

Orfalea Foundation- SFI

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Recipe Sizing Report

Aug 19, 2013

000120 - School Food Mashed Potatoes :

HACCP Process: #2 Same Day Service

Number of Portions: 45

Size of Portions: 1/2 cup

011352 POTATO,FLESH & SKN,RAW.....	10 lbs
001145 BUTTER,WITHOUT SALT.....	6 ozs
001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR ..	3 cups
002047 SALT.....	1 1/2 Tbsp
002030 PEPPER.....	1/2 Tbsp

1. Wash the potatoes well, using a brush, if necessary to remove all dirt.
2. Halve or quarter the potatoes depending on the size; the pieces need to be of uniform size to cook evenly. Store in cold water until ready to cook so they do not turn brown.
3. Cooking methods:
Boiling method: Place potatoes in a large pot or steam jacket and cover with cold water. Bring to a boil and reduce heat to a low boil and cook until tender but not falling apart, approximately 30 minutes* once they have begun to boil. Drain well.
Steaming method: Steam the potatoes for 30-35 minutes until tender but not falling apart.
- *Note that cooking times will vary depending on volume.
4. While potatoes are cooking, heat the milk with the butter, salt, and pepper, do **not** boil.
5. Place the cooked potatoes into the bowl of a hobart mixer and using the paddle attachment, start mixing on the lowest speed just until the potatoes are crushed.
6. Add the liquid in batches, mixing well on medium speed to combine and achieve consistency.
7. Scoop mashed potatoes into full sized 4-inch pan(s).

Serve immediately, hold or chill according to HACCP SOP

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold at 135° F or higher.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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EQUIPMENT:

2-full size 4 inch hotel pans
 1-Vegetable brush (if needed)
 1-Colander
 1-Chef's knife or mechanized cutting tool (Sunkist sectionizer)
 1-Cutting board and non-slip mat (if cutting manually)
 1-Cambro container, 22 quart
 1-Steamer or stockpot for cooking on stovetop
 4-Perforated full size 2-inch hotel pan (if using the steamer)
 1-Liquid measuring cup, half gallon
 1-Dry measuring cup
 1-Measuring spoons, full set
 1-Rubber spatula
 1-Scale
 1-Standing mixer (Hobart) and paddle
 -Slotted spoon
 1-2 quart capacity saucepot for heating milk

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	110 kcal	Cholesterol	8 mg	Protein	2.63 g	Calcium	33.39 mg	25.85%	Calories from Total Fat
Total Fat	3.17 g	Sodium	249 mg	Vitamin A	38.5 RE	Iron	0.80 mg	16.12%	Calories from Sat Fat
Sat Fat	1.98 g	Carbs	18.47 g	Vitamin A	130.2 IU	Water ¹	95.50 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	D. Fiber	2.24 g	Vitamin C	19.9 mg	Ash ¹	1.82 g	66.88%	Calories from Carbs
								9.51%	Calories from Protein
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values									

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