

Garlic Steamed Broccoli

Vegetable - Dark Green

HACCP: #2 Same Day Service

Marshall County Recipe V75

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Broccoli fresh	7 #				<ol style="list-style-type: none"> 1. Mix olive oil, garlic and black pepper to form a seasoning to coat the Broccoli. 2. Divide the Broccoli evenly among full size shallow steam table pans. Use approximately 4 pans for 100 portions. 3. Evenly coat the Broccoli with the olive oil mixture. 4. Properly bake or steam in cooking equipment to an internal temperature of 140° <p>CCP: Hold at 135° for hot holding service. Tip- Cook as close to serving time as possible.</p>
Broccoli Frozen (#3002)	21#				
Oil, Olive (#7047)		2 ½ C			
Garlic, Granulated (#7017)		2/3 C			
<p>Buying Guide Information: Need to purchase 7 pounds of broccoli florets (ready to use) to yield 7 pounds of broccoli ready to cook (7 pounds of florets will yield 100 ½ cup servings)</p> <p>Need to purchase 19.75 pounds of head broccoli to yield 7 pounds of broccoli ready to cook</p> <p>Broccoli Frozen: Need to purchase 21 pounds of frozen broccoli to Yield 100 ½ cup servings.</p>					

Serving Size	1 Serving Provides	Yield
4 oz spoodle (½Cup)	½ cup dark green vegetables	100 servings