formed, portion cut, NSN-8905-00-139-8481.

#### **Dairy Foods and Eggs**

2. Cheese, cheddar, NSN-8910-00-125-8440, Fed. C-C-271, Class 2, Style F, Size 6.
3. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, (Army GS), Type I, Class 1.

#### **Vegetables**

4. Garlic, dry, NSN-8915-00-823-7663.

#### **Cereal and Bakery Products**

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

#### **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. Onion powder.
9. Sherry flavoring.
10. Starch, Col-Flo 67.

# VEAL LOAF

V-5

Yield: 100 Portions

Each Portion: 3.5 oz (100 g)

| Ingredients                                 | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                 |
|---------------------------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Veal, ground<br>(1/8-in or 0.3-cm<br>grind) | 42.88         | 9.88         | 4,481         | 1. Grind meat to specified grind.<br>2. Mix in mechanical mixer at<br>slow speed for 15 minutes.                                                                                          |
| Beef, ground<br>(1/4-in or 0.6-cm<br>grind) | 19.88         | 4.58         | 2,077         |                                                                                                                                                                                           |
| Onions, dehydrated,<br>chopped              | 1.09          | 0.25         | 113           | 3. Rehydrate onions in excess<br>warm water for 15 minutes. Drain,<br>add to meat.                                                                                                        |
| Bread crumbs                                | 8.20          | 1.89         | 857           | 4. Add remaining ingredients in<br>order listed and mix lightly.<br>5. Place 4 lb 15 oz (2240 g)<br>of veal loaf in half-size steam<br>table pan. Press well to remove<br>air; level top. |
| Celery, fresh, diced                        | 6.77          | 1.56         | 708           |                                                                                                                                                                                           |
| Tomato paste<br>(26% solids)                | 3.78          | 0.87         | 395           |                                                                                                                                                                                           |
| Eggs, whole, frozen,<br>thawed              | 2.82          | 0.65         | 295           |                                                                                                                                                                                           |
| Cheese, Parmesan,<br>grated                 | 2.00          | 0.46         | 209           |                                                                                                                                                                                           |
| Peppers, green, frozen,<br>diced            | 1.35          | 0.31         | 141           |                                                                                                                                                                                           |
| Peppers, red, canned,<br>diced              | 0.65          | 0.15         | 68            |                                                                                                                                                                                           |
| Broth, chicken                              | 8.33          | 1.92         | 871           |                                                                                                                                                                                           |
| Worcestershire sauce                        | 0.56          | 0.13         | 59            |                                                                                                                                                                                           |
| Salt                                        | 0.43          | 0.10         | 45            |                                                                                                                                                                                           |
| Pepper, black, ground                       | 0.04          | 0.01         | 4             |                                                                                                                                                                                           |
| Water                                       | 1.22          | 0.28         | 127           | 6. Spread 1 oz (28 g) of water<br>over surface of each loaf.<br>7. Cover, label, and freeze.                                                                                              |
| <b>Total</b>                                | <b>100.00</b> | <b>23.04</b> | <b>10,450</b> |                                                                                                                                                                                           |

- Notes:**
1. Reheat 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 makes 5 pans. One pan contains 10 servings.
  3. Veal loaf loses approximately 3 oz (85 g) during reheating.

## **VEAL LOAF**

### **Ingredients**

#### **Meat**

1. Beef, diced, NSN-8905-00-177-5017, USDA IMPS.
2. Veal, boneless, roasts, NSN-8905-00-139-8481.

#### **Vegetables**

3. Celery, fresh, NSN-8915-00-926-4925, Fed. HHH-V-1744/12.
4. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1666, 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 and Condiments**

8. Cheese, Parmesan, grated, 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, table, iodized, 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.

