

Broccoli Soufle

Vegetable

Vegetables

I-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	1. Melt margarine in a saucepan. Add flour and salt and stir until smooth. Cook over low heat for 3 minutes. Do not brown.
All-purpose flour	4 oz	1 cup	8 oz	2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	2. Using a wire whip, slowly add milk to flour mixture. Cook until thickened and smooth, about 10 minutes.
Lowfat milk, hot		1 qt		2 qt	
Egg yolks	6 oz	8 each	12 oz	16 each	3. Beat egg yolks until blended, using a whip. Slowly add eggs to white sauce, whisking to blend.
*Fresh broccoli, chopped OR	2 lb	3 qt 2 cups	4 lb	1 gal 3 qt	4. Cook fresh broccoli: To Simmer: Place broccoli in boiling water. After water boils again, reduce heat to simmer and cook for 10 to 20 minutes. To Steam: Place broccoli in steamtable pan (12" x 20" x 2 1/2"). Cook in compartment steamer for 10 minutes.
Frozen chopped broccoli	2 lb 15 oz		5 lb 14 oz		5. Set aside to cool.
*Onions, grated		2 Tbsp		1/4 cup	
Bread crumbs, soft	4 oz	1 cup	8 oz	2 cups	6. Add cooled broccoli (or thawed drained, frozen broccoli), onions, bread crumbs, and lemon juice to white sauce.
Lemon juice		1 Tbsp		2 Tbsp	
Egg whites	12 oz	12 each	1 lb 8 oz	24 each	7. Beat egg whites until stiff, but not dry. Fold egg whites into the white sauce.
					8. Place 3 qt 3 cups (6 lb) mixture into each lightly sprayed steamtable pan (12" x 20" x 2 1/2").
					9. To Bake: Conventional Oven: 325 degrees F, 30 minutes Convection Oven: 350 degrees F, 20 minutes Bake until eggs are completely cooked and knife inserted in center comes out clean. CCP Heat to 155 degrees F or higher for at least 15 seconds. Allow to cool for 10 minutes. Cut each pan into 25 pieces (5 x 5).

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10. 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
Onions	1 oz	2 oz
Broccoli	2 lb 7 oz	4 lb 14 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 1/8 cup of vegetable	25 Servings: 5 lb 10 oz	25 Servings:
	50 Servings: 11 lb 4 oz	50 Servings:

Special Tip:

For variety, souffles may be made with other vegetables, such as spinach, mushrooms, or zucchini.

Nutrients Per Serving

Calories	135	Saturated Fat	2.1 g	Iron	.9 mg
Protein	6 g	Cholesterol	89 mg	Calcium	87 mg
Carbohydrate	10 g	Vitamin A	202 RE/1150 IU	Sodium	422 mg
Total Fat	8.3 g	Vitamin C	18 mg	Dietary Fiber	1 g