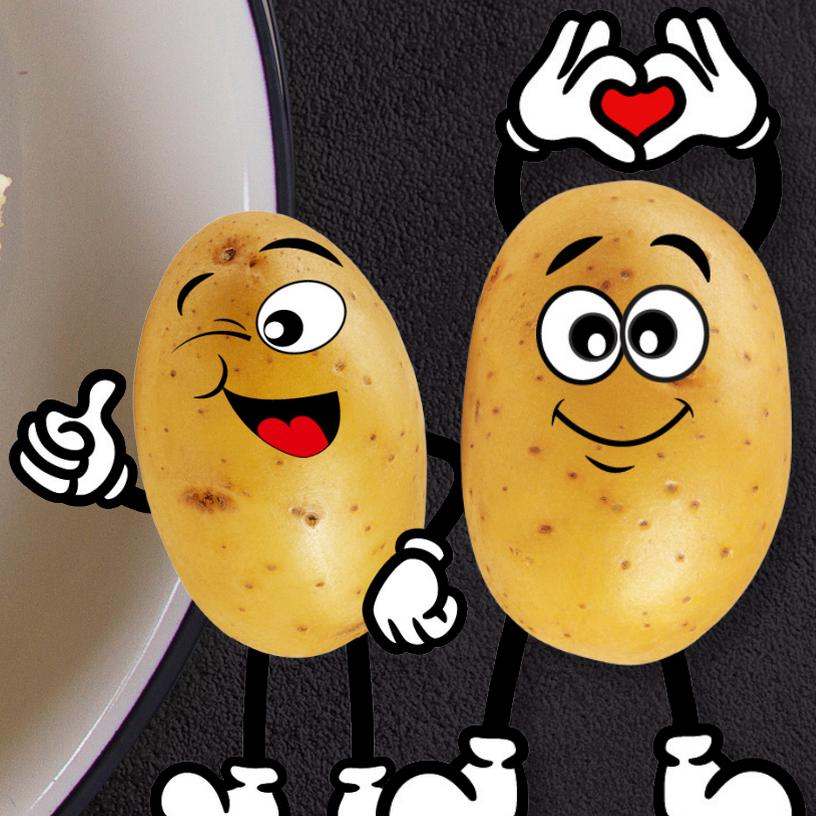


# ABCs OF SCRATCH COOKING

RECIPE SPOTLIGHT FOR K-12 SCHOOLS

EVERYTHING  
IS  
BETTER  
WITH  
POTATOES





Friends,

As I sit and write this note, I'm overcome with bittersweet emotions. I've spent the last 10 years dedicated to ensuring that children can receive healthy and delicious meals in K-12 schools. I've worked tirelessly to educate foodservice directors and cafeteria staff on topics like effectively procuring cooking equipment, mise en place cleaning, the 5S of foodservice and so much more.

My involvement with the School Nutrition Association has afforded me the opportunity to relentlessly lobby our lawmakers on behalf of students and there's still work to be done.

As I transition into retirement from the equipment world, my recent appointment to Vice Chair of the School Nutrition Foundation still provides me with an outlet to make an impact in this space.

With Tracie stepping into the K-12 Market Segment Manager role, I'm confident that she will do whatever it takes to ensure that our children get the nutrition they deserve. Her extensive background and more than 20 years of experience as a foodservice director means she's walked in those shoes and understands the challenges your kitchens face.

I can't wait to see all that she accomplishes. Please join me in passing the torch to Tracie. It's been my pleasure working with you all.

