

MARCUS'S A-1 STEAMED SPINACH

Hartford Public Schools, FCNS - 2015

Grade: K-12

Yield: 34 to 68 portions

INGREDIENTS	34 SERVINGS		68 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Spinach - fresh, partly trimmed and cleaned.	9 lbs.	1 cs. 4 - 2.5 #bags	18lbs.	2 cs. 8 - 2.5#bags	<ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. Separate spinach into 4" deep hotel pans; you may need up to 4 set aside. In a small bowl combine olive oil, onions, garlic and white pepper. Pour mixture over spinach. Place hotel pans in steamer for six minutes. *** Only cook enough for each wave. Spinach should only be about half way cooked. - <i>Spinach will continue to cook once it is placed on serving line.</i>
Olive oil		2/3 cup		1 1/3 cup	
Red onion, sliced**		2 medium**		4 medium**	
Garlic, fresh minced		1/2 cup		1 cup	
White pepper, ground		1 tsp		1/2 Tbsp	
<p>Serving Size: 1/2 cup - 4 oz perforated spoodle</p> <p>Meal Pattern Contribution: 1/2 cup Dark Green Vegetable</p> <p>NOTES: 1 lb fresh, partly trimmed spinach yields 3.8 - 1/2 cup portions cooked vegetable.</p> <p>**Medium red onion weighs approx. 8 oz. & yields 1 cup diced onion.</p>					<p>HACCP / Serving Instructions:</p> <ol style="list-style-type: none"> Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F. <p>In between serving waves, fluff with spoon. If spinach is over cooked and dark green, discard and cook another batch.</p>

Recipe and Meal Contribution Review completed by Put Local on Your Tray.
SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