#### **Special Procurement**

14. Chicken broth, canned.

**PRODUCTION GUIDES**  
**SAUCES AND GRAVIES**

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## BROWN GRAVY

O-16

Yield: 100 Portions

Each Portion: 4 oz (120 mL)

| Ingredients                        | Percent | Pounds | Grams  | Procedure                                                                      |
|------------------------------------|---------|--------|--------|--------------------------------------------------------------------------------|
| Shortening                         | 5.26    | 1.50   | 680    | 1. Heat fat in steam kettle.                                                   |
| Flour, wheat                       | 2.10    | 0.60   | 272    | 2. Sprinkle flour evenly over fat and cook 10 minutes, with constant stirring. |
| Starch, Col-Flo 67                 | 3.16    | 0.90   | 408    | 3. Add starch to cold water or stock. Mix well.                                |
| Stock or cold water                | 87.65   | 25.00  | 11,340 | 4. Add remaining seasonings to starch slurry; mix thoroughly and heat.         |
| Pepper, black                      | 0.04    | 0.01   | 5      | 5. Add heated stock slowly to flour fat mixture and cook 20 minutes.           |
| Caramel coloring                   | 0.04    | 0.01   | 5      | 6. Bring gravy back to a volume of 3.25 gallons (12.3 L) with hot water.       |
| Soup and gravy base, beef flavored | 1.75    | 0.50   | 227    | 7. Cool to 50°F (10°C).                                                        |
|                                    |         |        |        | 8. Place 80 oz (2.4 L) in each half-size steam table pan.                      |
|                                    |         |        |        | 9. Cover, label, and freeze.                                                   |
| Total                              | 100.00  | 28.52  | 12,937 |                                                                                |

- Notes:
1. Formula makes 5 pans; each pan contains 20 4-oz servings.
  2. Reheat in convection oven at 350°F (176°C) covered to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 10 minutes.

## **BROWN GRAVY**

### **Ingredients**

#### **Dairy, Eggs and Condiments**

1. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
2. Food coloring, caramel, NSN-8950-00-782-2181, MIL-F-35093, Type V.
3. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
4. Soup and gravy base, beef, NSN-8935-00-753-6423, MIL-S-43690, Type I, Class I, Style A.
5. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.

#### **Special Procurement**

6. Starch, Col-Flo 67.

## CHEESE SAUCE

W-4

Yield: 100 Portions

Each Portion: 4 oz (120 mL)

| Ingredients                    | Percent | Pounds | Grams | Procedure                                                                                                                              |
|--------------------------------|---------|--------|-------|----------------------------------------------------------------------------------------------------------------------------------------|
| Cheese, processed,<br>American | 66.64   | 10.01  | 4,540 | 1. Cut cheese into 1/2-inch<br>(10-mm) cubes.                                                                                          |
| Milk, homogenized              | 33.35   | 5.01   | 2,272 | 2. Combine ingredients in a<br>double boiler or other suitable<br>vessel. Heat and stir until cheese<br>is melted and sauce is smooth. |
| Pepper, black                  | 0.01    | 0.01   | 4     | 3. Cool to 50°F (10°C).                                                                                                                |
|                                |         |        |       | 4. Pour 80 oz (2.4 L) into each<br>half-size steam table pan.                                                                          |
|                                |         |        |       | 5. Cover, label, and freeze.                                                                                                           |
| Total                          | 100.00  | 15.03  | 6,816 |                                                                                                                                        |

- Notes:
1. Formula makes 3 pans. Each pan contains 34 servings.
  2. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 20 minutes.

## **CHEESE SAUCE**

### **Ingredients**

#### **Dairy, Eggs and Condiments**

1. Cheese, American, processed, NSN-8910-00-082-6205, Fed. C-C-291, Type I, Style C.
2. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1.
3. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.