*Mike Burke*

Mike Burke, SNS



**HELLO**  
My Name Is

Tracie Suter

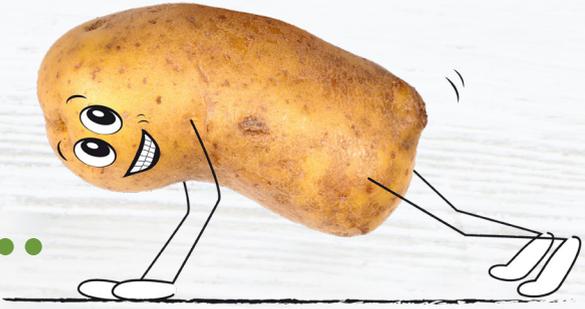


JUST4SCHOOLS





# WHAT'S INSIDE...



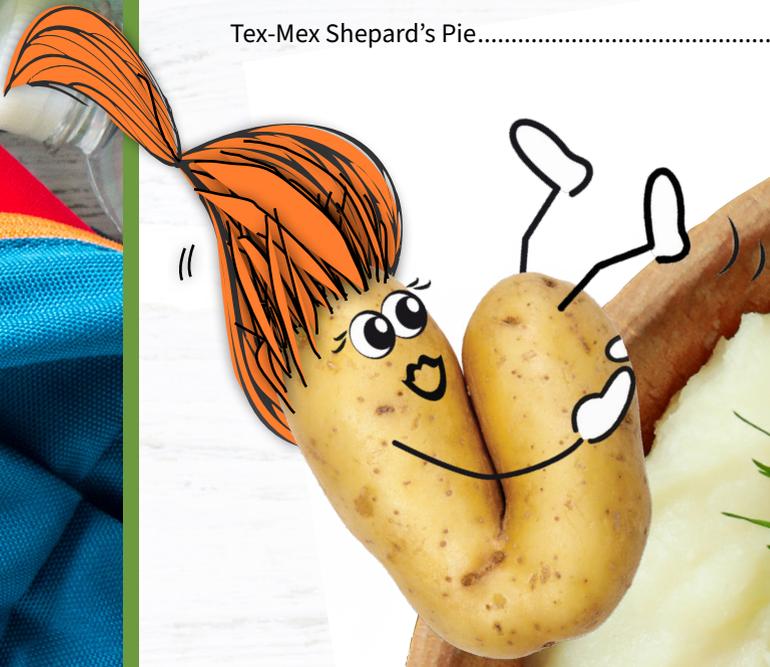
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# BACKYARD BBQ SPUD STUFFERS

## INGREDIENTS:

**48 each** Potato half shells, frozen

**3 lb** Chicken breast, fully cooked, shredded

**3 cup** Barbecue sauce, prepared



### USE YOUR VULCAN:

**Standard Oven:** 450°F

**Convection Oven:** 450°F

**Combi Oven:** 450°F

1. Organize your work area before assembly; preheat oven to 450°F.
2. Arrange the frozen half shells onto baking sheets with wire rack inserts.
3. Bake frozen potato half-shells for 20 minutes, or until golden brown and crispy.
4. Remove from oven and allow to cool. Store in refrigerator until ready to use.
5. Combine shredded chicken with barbecue sauce in a large bowl.
6. Place two ounces (¼ cup or #16 scoop) BBQ chicken in each half shell.
7. Serve chilled.

**CCP: Heat to 165°F, Hold at 41°F or lower**

Number of Portions: **24** (2 BBQ chicken filled potato half shells) | Portion Size: **½ cup**

*4 ounces equivalent M/MA, ½ cup starchy vegetable*

# LOADED RANCH-STYLE MASHED POTATOES

## SUPPLIES NEEDED:

**6 ea** - 12"x20"x4" food pans

## INGREDIENTS:

**2 gallons** Water, boiling

**12 (2 lb) bags** Mashed potato pearls ([Basic American Foods](#) or equivalent)

**12 oz** Ranch dressing mix, dry, divided

**1 quart + 1 pint** Cheddar cheese, shredded

**60 slices** Turkey bacon, diced

**2 tablespoon** Parsley, dried flakes

1. Organize your work area before assembly.
2. Pour 1⅓ quarts of boiling water to each of six (6) 12"x20"x4" food pans.
3. Add 2 oz of ranch dry ranch dressing mix into each pan, stir.
4. While slowly stirring, pour contents of 2 bags of mashed potato pearls into each pan.
5. Mix thoroughly until all water has been absorbed by pearls.
6. Cover with plastic wrap and place in steamer for 5-10 minutes, until the pearls have dissolved.
7. Top with cheese and chopped bacon, garnish with dried parsley.
8. Serve with a #8 scoop.

