

Orfalea Foundation- SFI

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Recipe Sizing Report

Jul 26, 2013

000112 - School Food Turkey Gravy :

HACCP Process: No HACCP Process

Number of Portions: 128

Size of Portions: Oz.

050385 OIL, VEGETABLE.....	4 ozs
001145 BUTTER,WITHOUT SALT.....	4 ozs
902372 vegetables from roasting turkey.....	8 ozs
050394 FLOUR, ALL PURPOSE, ENRICHED, WHITE, UNB...	8 ozs
902373 drippings from roasting turkey.....	9 ozs
014429 WATER, TAP, MUNICIPAL.....	1 gal

1. Heat vegetable oil and butter in pot just until butter has melted.
2. Add vegetables reserved from roasting turkey and heat for 3-5 minutes.
3. Add flour and stir vigorously, being careful not to burn the flour.
4. Reduce heat and cook 5-6 minutes until the mixture starts leaving the sides of the pot. DO NOT BURN THE ROUX
5. Use all of the drippings and add enough water to equal 1 gallon total.
6. Over low to medium heat, bring the sauce to a boil, stirring occasionally. The gravy will NOT thicken if it does not come to a boil. Turn heat down and continue to cook until the gravy coats the back of a metal kitchen spoon.
7. Blend with an immersion blender until the vegetables have been incorporated into the gravy. Serve immediately, hold or cool 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 for hot service 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:

1 Scale

1- Portable burner (use stove if available)

1- Stock pot or tilt skillet (if cooking in volume)

1-Liquid measuring cups: gallon, quart

1-Dry measuring cups, full set

1-Measuring spoons, full set

1-Whisk

1-Metal kitchen spoon or paddle

1-Immersion blender

1-Serving/cooling container

*Nutrients are based upon 1 Portion Size (Oz.)

Calories	*21*	kcal	Cholesterol	*2*	mg	Protein	*0.19*	g	Calcium	*1.37*	mg	*70.75%*	Calories from Total Fat
Total Fat	*1.62*	g	Sodium	*1*	mg	Vitamin A	*6.7*	RE	Iron	*0.08*	mg	*25.86%*	Calories from Sat Fat
Sat Fat	*0.59*	g	Carbs	*1.35*	g	Vitamin A	*22.1*	IU	Water ¹	*29.75*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	D. Fiber	*0.05*	g	Vitamin C	*0.0*	mg	Ash ¹	*0.03*	g	*26.22%*	Calories from Carbs
												3.69%	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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