# CHICKEN GRAVY

R-7

Yield: 100 Portions

Each Portion: 4 oz (120 mL)

| Ingredients                  | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                         |
|------------------------------|---------------|--------------|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Shortening                   | 5.84          | 1.52         | 689           | 1. Heat shortening in steam kettle. Add flour slowly, mix well and cook 10 minutes with constant stirring.                                                                                                                                                                                        |
| Flour, wheat                 | 1.93          | 0.50         | 227           |                                                                                                                                                                                                                                                                                                   |
| Starch, Col-Flo 67           | 2.93          | 0.76         | 345           | 2. Using half the water, combine all remaining ingredients except the milk. Mix well, heat to 200°F (93°C) until starch thickens.<br>3. Add starch mixture to flour-shortening mixture, stirring constantly, blending to smooth consistency.                                                      |
| Water or stock               | 84.41         | 21.957       | 9,960         |                                                                                                                                                                                                                                                                                                   |
| Soup and gravy base, chicken | 2.44          | 0.63         | 286           |                                                                                                                                                                                                                                                                                                   |
| Caramel color                | 0.01          | 0.003        | 1             |                                                                                                                                                                                                                                                                                                   |
| Milk, nonfat, dry            | 2.44          | 0.63         | 286           | 4. Rehydrate milk in remaining water. Blend into starch-flour mixture and heat to 170°F (77°C), being careful not to scorch milk. Adjust volume to 3.25 gallons (12.3 L).<br>5. Cool to 50°F (10°C).<br>6. Place 80 oz (2.4 L) in each half-size steam table pan.<br>7. Cover, label, and freeze. |
| <b>Total</b>                 | <b>100.00</b> | <b>26.00</b> | <b>11,794</b> |                                                                                                                                                                                                                                                                                                   |

- Notes:**
1. Formula makes 5 pans. Each pan contains 20 servings.
  2. Reheat in convection oven at 350°F (176°C) covered to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 10 minutes.
  3. Variation: Giblet gravy – add 2 lb cooked chopped giblets to chicken gravy formula.

## CHICKEN GRAVY

### Ingredients

#### Dairy, Eggs and Condiments

1. Shortening compound, NSN-8945-00-616-0091, Fed. EE-S-00321, Type II, Class 1(b).
2. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
3. Food coloring, caramel, NSN-8950-00-782-2181, MIL-F-35093, Type I.
4. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.
5. Soup and gravy base, chicken, NSN-8915-00-127-8006, Fed. HHH-V-1744/28.

#### Special Procurement

6. Starch, Col-Flo 67.

## PIZZA SAUCE

R-8

Yield: 100 Portions

Each Portion: 2.5 oz (70 g)

| Ingredients                          | Percent | Pounds | Grams | Procedure                                                                           |
|--------------------------------------|---------|--------|-------|-------------------------------------------------------------------------------------|
| Tomatoes, canned<br>crushed          | 80.90   | 12.75  | 5,789 | 1. Combine tomatoes, paste, and seasonings; mix well.                               |
| Tomato paste,<br>canned (26% solids) | 11.94   | 1.88   | 854   | 2. Place contents into steam kettle and heat to 200°F (93°C).<br>Simmer for 1 hour. |
| Salt                                 | 0.19    | 0.03   | 14    | 3. Add water to adjust weight or volume to original formula.                        |
| Pepper, black                        | 0.06    | 0.01   | 4     | 4. Cool to 50°F (10°C).                                                             |
| Garlic, powder                       | 0.06    | 0.01   | 4     | 5. Pour 63 oz (1790 g) into each half-size steam table pan.                         |
| Oregano, ground                      | 0.13    | 0.02   | 8     | 6. Cover, label, and freeze.                                                        |
| Sugar                                | 0.38    | 0.06   | 28    |                                                                                     |
| Cheese, grated                       | 6.34    | 1.00   | 454   |                                                                                     |
| Total                                | 100.00  | 15.76  | 7,155 |                                                                                     |

Notes: 1. Formula makes 4 pans. Each pan contains 25 servings.

2. Reheat in a convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C).

## **PIZZA SAUCE**

### **Ingredients**

#### **Dairy and Eggs**

1. Cheese, grated, NSN-8910-00-782-3765, Fed. C-C-285, Type I or III, Class 1 or 2.

#### **Fruits and Vegetables**

2. Tomatoes, canned, crushed, NSN-8915-00-582-4060, Fed. JJJ-V-1744/37.
3. Tomato paste, NSN-8915-00-127-9303, Fed. JJJ-V-1746/22, Type I or II, Concentration B or C, Texture 1 or 2.