**Steamer**  
5-10 min



**Combi Oven**  
212°F + 100% hum.



**Cook and Hold**  
180°F



**CCP:**  
**Heat to 165°F**  
**Hold at 135°F or higher**

Number of Portions: **80** | Portion Size: **½ cup** (#8 Scoop)

*½ cup starchy vegetable*

## USDA RESOURCES

[Vegetable info sheets](#)

[Meat/Alternates info sheets](#)

# HOMESTYLE MASHED POTATO BOWL

**12 bags (2 lbs)** Mashed potato pearls  
([Basic American Foods](#) or equivalent)

**2 quarts** Milk, low-fat, 1%

**8 oz** Butter, unsalted

**1 tablespoon** Garlic powder

**1 tablespoon** Salt

**300** Meatballs, beef

**6 quart + 1 cup** Green beans

**6¼ cup** Cheddar cheese, shredded

**6¼ cup** Gravy, brown

1. Combine milk, butter, garlic powder and salt and heat to 135°F in steamer or oven.
2. Add milk mixture to mashed potato pearls.
3. Place meatballs on pan and heat to oven until 165°F and move to warmer until service.
4. Steam green beans (3-5 minutes) and move to warmer until service.
5. To serve, use a #8 scoop to portion ½ cup mashed potatoes in a bowl, top with 3 meatballs, ¼ cup green beans, 1 tbsp cheddar cheese and 1 tbsp brown gravy.

USE YOUR VULCAN:

**Steamer**  
5 min



**Combi Oven**  
350°F + 30% HUM.



**Convection Oven**  
325°F



**Cook and Hold**  
180°F



CCP: Heat to 165°F or higher, Hold at 135°F or higher for hot service

Number of Portions: **100** | Portion Size: **1 Bowl**

*2 ounces M/MA, ¼ cup other vegetables, ½ cup starchy vegetable*

# GARLIC MASHED POTATOES

**1 gallon** Water, boiling

**6 (2 lb) bags** Mashed potato pearls  
([Basic American Foods](#) or equivalent)

**4 tablespoon** Parsley, dried flakes

**2 tablespoon** Garlic, granulated

**2 tablespoon** Garlic, dehydrated, minced

**2 tablespoon** Onion powder

1. Organize your work area before assembly.
2. Pour 1½ quarts of boiling water into each of three (3) 12"x20"x4" food pans.
3. Mix seasoning in warm water and evenly divide into food pans.
4. While slowing stirring, pour contents of 2 bags of mashed potato pearls into each pan.
5. Mix thoroughly until all water has been absorbed by pearls.
6. Cover with plastic wrap and place in steamer 5-10 minutes, until the pearls have dissolved.
7. Serve with a #8 scoop.

SUPPLIES NEEDED:

**3 ea** - 12"x20"x4" food pans

USE YOUR VULCAN:

