

Recipe Name: Spicy Asian Sauce			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Vegetable Oil		1 T.	1. Heat vegetable oil over medium heat until hot. Add garlic, ginger root, hoisin sauce and crushed red pepper. Cook and stir about 1 minute, being careful not to let garlic burn.
Garlic, minced	½ oz.		
Ginger Root, grated	¾ oz.		
Hoisin Sauce		¼ c.	
Crushed Red Pepper	¼ oz.		
Soy Sauce		4 c.	2. Stir in soy sauce, honey, lime juice and white wine vinegar.
Honey		5 T.	
Lime Juice		1 c.	
White Wine Vinegar		1 c.	
Corn Starch	2½ oz.		3. Combine cornstarch with water to make a slurry the color of heavy cream.
			4. Whisk in slurry and simmer until sauce is thick.
			5. Cool.

Serving Size for Grades: K-8 is: 3 Tbs. (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is: 3 Tbs. (unit: cup, fl oz, each) Serving Utensil: _____

Recipe Name: Beef & Broccoli Stir-Fry			
Ingredients	For 50 Servings		Directions
	Weight	Measure	
Broccoli Crown	8 lbs.		<p>1. Steam broccoli just until bright but still crunch. Shock in ice, drain. Broccoli will be shipped in bags on the side. 2 lb broccoli = 1 pan.</p> <p>2. Sauté beef in tilt skillet to cook, then remove.</p> <p>3. Sauté bell peppers and carrots. Add cooked beef back into skillet and warm throughout. Add broccoli last minute and sauce. Serve with sesame seeds if desired.</p> <p>4. Portion beef and sauce into hotel pan. 1 pan = 1 qt. sauce & 4 lb. 12 oz. beef strips.</p> <p>NOTE: Optional: Bake beef 350 degrees for 25 min. Once heated, fold in 1 bag of broccoli per pan of beef.</p>
Beef Fajita Meat	15 lbs.		
Red Bell Pepper, Sliced	3 lbs.		
Carrots, Shredded	2 lbs.		
Spicy Asian Sauce		1 1/8 c.	

Serving Size for Grades: K-8 is: 3/4 c. (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is: 1 c. (unit: cup, fl oz, each) Serving Utensil: _____

Meal Pattern Contributions

Equals 3/4 c vegetable and 1/4 c meat