#### **Sugar**

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

#### **Condiments and Related Products**

5. Garlic, dehydrated, granulated, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
6. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
7. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
8. Oregano, ground, NSN-8950-00-062-8138, Fed. EE-S-631, Type II.

# TOMATO GRAVY

O-19

Yield: 100 Portions

Each Portion: 4 oz (120 mL)

| Ingredients                           | Percent       | Pounds       | Grams         | Procedure                                                                                                                                                                                                                                                                                                                                                                                        |
|---------------------------------------|---------------|--------------|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Onions, dehydrated,<br>finely chopped | 0.68          | 0.21         | 95            | 1. Rehydrate onions in excess water for 10 minutes, drain and saute in shortening until light yellow in color. Save for step 5.                                                                                                                                                                                                                                                                  |
| Shortening                            | 1.80          | 0.54         | 245           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Shortening                            | 5.40          | 1.63         | 739           | 2. Heat shortening in a steam kettle to a boil.<br>3. Sprinkle flour evenly over shortening and cook 10 minutes with constant stirring.                                                                                                                                                                                                                                                          |
| Flour, wheat                          | 3.60          | 1.08         | 490           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Starch, Col-Flo 67                    | 1.80          | 0.54         | 245           | 4. Add Col-Flo 67 starch to cold water or tomato juice; mix thoroughly.<br>5. Combine all ingredients, (onions, starch, juice, and spices) and spices) and heat to 180°F (82°C).<br>6. Add heated stock slowly to flour/fat mixture and cook for 20 minutes.<br>7. Bring volume back to 3.25 gal (12.3 L) with hot water.<br>8. Place 80 oz (2.4 L) in each pan.<br>9. Cover, label, and freeze. |
| Stock, beef or water                  | 53.95         | 16.25        | 7,371         |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Juice, tomato                         | 30.94         | 9.31         | 4,223         |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Pepper, black                         | 0.03          | 0.01         | 5             |                                                                                                                                                                                                                                                                                                                                                                                                  |
| Soup and gravy base, beef             | 1.80          | 0.54         | 245           |                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Total</b>                          | <b>100.00</b> | <b>30.11</b> | <b>13,658</b> |                                                                                                                                                                                                                                                                                                                                                                                                  |

- Notes:**
1. Formula makes 5 pans. Each pan contains 20 servings.
  2. Reheat in convection oven at 350°F (176°C) to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 10 minutes.
  3. Cans of tomato juice concentrate 34 to 36 oz (1.0 to 1.08 L) and 2-1/4 qt (2.16 L) water may be substituted for tomato juice in step 5.

## **TOMATO GRAVY**

### **Ingredients**

#### **Vegetables**

1. Juice, tomato, canned, NSN-8915-00-255-0523, Fed. JJJ-V-1746/8, Type I.
2. Onions, dehydrated, chopped, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Type I, Style I.

#### **Dairy, Eggs and Condiments**

3. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
4. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
5. Soup and gravy base, beef, NSN-8935-00-753-6423, Fed. EE-B-575, Type I, Class I, Style A.
6. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.

#### **Special Procurement**

7. Starch, Col-Flo 67.

## **PRODUCTION GUIDES**

### **MISCELLANEOUS**

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# BREADING MIXTURE

M-1

| Ingredients                       | Percent | Pounds | Grams  | Procedure                   |
|-----------------------------------|---------|--------|--------|-----------------------------|
| Dried bread crumbs                | 68.19   | 68.19  | 30,931 | 1. Combine all ingredients. |
| Salt                              | 10.20   | 10.20  | 4,627  |                             |
| Starch, Col-Flo 67                | 7.07    | 7.07   | 3,207  |                             |
| Defatted soy flour                | 6.80    | 6.80   | 3,084  |                             |
| Paprika                           | 0.14    | 0.14   | 64     |                             |
| Pepper, black                     | 0.14    | 0.14   | 64     |                             |
| Monosodium glutamate              | 0.14    | 0.14   | 64     |                             |
| Parsley, dried                    | 0.14    | 0.14   | 64     |                             |
| Garlic, dehydrated,<br>granulated | 0.14    | 0.14   | 64     |                             |
| Onion powder                      | 0.14    | 0.14   | 64     |                             |
| Oil, corn                         | 6.90    | 6.90   | 3,130  | 2. Add slowly, mixing well. |
| Total                             | 100.00  | 100.00 | 45,363 |                             |

