

Recipe Information

69702



Formal Name: Quinoa Cucumber Salad
Name: Salad-Quinoa, Cucumber (Hc)
Menu Planning Group: Salad-Starch

Preparation Information

Shelf Life:

Shelf Life: Use Within 24 To 48 Hours.

Preparation Date: 4/10/2015 1:06 PM

Yield: 1-1/2 - Pound

Portions: 6 - #8 Scoop

Type	Description	Prep Technique	Quantity	UOM	Number
R	Quinoa-Cooked (Plain)(Hc)	Cold	12	Ounce - Weight	69701
I	Cucumbers, Fresh	Peeled & Seeded, Julienne	2-3/8	Ounce - Weight	76800000
I	Onions-Red, Fresh	Julienne 1/8"	2-1/8	Ounce - Weight	83000000
I	Peppers-Red, Sweet, Roasted (Conv)	Drained, Julienne 1/8"	4-1/3	Ounce - Weight	108112654
I	Dill Weed, Fresh	Chopped Fine	2-3/8	Ounce - Volume	135200000
I	Garlic, Fresh	Minced	1/3	Ounce - Weight	77400000
I	Canola Olive Oil Blend, 80:20		1-1/4	Ounce - Volume	392200000
I	Apple Cider Vinegar		1-1/4	Ounce - Volume	46012674
I	Brown Sugar, Light		1-3/8	Ounce - Weight	55602092
I	Salt, Kosher		5/8	Teaspoon	262700000
I	Pepper-Black, Ground (Hc)		5/8	Teaspoon	50500000

Step # Preparation

- 1) Pre Prep:
- 2) Prepare Plain Quinoa according to recipe.
- 3) For Service:
- 4) Combine all ingredients. Toss to evenly coat. CCP-- Hold refrigerated at internal temperature of 40 degrees F. or below for 1 to 2 hours prior to using.
- 5) Shelf Life: Use within 24 to 48 hours.

Recipe Information

69701

Formal Name: Quinoa

Name: Quinoa-Cooked (Plain)(Hc)

Menu Planning Group: Veg-Misc. Starch



part of 69702 - Quinoa Cucumber Salad

Preparation Information

Preparation Date: 4/10/2015 1:06 PM

Yield: 12 - Ounce - Weight

Shelf Life:

Shelf Life: Use Within 24 To 48 Hours. Ccp-- Reheat Quickly (Per Haccp) To Internal Temperature Of 165 Degrees F. (For 15 Seconds).

<u>Type</u>	<u>Description</u>	<u>Prep Technique</u>	<u>Quantity</u>	<u>UOM</u>	<u>Number</u>
I	Quinoa, White, Raw (Ind Harvest)		4-1/3	Ounce - Weight	459300000
I	Water		1-1/4	Cup	0

Step # Preparation

- 1) For Service:
- 2) Bring water to a boil.
- 3) Add quinoa. Stir to combine. Return to a boil. Cover. Reduce heat, and simmer for 10 minutes or water is fully absorbed and quinoa is al dente, but completely cooked. Do not stir. CCP-- Minimum internal temperature should be 140 degrees F. or above.
- 4) Let quinoa sit for 5 minutes. Fluff with a fork. CCP-- Hold hot (140 degrees F. or above) or cool quickly (per HACCP) to internal temperature of 40 degrees F. or below for service.
- 5) Shelf Life: Use within 24 to 48 hours. CCP-- Reheat quickly (per HACCP) to internal temperature of 165 degrees F. (for 15 seconds).

Recipe Information

59383



Formal Name: Bulgur And Lentil Pilaf
Name: Pilaf-Bulgur & Lentil (Corp)
Menu Planning Group: Veg-Misc. Starch

Preparation Information

Preparation Date: 4/10/2015 1:06 PM
Yield: 1-1/2 - Pound
Portions: 6 - 4 Oz

Shelf Life:

Shelf Life: Use Within 24 Hours. Ccp- Reheat Quickly (Per Haccp) To 165°F Or Above For Service

Type	Description	Prep Technique	Quantity	UOM	Number
I	Lentils, Dried	Washed, Pat Dry	3	Ounce - Volume	26100000
I	Water		1-1/8	Cup	0
I	Bases-Vegetable, Low Sodium, No Msg		1-1/8	Teaspoon	224500000
I	Butter Solids, 1# Prints		1-1/8	Tablespoon	64215225
I	Canola Olive Oil Blend, 80:20		1-1/8	Tablespoon	392200000
I	Onions-Yellow, Fresh	Sliced Thin	12	Ounce - Weight	79200000
I	Bulgar Wheat, Raw		6	Ounce - Volume	15100000
I	Water		1-1/3	Cup	0
I	Bases-Vegetable, Low Sodium, No Msg		1-2/3	Teaspoon	224500000
I	Salt		1/4	Teaspoon	39000000
I	Tomato Paste, Canned		1-1/8	Teaspoon	45400000
I	Pepper-Black, Table Ground		1/8	Teaspoon	46743
I	Pepper-Red, Crushed Flakes, Dry		1/8	Teaspoon	50812288

Step # Preparation

- 1) Combine the lentils with the 1st listed water and 1st listed base. Bring to a simmer until lentils are tender, about 20 minutes. CCP-- Minimum internal temperature should be 140 degrees F. or above. Drain and reserve the cooking liquid. CCP- Hold hot at 140°F or above for use or cool quickly (per HACCP) to 40°F or below.
- 2) While the lentils are cooking, heat butter and olive oil in a saute pan over medium heat and slowly saute the onions until well caramelized, about 15-20 minutes
- 3) In a pot combine the 2nd listed water, 2nd listed base, the reserved lentil cooking liquid and the bulgur wheat. Bring to a boil
- 4) Add the salt and tomato paste
- 5) Reduce heat to low and cook for approximately 20 minutes, until liquid is absorbed and bulgur wheat is tender. CCP-- Minimum internal temperature should be 140 degrees F. or above.
- 6) Add the black pepper and red pepper flakes to the onions
- 7) Combine the lentils, bulgur wheat and lentils. Mix well
- 8) CCP- Hold hot at 140°F or above for service or cool quickly (per HACCP) to 40°F or below
- 9) Shelf Life: Use within 24 hours. CCP- Reheat quickly (per HACCP) to 165°F or above for service
- 10) Replaces APS # 75857