**Steamer**  
5-10 min



**Combi Oven**  
212°F + 100% HUM.



**Convection Oven**  
325°F



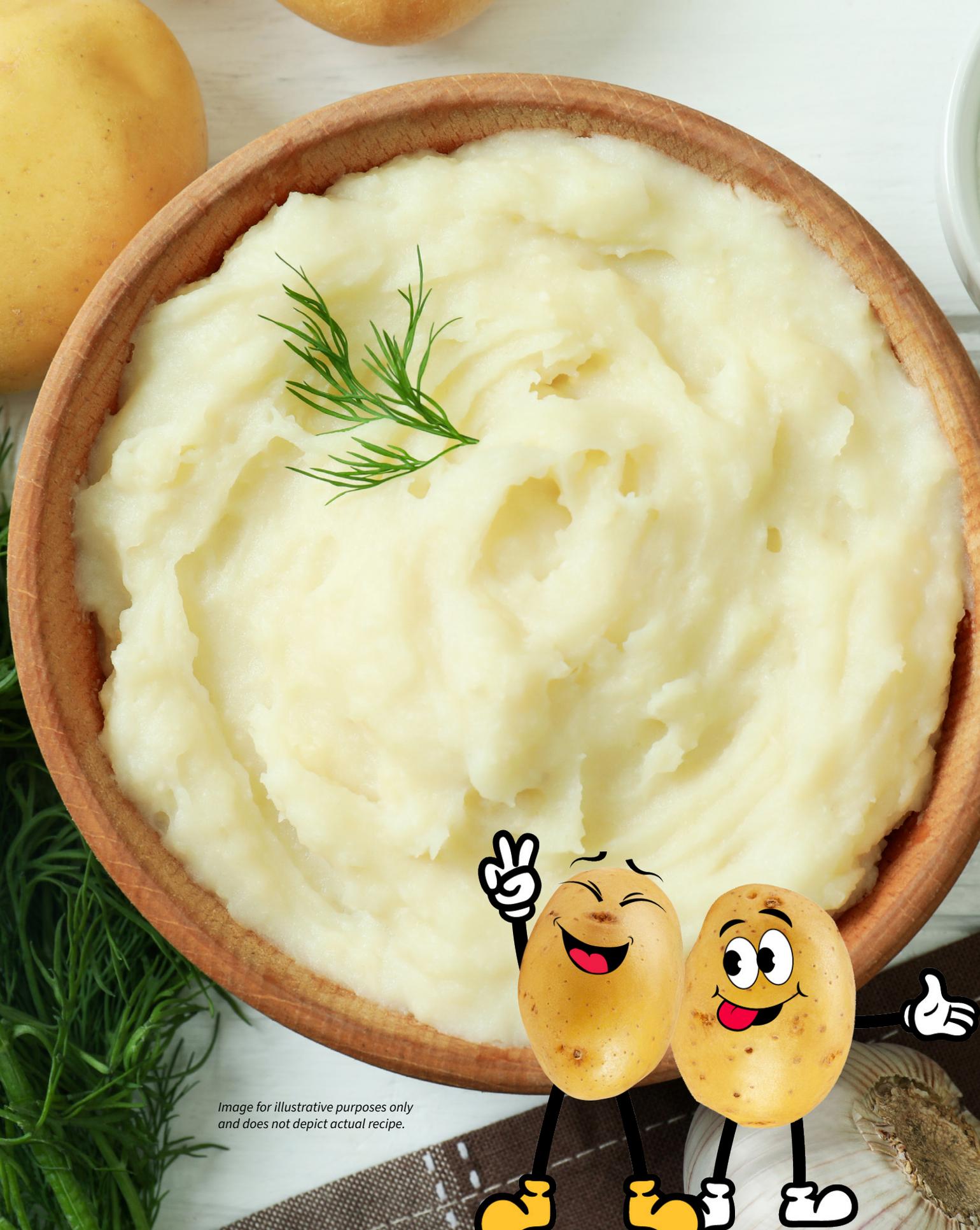
**Cook and Hold**  
180°F