Notes: 1. Breading mix may be made in advance and stored up to 30 days at 40°F (4°C).

2. Breading mixture may be enhanced by adding the following spices listed:

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

## **BREADING MIXTURE**

### **Ingredients**

#### **Vegetables**

1. Garlic, dehydrated, granulated, 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, Class C, Style 2.
5. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
6. Salad oil, NSN-8945-00-616-0082, Fed. JJJ-S-30, Type B.
7. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Cereal and Bakery Products**

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

#### **Special Procurement**

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

# EGG PLANT PARMESAN

R-11

Yield: 100 Portions

Each Portion: 6 oz (170 g)

Temperature: 360°F (182°C) frying, 325°F (163°C) oven

| Ingredients                       | Percent | Pounds | Grams | Procedure                                                                                                                                              |
|-----------------------------------|---------|--------|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| Egg plant, fresh, whole           | 16.99   | 11.00  | 4,994 | 1. Peel egg plant and cut across grain into 1/4-inch slices.                                                                                           |
| Flour, wheat                      | 2.70    | 1.75   | 794   | 2. Dredge in seasoned flour.                                                                                                                           |
| Salt                              | 0.39    | 0.25   | 113   | Set aside for use in step 4.                                                                                                                           |
| Milk, nonfat dry                  | 0.23    | 0.15   | 68    | 3. Reconstitute milk, add eggs, mix thoroughly.                                                                                                        |
| Water, warm                       | 1.93    | 1.25   | 567   | 4. Dip egg plant in milk/egg mixture; drain well.                                                                                                      |
| Eggs, whole, beaten               | 2.70    | 1.75   | 794   |                                                                                                                                                        |
| Salt                              | 0.40    | 0.26   | 118   | 5. Mix salt and crumbs thoroughly.                                                                                                                     |
| Bread crumbs, dry                 | 3.86    | 2.50   | 1,134 | Dredge egg plant in crumb mixture and shake off excess.                                                                                                |
|                                   |         |        |       | 6. Deep fat fry in 360°F (182°C) fat until brown (1 minute). Set aside for panning.                                                                    |
| <b>Sauce</b>                      |         |        |       |                                                                                                                                                        |
| Beef, boneless, ground            | 12.35   | 8.00   | 3,629 | 7. Add oil to steam kettle, spread evenly on inside to prevent meat sticking.                                                                          |
| Oil or shortening                 | 0.39    | 0.25   | 113   | 8. Add ground beef and cook until meat loses red color. Drain excess fat off and discard. Leave meat in kettle.                                        |
| Tomato paste, canned (26% solids) | 12.35   | 8.00   | 3,629 | 9. Combine all seasoning ingredients and add to kettle containing cooked meat. Mix thoroughly; heat to 180°F (82°C) and simmer covered for 30 minutes. |
| Tomatoes, canned, crushed         | 16.99   | 11.00  | 4,990 | 10. Bring volume back to 4.25 gal (16.1 L) with hot water. Mix thoroughly and set aside for panning.                                                   |
| Water                             | 13.90   | 9.00   | 4,082 |                                                                                                                                                        |
| Basil, ground                     | 0.01    | 0.01   | 3     |                                                                                                                                                        |
| Oregano, ground                   | 0.07    | 0.04   | 18    |                                                                                                                                                        |
| Pepper, cayenne                   | 0.01    | 0.01   | 4     |                                                                                                                                                        |
| Salt                              | 0.39    | 0.25   | 113   |                                                                                                                                                        |
| Sugar, white, granulated          | 0.77    | 0.50   | 227   |                                                                                                                                                        |
| Pepper, black                     | 0.01    | 0.01   | 4     |                                                                                                                                                        |

