

ABCs OF SCRATCH COOKING

RECIPE SPOTLIGHT FOR K-12 SCHOOLS

HOT SANDWICHES



Friends,

I think it's safe to say that our approach to school nutrition is noticeably different since we released our inaugural issue of "ABCs of Scratch Cooking". Amid the global pandemic, some of our students have headed back to the classroom and are adjusting to the ever-changing guidelines for mealtimes. While we know and understand that schools are pivoting for the health and safety of our children — the fact remains that we still want to help you provide high-quality meals to students.

In this issue, you'll find a small collection of tasty, hot sandwiches (and a nice hearty rice bowl) - courtesy of Iowa Gold Star Cycle Menus and the Wisconsin Department of Public Instruction. These recipes will allow your kitchens to provide the benefits of scratch cooking while allowing cafeteria workers to keep their distance. Happy cooking.



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DONE TO PERFECTION.



THIS ISSUE'S RECIPES...



HOT HAM, BROCCOLI
AND CHEESE PITA 4



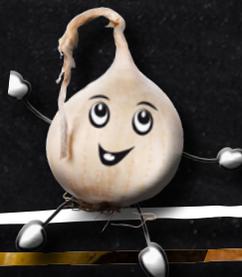
TOASTED TURKEY AND
CHEESE SANDWICH 5



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HOT HAM, BROCCOLI AND CHEESE PITA



Food images may be representative and not depict exact recipes.

INGREDIENTS

25 cup Broccoli, frozen, chopped, thawed, steamed

50 Pita, whole wheat, round

100 slices, Ham, water added,
USDA Foods #100184, 2.5 oz

50 slices, American cheese,
WI Processed C706, Land O' Lakes,
Commercial Eq. Code: 46253, 0.5 oz

Cook & Serve Same Day



Number of Portions: 50

Portion Size: 1 Pita

Chef's Tips: Wrap pita pockets individually in foil before placing in oven for an easy, low contact meal.

No broccoli on hand? Swap for a green, leafy veggie — like spinach! Not a ham fan? Try it with chicken instead.

INSTRUCTIONS

1. Fill each pita with ½ cup broccoli florets, 2 slices of ham, 1 slice of cheese.
2. Place stuffed pita pockets on parchment paper lined sheet pans.
3. Cover with foil and bake in your Vulcan Oven (see chart below). Heat until browned and cheese has melted.

	Conventional Oven	Convection Oven	Combi Oven	Cook & Hold Oven
Temp:	350°F	325°F	325°F 30% humidity	Cook: 350°F Hold: 135°F
Time:	10-15 Min.	7-9 Min.	7-9 Min.	10-15 Min.

CCP: Keep warm in your Vulcan Holding Cabinet at 135°F or higher for hot service.



Holding & Transport Cabinet



Convection Oven



TOASTED TURKEY AND CHEESE SANDWICH



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INGREDIENTS

¾ cup Margarine blend

100 slices, Bread, whole grain

100 slices, American cheese,
USDA Foods #100184, 2.5 oz

100 slices, Turkey, Deli Breast,
USDA Foods #110554, 1.43 oz

Cook & Serve Same Day



Number of Portions: 50

Portion Size: 1 Sandwich



Holding & Transport Cabinet



Convection Oven

INSTRUCTIONS

1. Brush approximately ½ oz (1 tbsp) margarine on sheet pans (18" x 26" x 1"). For 50 servings, use 3 pans.
2. Place 20 slices of bread on each sheet pan.
3. Top each slice of bread with 3 slices of turkey and 2 slices of cheese.
4. Cover with remaining bread slices.
5. Brush tops of sandwiches with remaining margarine blend.
6. Bake in your Vulcan oven until lightly browned.

	Conventional Oven	Convection Oven	Combi Oven	Cook & Hold Oven
Temp:	350°F	325°F	325°F 30% humidity	Cook: 350°F Hold: 135°F
Time:	10-15 Min.	7-9 Min.	7-9 Min.	10-15 Min.

CCP: Keep warm in your Vulcan Holding Cabinet at 135°F or higher for hot service.



BBQ PULLED PORK SANDWICH



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INGREDIENTS

3 bags (8 lbs each) Pork, seasoned, Cuban brand, cooked, [USDA Foods #110730](#)

4 lb + 6 oz Barbecue sauce

100 Whole grain hamburger buns

Cook & Serve Same Day



Number of Portions: **100**

Portion Size: **1 Sandwich**

INSTRUCTIONS

1. Heat seasoned pork according to directions until it reaches an internal temperature of 165°F. Drain excess liquid.
2. Add barbecue sauce to drained pork, stirring gently.
3. Place 3.85 oz of pork and sauce on bun.
*Wrap individual sandwiches in foil for to-go meals.

	Conventional Oven	Convection Oven	Combi Oven	Cook & Hold Oven	Steamer
Temp:	350°F	325°F	325°F 30% humidity	Cook: 350°F Hold: 135°F	
Time:	10-15 Min.	7-9 Min.	7-9 Min.	10-15 Min.	20 min. (to steam pork)

CCP: Keep warm in your Vulcan Holding Cabinet at 135°F or higher for hot service.



Holding & Transport Cabinet

FIESTA BEANS AND RICE



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INGREDIENTS

- 3 lb Brown rice, long grain, uncooked
- 1 pint Salsa
- 1 pint Tomato sauce
- 3 qts + 1 cup Pinto beans, reduced sodium

Cook & Serve Same Day

 **Number of Portions: 50**
 **Portion Size: ½ Cup**

Chef's Tips: Quickly cook your brown rice in your Vulcan Steamer, Combi Oven or Convection Oven.



Steamer



Combi Oven



Convection Oven

INSTRUCTIONS

1. Divide brown rice into two 4-inch pans with 1-quart water per one pound of rice. Cook according to chart below.
2. Drain and rinse pinto beans. Place half the beans in each pan of rice.
3. Combine salsa and tomato sauce in a large mixing bowl and stir well.
4. Pour half of the tomato sauce and salsa mixture over each pan of rice and beans. Stir until well combined.
5. Cover each pan with foil and crimp tightly.
6. Bake in your Vulcan Oven (see chart below) or until internal temperature reaches 165°F.

	Conventional Oven	Convection Oven	Combi Oven	Cook & Hold Oven	Steamer
Temp:	250°F	250°F	280°F 80% humidity	Cook: 350°F Hold: 135°F	
Cook Time:	10-15 Min.	10-15 Min.	7-9 Min.	Cook: 20-25 Min. Hold: 20 Min.	20 Min.

CCP: Keep warm in your Vulcan Holding Cabinet at 135°F or higher for hot service.

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VULCAN

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