

Herbed Broccoli and Cauliflower Polonaise

VEGETABLE						SIDE DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Canola or vegetable oil	6 oz. (185 ml)	3/4 cup	12 oz. (370 ml)	1 1/2 cup		1. Heat canola or vegetable oil in stock pot. 2. Turn off heat and add lemon juice. 3. Add onion, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the oil. Mix, then set aside. 4. Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2½"). Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. CCP: Heat to 140 °F (60 °C) or higher. Drain water from pans 5. Combine 2 lb., 13 oz. (1.3 kg) of cooked broccoli and 2lb., 13 oz. of cooked cauliflower in each steamtable pan (12" x 20" x 2 ½") that has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving. 7. CCP: Hold for hot service at 135 °F (57 °C) or higher. Portion with No. 8 scoop (1/2 cup)
Lemon juice		1/4 cup (59 ml)		1/2 cup (118 ml)		
Fresh onions, diced ¼" OR Dehydrated onions	5 oz. (142g) OR 1 oz. (28g)	3/4 cup, 2 tbsp. OR 1/2 cup	10 oz. (284g) OR 2 oz. (56g)	1 3/4 cup OR 1 cup		
Dried basil		1 tbsp.		2 tbsp.		
Dried parsley		2 tbsp.		4 tbsp.		
Ground black or white pepper		1/2 tsp.		1 tsp.		
Onion salt		2 tsp.		1 tbsp., 1 tsp.		
Grated Parmesan cheese	4 oz. (113g)	11/2 cup	8 oz. (226g)	3 cups		
Whole-wheat dry bread crumbs	10 oz. (284g)	2 cups	1 lb., 4 oz. (568g)	1 qt.		
Frozen broccoli, spears	6 lb., 4 oz. (2.8 kg)		12 lb., 8 oz. (5.6 kg)			
Frozen cauliflower	6 lb., 4 oz. (2.8 kg)		12 lb., 8 oz. (5.6 kg)			
Serving: 1/2 cup (No. 8 scoops) provides 1/2 cup of vegetable			Yield: 50 servings: about 12 lb., 11 oz. (5.8 kg) 100 servings: about 25 lb., 6 oz. (11.6 kg)			

Special tip: For best results, use perforated pans to steam vegetables.

NUTRIENTS PER SERVING					
Calories	92	Saturated fat	0.67g	Iron	1.00 mg
Protein	4g	Cholesterol	2 mg	Calcium	84 mg
Carbohydrate	10g	Vitamin A	1176 IU	Sodium	216 mg
Total fat	4g	Vitamin C	38.8 mg	Dietary fiber	3.3g

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