## EGG PLANT PARMESAN

| Ingredients                   | Percent       | Pounds       | Grams         | Procedure                                                                                       |
|-------------------------------|---------------|--------------|---------------|-------------------------------------------------------------------------------------------------|
| Thyme, ground                 | 0.04          | 0.03         | 14            |                                                                                                 |
| Garlic powder                 | 0.01          | 0.01         | 4             |                                                                                                 |
| Onions, dehydrated,<br>sliced | 0.77          | 0.50         | 227           |                                                                                                 |
| Starch, Col-Flo 67            | 0.39          | 0.25         | 113           |                                                                                                 |
| Cheese, Mozzarella,<br>sliced | 7.72          | 5.00         | 2,268         | 11. Pan as directed.                                                                            |
| Cheese, Parmesan,<br>grated   | 4.63          | 3.00         | 1,361         | 12. Bake pans covered at 325°F (163°C) to an internal temperature of 160°F (71°C) (30 minutes). |
|                               |               |              |               | 13. Cool to 50°F (10°C).                                                                        |
|                               |               |              |               | 14. Cover, label, and freeze.                                                                   |
| <b>Total</b>                  | <b>100.00</b> | <b>64.77</b> | <b>29,381</b> |                                                                                                 |

### Panning Instructions

- Layer 1. Sauce, 1 lb (454 g) spread evenly over bottom of pan.
- Layer 2. Egg plant, 8 oz (227 g) (6 slices), spread evenly over sauce.
- Layer 3. Mozzarella cheese slices, 4 oz (114 g) spread evenly over egg plant.
- Layer 4. Sauce, 1 lb (454 g) spread evenly over cheese.
- Layer 5. Egg plant, 8 oz (227 g) (6 slices), spread evenly over sauce.
- Layer 6. Parmesan grated cheese, 2 oz (56 g) sprinkle over egg plant.
- Layer 7. Mozzarella cheese, 4 oz (114 g) spread evenly over cheese.
- Layer 8. Sauce, 1 lb (454 g) spread evenly over cheese.
- Layer 9. Parmesan, grated cheese, 2 oz (56 g) sprinkle over sauce.

- Notes:**
- 1. Formula makes 10 pans. Each pan contains 10 servings.
  - 2. Four and one-quarter pounds (1930 g) of fresh onions may be used to replace dehydrated onions in step 9.
  - 3. Reheat in convection oven at 325°F (163°C) to an internal temperature of 160°F (71°C). Time: approximately 1 hour, 15 minutes.
  - 4. Allow pans to stand at room temperature before cutting (10 minutes).

## EGG PLANT PARMESAN

### Ingredients

#### Meat

1. Beef, boneless, ground, NSN-8905-01-050-3190, USDA Specification, Schedule AA.

#### Vegetables

2. Garlic, dehydrated, powder, NSN-8915-00-616-5465, Fed. JJJ-O-1866, Type II.
3. Onions, dehydrated, sliced, NSN-8915-00-128-1179, Fed. JJJ-O-1866, Style 1.
4. Egg plant, fresh, NSN-8915-00-127-7983, Fed. HHH-V-1744/15.
5. Tomatoes, canned, whole, NSN-8915-00-582-4060, Fed. JJJ-T-571, Type I.
6. Tomato, canned, paste, NSN-8915-00-127-0303, Fed. JJJ-V-1746/22, Type I or II, Conc. (B) or (C), Texture 1 or 2.