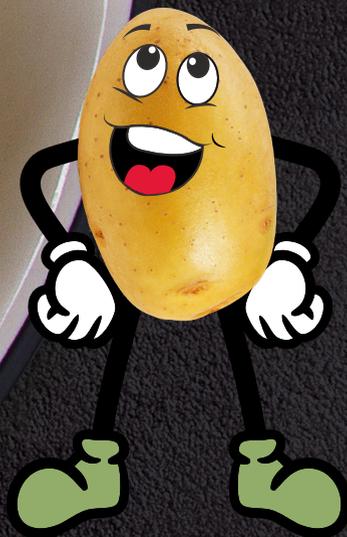
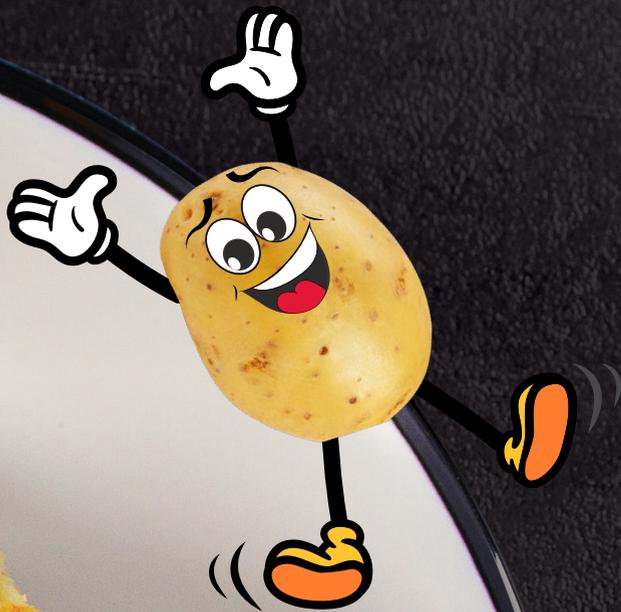
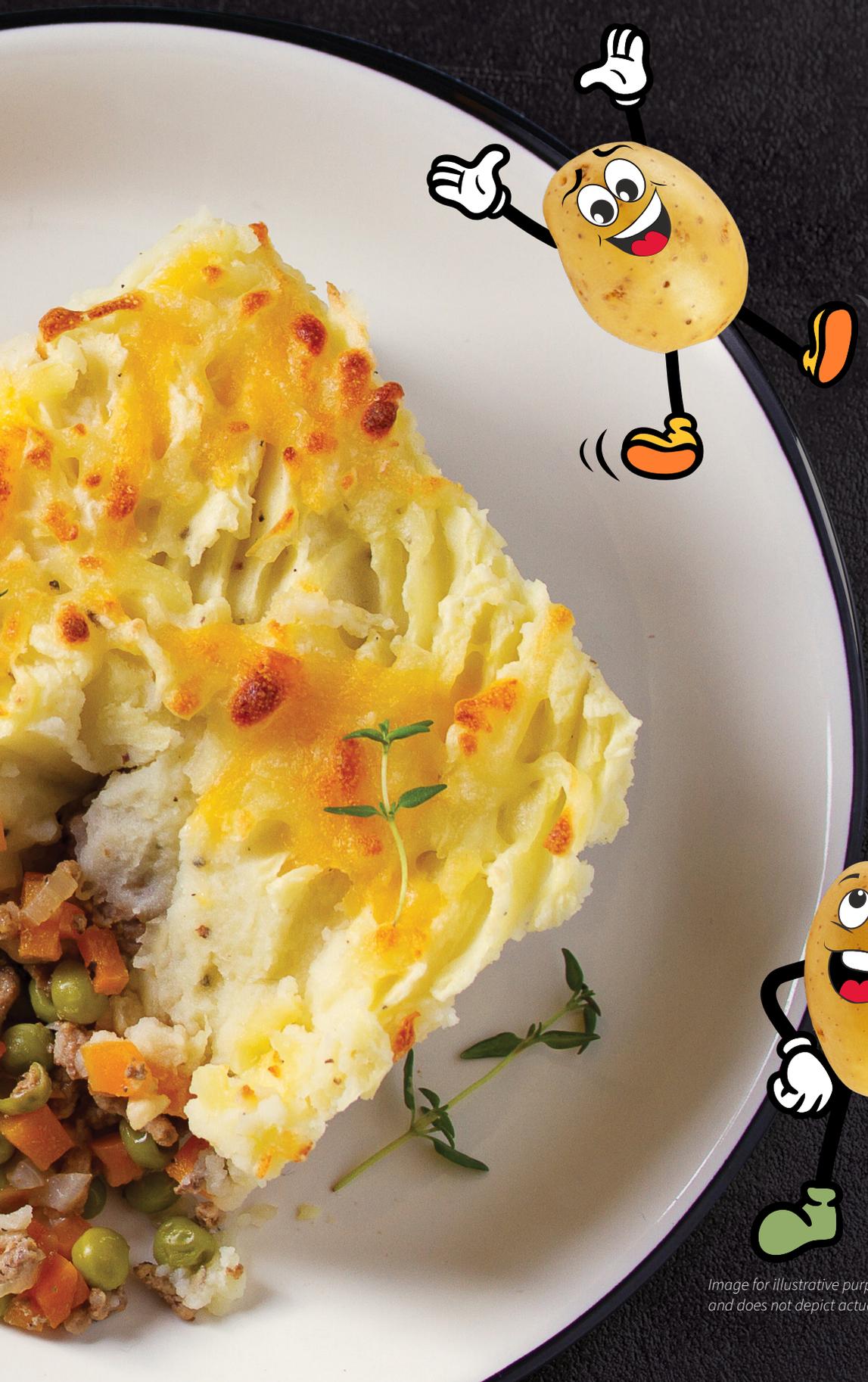
CCP: Heat to 165°F or higher, Hold at 135°F or higher for hot service

