

Sesame Broccoli

Vegetable

Vegetables

I-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock		1 1/2 cups		3 cups	1. In a pot, bring chicken stock, ginger, sugar, and soy sauce to a boil. Reduce heat and simmer for 5 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Ground ginger		1/8 tsp		1/4 tsp	
Sugar		2 Tbsp		1/4 cup	
Low-sodium soy sauce		2 Tbsp		1/4 cup	
Cornstarch		1 Tbsp 1 tsp		2 Tbsp 2 tsp	2. Dissolve cornstarch in cold water. Add to stock and cook for 3 minutes, stirring occasionally until slightly thickened.
Water, cold		2 Tbsp		1/4 cup	
Sesame oil		2 Tbsp		1/4 cup	
*Fresh broccoli florets OR	2 lb 2 oz	1 gal	4 lb 4 oz	2 gal	3. Remove sauce from heat and slowly whisk in sesame oil. 4. Place broccoli in a steamtable pan (12" x 20" x 2 1/2").
Frozen chopped broccoli	2 lb 2 oz	1 gal	4 lb 4 oz	2 gal	
					5. To Steam: Compartment Steamer: 5 minutes To Boil: Place in a boiling water for 5 minutes. Drain. CCP Heat to 140 degrees F or higher.
					6. Pour sauce over broccoli and stir to coat. 7. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Broccoli	2 lb 10 oz	5 lb 4 oz

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SERVING:	YIELD:	VOLUME:
1/4 cup provides 1/4 cup of vegetable	25 Servings: 2 lb 12 oz	25 Servings:
	50 Servings: 5 lb 8 oz	50 Servings:

Special Tip:

Other vegetables, such as green beans and onions, peas and carrots, or frozen mixed vegetables, may be used in place of broccoli.

Nutrients Per Serving					
Calories	28	Saturated Fat	.2 g	Iron	.4 mg
Protein	1 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	4 g	Vitamin A	57 RE/567 IU	Sodium	142 mg
Total Fat	1.3 g	Vitamin C	31 mg	Dietary Fiber	1 g