#### Dairy, Eggs and Condiments

7. Bread, crumbs, dry, NSN-8920-00-464-2224, MIL-F-3501, Type III.
8. Cheese, Mozzarella, NSN-8910-00-782-2837, MIL-C-35088, Type I, Class 4.
9. Cheese, Parmesan, grated, NSN-8910-00-782-3765, Fed. C-C-285, Type I, Class 1.
10. Eggs, whole, frozen, NSN-8910-00-616-0051, Fed. C-E-00230, Type II, Kind a, Class I.
11. Flour, wheat, general purpose, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
12. Milk, nonfat, dry, NSN-8910-00-982-2779, Fed. C-M-350, Type I, Style C.
13. Shortening, NSN-8945-00-616-0091, Fed. EE-S-321, Type II, Class 1(b).
14. Sugar, granulated, NSN-8925-00-127-3073, Fed. JJJ-S-00791, Type I, Class (A).
15. Basil, sweet, ground, NSN-8950-00-404-6066, Fed. EE-S-631, Type II.
16. Oregano, ground, NSN-8950-00-582-1402, Fed. EE-S-631, Type II.
17. Pepper, black, ground, NSN-8950-00-616-5486, Fed. EE-S-631, Type II.
18. Pepper, cayenne, NSN-8950-00-170-9565, Fed. EE-S-631, Type II.
19. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.
20. Thyme, ground, NSN-8950-00-616-5483, Fed. EE-S-631, Type II.

#### Special Procurement

21. Starch, Col-Flo 67.

# MACARONI AND CHEESE

N-22

Yield: 100 Portions

Each Portion: 8 oz (227 g)

| Ingredients                         | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------|---------|--------|--------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Macaroni, elbow                     | 15.00   | 6.41   | 2,908  | 1. Cook macaroni in salted water until not quite fully cooked.<br>2. Drain and rinse with cold water. Reserve for step 9.                                                                                                                                                                                                                                            |
| Salt                                | .50     | 0.21   | 95     |                                                                                                                                                                                                                                                                                                                                                                      |
| Margarine                           | 2.80    | 1.20   | 544    | 3. Make roux with margarine and flour.                                                                                                                                                                                                                                                                                                                               |
| Flour, wheat                        | 0.75    | 0.32   | 145    |                                                                                                                                                                                                                                                                                                                                                                      |
| Milk, homogenized                   | 60.84   | 26.006 | 11,796 | 4. Add ingredients listed in this section, reserving some milk for step 6.                                                                                                                                                                                                                                                                                           |
| Cheese, mild Cheddar, yellow ground | 14.00   | 5.98   | 2,713  |                                                                                                                                                                                                                                                                                                                                                                      |
| Salt                                | 0.60    | 0.25   | 113    | 5. Heat gradually to 160°F (71°C) to melt cheese.                                                                                                                                                                                                                                                                                                                    |
| Pepper, white, ground               | 0.01    | 0.004  | 2      |                                                                                                                                                                                                                                                                                                                                                                      |
| Starch, Col-Flo 67                  | 1.50    | 0.64   | 290    | 6. Make a starch slurry using milk reserved from step 4.<br>7. Add to above and heat to 180°F (82°C).<br>8. Add back water to maintain form weight or volume.<br>9. Add macaroni from step 2 and mix gently.<br>10. Spray half-size steam table pans lightly with a vegetable coating release agent.<br>11. Place 88 oz (2497 g) in each half size steam table pans. |
| Bread crumbs                        | 2.50    | 1.06   | 481    | 12. Mix melted margarine with bread crumbs.<br>13. Sprinkle over macaroni and cheese.<br>14. Bake at 325°F (163°C) for approximately 20 minutes or until lightly browned.<br>15. Cool to about 50°F (10°C).<br>16. Cover, label, and freeze.                                                                                                                         |
| Margarine, melted                   | 1.50    | 0.64   | 290    |                                                                                                                                                                                                                                                                                                                                                                      |
| Total                               | 100.00  | 42.72  | 19,377 |                                                                                                                                                                                                                                                                                                                                                                      |

## MACARONI AND CHEESE

- Notes:
1. Formula makes 10 pans. Each pan contains 10 servings.
  2. Formula is based on a threefold increase in macaroni. Cooked weight of macaroni for 100 portions should be approximately 19.2 lb (8.7 kg).
  3. Formula is based on a 90% yield from raw to cooked macaroni and cheese. Weight of cooked macaroni and cheese for 100 portions should be approximately 50 lb (24.9 kg).
  4. Final weight of sauce for 100 servings is 34.0 (15.6 kg). Final volume of sauce for 100 servings is 4.0 gallons (15.2 L). One gallon (3.8 L) weighs 8.4 lb (3.8 kg).
  5. Reheat at 325°F (163°C) in a convection oven until internal temperature reaches 160°F (71°C).