Number of Portions: **40** | Portion Size: **½ Cup**

*½ cup starchy vegetable*



*Image for illustrative purposes only  
and does not depict actual recipe.*



*Image for illustrative purposes only  
and does not depict actual recipe.*

# TEX-MEX SHEPARD'S PIE

## SUPPLIES NEEDED:

**4 ea** - 12"x20"x2 ½" food pans

## INGREDIENTS:

**12 gallons** Water, boiling

**12 (2 lb) bags** Mashed potato pearls  
([Basic American Foods](#) or equivalent)

**2 qt** Milk, low-fat 1%

**2 tablespoon** Garlic powder

**1 tablespoon + 1 teaspoon** Salt

**2 ½ cup** Onions, yellow, diced

**12 lb + 10 oz** Ground beef (85/15)

**¼ cup + 2 tablespoon** Chili powder

**¼ cup** Cumin

**2 tablespoon** Oregano

**6 cup** Corn, kernels, yellow

**4 quarts + 4 cups** Tomatoes, crushed

**3 lbs** Chilies, green, diced

**3 lbs + 2 oz** Cheddar cheese, shredded

1. Preheat standard oven to 400°F / convection oven to 375°F.
2. Mix mashed potato pearls in mixer with boiling water.
3. Combine milk, garlic powder and 1 tbsp salt; heat to 135°F in steamer or oven.
4. Add milk mixture to mashed potatoes.
5. Brown the ground beef in a steam jacketed kettle or braising pan.
6. Add diced onions to ground beef and cook until onions are softened.
7. Add chili powder, cumin, oregano, garlic powder and 1 tsp salt to ground beef.
8. Add corn, tomatoes and green chiles to ground beef mixture and bring to a simmer.
9. Divide ground beef evenly between four (4) 12"x20"x 2½" food pans.
10. Top ground beef mixture with mashed potatoes, dividing evenly; spread to edges.
11. Divide cheese evenly between each pan and sprinkle over potatoes.
12. Bake 15 minutes; 400°F in standard oven or 375°F in convection oven.
13. Serve by dividing the pan 5 x 5 for 25 even portions per pan.

### USE TO BROWN:

#### Braising Pan

350°F to boil  
210°F to simmer



#### Kettle

Follow operation manual for settings



### USE TO BAKE:

#### Convection Oven

375°F / 15min.



#### Combi Oven

375°F + 20% HUM.



### USE TO HOLD:

#### Cook and Hold

180°F



CCP: Heat to 165°F or higher, Hold at 135°F or higher for hot service

Number of Portions: **100** | Portion Size: **½ Cup**

2 ounces M/MA; ½ cup starchy vegetable

[Vegetable info sheets](#)

[Meat/Alternates info sheets](#)



# BETTER NUTRITION STARTS IN THE KITCHEN

**VULCAN** JUST4SCHOOLS

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SCAN OR CLICK  
for Recipe &  
Nutritional Info

VH775 (04/22)