

ABC'S OF SCRATCH COOKING

RECIPE SPOTLIGHT FOR K-12 SCHOOLS

HOT BREAKFAST



Friends,

It's hard to believe that we're already in the second quarter of the year and we've been living with the pandemic for over a year. Despite all the chaos and uncertainty of the last year, one thing remains — your dedication to feeding students.

As many states continue to loosen restrictions and more students begin to head to in-person learning, it's important that you have a game plan to fuel those hungry minds. We've all heard the old adage "breakfast is the most important meal of the day."

In this issue of the "ABCs of Scratch Cooking", you'll find a small collection of interesting breakfast treats that will help power students through their day. As always, these recipes will allow your kitchens to provide the benefits of scratch cooking and make it easy for cafeteria workers to keep their distance. Happy cooking.



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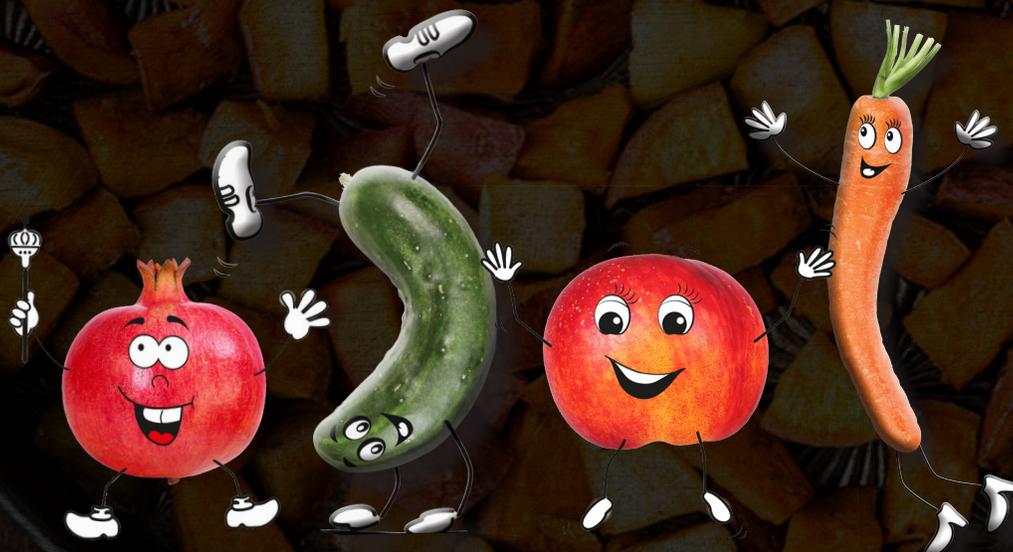


JUST4SCHOOLS



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MONTE CRISTO BISCUIT SANDWICH



Food images may be representative and not depict exact recipes.

INGREDIENTS

100 each, Whole wheat biscuit “heat & serve” fully baked
- or equivalent recipe [here](#)

2.25 ounce credits as 2 ounce equivalent

100 slices, Turkey breast, reduced sodium

- Presliced [USDA 110554](#)

1.43 ounce credit as 1 ounce equivalent

- If using an automatic heavy-duty slicer:

Fully cooked, deli-style, formed, [USDA 10012](#)

1.59 ounces credit as 1 ounce equivalent

100 slices, Cheese, cheddar, yellow, sliced [USDA 111110](#)

0.75 ounce credit as 0.75 ounce equivalent

2 cups + 1 tbsp + 1 tsp, Jam, strawberry

Sugar, powdered (for dusting)

Cook & Serve Same Day

Number of Portions: **100**

Portion Size: **1 Biscuit Sandwich**

For more information on USDA Foods Meats/Meat Alternatives, click [here](#).



INSTRUCTIONS

1. Fully cooked biscuits can be heated from thawed or frozen.
2. Organize your work area (mise en place) before cooking.
3. Open thawed biscuit and place one slice of turkey deli slices with one slice of cheese.
4. Spread 1 tsp of strawberry jam on the inside top of the biscuit.
5. Dust with powdered sugar and serve warm or wrap for grab-'n-go.



	Conventional Oven	Convection Oven	Combi Oven	Cook & Hold Oven
Temp:	350°F	325°F	325°F 30% humidity	Cook: 350°F Hold: 180°F
Time:	5-7 Min.	5-7 Min.	5-7 Min.	7-10 Min.