## **MACARONI AND CHEESE**

### **Ingredients**

#### **Dairy Foods and Eggs**

1. Cheese, Cheddar, NSN-8910-00-125-8440, Fed. C-C-271, Class 2, Style F, Size 6.
2. Milk, homogenized, NSN-8910-00-584-6435, Fed. C-M-001678, Type I, Class 1.

#### **Cereal and Bakery Products**

3. Bread crumbs, dry, NSN-8920-00-464-2224, MIL-F-3501, Type III.
4. Flour, wheat, NSN-8920-00-140-7748, Fed. N-F-00481, Type III, Class B, Style 2.
5. Macaroni, elbow, NSN-8920-00-067-6146, Fed. N-M-51, Group I, Type A, Class 2, Style a, Form ii.

#### **Food Oils and Fats**

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

#### **Condiments and Related Products**

7. Pepper, white, ground, NSN-8950-00-245-2302, Fed. EE-S-631, Type II.
8. Salt, table, iodized, NSN-8950-00-262-8886, Fed. SS-S-31.

#### **Special Procurement**

9. Starch, Col-Flo 67.

# REUBEN SANDWICH

V-7

Yield: 100 Portions

Each Portion: 1 Sandwich

| Ingredients         | Percent | Pounds | Grams  | Procedure                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------------------|---------|--------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Corned beef, cooked | 32.19   | 12.56  | 5,697  | 1. Slice cooked corned beef to 1/32-in (0.08-cm) thickness.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Bread, rye          | 25.99   | 10.14  | 4,600  | 2. Lightly toast each slice of bread.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Margarine           | 6.22    | 2.42   | 1,098  | 3. Brush each surface of bread with melted margarine taking care to extend coverage to the edges of the bread.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Cheese, Swiss       | 19.78   | 7.71   | 3,497  | 4. Slice cheese to 1/16-in (0.16-cm) thickness, 0.5-oz (14-g) weight. Cut or trim cheese to fit on each slice of bread.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Sauerkraut, canned  | 15.82   | 6.17   | 2,799  | 5. Drain sauerkraut very well.<br>6. Assemble sandwiches as follows:<br>1. Place slice of cheese on bottom slice of bread.<br>2. Place 1 oz (28 g) of corned beef over the cheese, ensuring that the beef does not extend beyond the edges of the bread.<br>3. Place 1 oz (28 g) of well-drained sauerkraut on the very center of the beef.<br>4. Place 1 oz (28 g) of corned beef on top of the sauerkraut.<br>5. Place 0.5 oz (14 g) of cheese on top of the beef.<br>6. Cover sandwich with top slice of bread.<br>7. Place four sandwiches in each half-size steam table pan.<br>8. Cover, label, and freeze. |
| Total               | 100.00  | 39.00  | 17,691 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

## 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 contains 4 servings.
  4. Caution: Sandwiches should not be cut until just prior to serving.
  5. Reheat in convection oven at 325°F (163°C) until internal temperature reaches 160°F (71°C). Time: approximately 50 minutes.

## **REUBEN SANDWICH**

### **Ingredients**

#### **Meat**

1. 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**

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

#### **Dairy Products**

3. Cheese, Swiss, natural, NSN-8910-00-450-9839, Fed. C-C-302, Style (b).
4. Margarine, NSN-8945-00-616-0078, Fed. EE-M-0045, Type I.

#### **Bakery Products**

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

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