

Chinese-Style Vegetables

VEGETABLES						SIDE DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Assorted frozen and/or fresh vegetables	6 lb 4 oz		12 lb 8 oz			<div>1. Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh.) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 5.</div> <div>2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.</div> <div>3. Heat oil in steam-jacketed kettle.</div> <div>4. Add pepper to oil and stir.</div> <div>5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.</div> <div>6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.</div> <div>7. Cover, lower heat, and steam for 2-3 minutes. VEG-ETABLES SHOULD NOT BE OVERCOOKED as they will continue to cook on the steamtable. CCP: Heat to 140 °F or higher.</div> <div>8. Pour approximately 3 qt 3 cups into each steamtable table pan (12" × 20" × 2-1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</div> <div>9. CCP: Hold for hot service at 135 °F or higher. Portion with No. 16 scoop (1/4 cup).</div>
Group A Broccoli Carrots Cauliflower Celery Onions						
Group B Cabbage Green beans Green peas Yellow summer squash Zucchini						
Optional vegetables Snow peas Red or green peppers Pimientos Water chestnuts						
Water		1/2 cup		1 cup		
Low-sodium soy sauce		1/4 cup		1/2 cup		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Vegetable oil		1/2 cup		1 cup		
Ground black or white pepper		1/2 tsp		1 tsp		
Serving: 1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable.			Yield: 50 servings: 1 steamtable pan 100 servings: 2 steamtable pans		Volume: 50 servings: about 3 qt 3 cups 100 servings: about 1 gal 3-1/2 qt	

Comments:

Equal amount of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

NUTRIENTS PER SERVING					
Calories	37	Saturated Fat	0.33 g	Iron	0.32 mg
Protein	0.82 g	Cholesterol	0 mg	Calcium	19 mg
Carbohydrate	3.76 g	Vitamin A	2440 IU	Sodium	66 mg
Total Fat	2.34 g	Vitamin C	10.1 mg	Dietary Fiber	1.3 g

Adapted from the USDA/National Food Service Management Institute. www.nfsmi.org/USDA_recipes/school_recipes/all_alpha.pdf