CCP: Heat to 165°F or higher

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

GRANOLA BAR



INGREDIENTS

Dry Ingredients:

- 6 lb Oats, old fashioned (30 cups)
- ½ cup Baking powder
- 1 tbsp Salt
- ½ cup Cinnamon, ground
- 2 lb + 8 oz Cranberries, dried, unsweetened

Wet Ingredients:

- 16 Eggs, large
- 4 lb + 12 oz Bananas, ripe, mashed
- 1 lb + 3 oz Applesauce, unsweetened, canned
- 64 fl oz Milk, low fat
- ½ cup Maple syrup
- 2 lb Brown sugar, unpacked
- ½ cup Vanilla

Number of Portions: **96**

Portion Size: **1 Granola Bar**

INSTRUCTIONS

1. Organize your work area (mise en place) before cooking.
2. Combine dry ingredients in a bowl, mix well and make a well in the center.
3. In a separate bowl, combine wet ingredients and mix well.
4. Incorporate wet ingredients into dry ingredients and mix well (mixture will appear runny).
Tip: Prepare in a 30-qt. or larger mixer.
5. Line two 18 x 26 sheet pans with parchment paper and bake in medium hot oven until golden brown.
6. Cut into 48 granola bars per single sheet pan (~ 2" x 5").
7. Wrap for grab-'n-go.



	Conventional Oven	Convection Oven	Combi Oven	Cook & Hold Oven
Temp:	350°F	325°F	325°F 30% humidity	350°F
Time:	25-30 Min.	25-30 Min.	25-30 Min.	25-30 Min.

CCP: Heat to 165°F, allow to cool/set to cut

BAKED SWEET POTATOES AND APPLES



Food images may be representative and not depict exact recipes. Image credit: lovFoodSunshine.com

INGREDIENTS

3 lb + 13 oz (2 qt ½ cup – 1 #10 can) cut Sweet Potatoes,
[USDA Foods 100317](#)

3 lb + 11 oz (2 qt – ⅔ #10 can) unsweetened sliced Apples,
[USDA Foods 100206](#)

5 ¾ oz (¾ cup) Brown sugar

1 tsp Cinnamon, ground

1 tsp Nutmeg, ground

2 ½ oz (⅓ cup) Butter

¾ cup Water

Cook & Serve Same Day

Number of Portions: **25**

Portion Size: **½ Cup**

INSTRUCTIONS

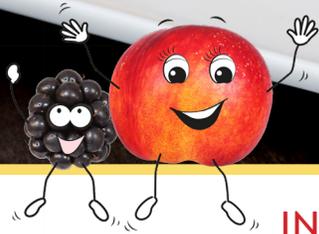
1. Organize your work area (mise en place) before cooking.
2. Use a 12 x 20 x 2-½ food pan coated with pan release spray.
3. Place sweet potatoes in pan and then layer apples on top.
4. Combine brown sugar, cinnamon and nutmeg and sprinkle over apples.
5. Dot each pan with butter and add water.
6. Heat until 165°F internal temperature is reached.



	Conventional Oven	Convection Oven	Combi Oven	Cook & Hold Oven
Temp:	350°F	325°F	325°F 30% humidity	Cook: 350°F Hold: 180°F
Time:	25-30 Min.	20-25 Min.	13-20 Min.	25-30 Min.

CCP: Heat to 165°F, hold at 135°F or higher

BREAKFAST SANDWICH



INGREDIENTS

100 each, Whole wheat English muffins
 “heat & serve” fully baked
 2 ounce credits as 2 ounce equivalent

100 each, Cheese omelet,
 commercial equivalent code 40176

Cook & Serve Same Day

Number of Portions: **100**

Portion Size: **1 Breakfast Sandwich**

INSTRUCTIONS

1. Fully cooked English muffins can be heated from thawed or frozen (more information [here](#)).
2. Cheese omelet should be thawed for best results (more information [here](#)).
3. Organize your work area (mise en place).
4. Open thawed English muffin and place one cheese omelet.
5. Serve warm or wrap for grab-’n-go.



	Conventional Oven	Convection Oven	Combi Oven	Cook & Hold Oven	Steamer
Temp:	350°F	325°F	325°F 30% humidity	Cook: 350°F Hold: 180°F	Cheese Omelet
Time:	5-7 Min.	5-7 Min.	5-7 Min.	7-10 Min.	15 Min.

CCP: Heat to 165°F, hold at 135°F or higher

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