

# Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	2 oz	1/4 cup	4 oz	1/2 cup	1. In a stock pot, heat margarine or butter until browned. 2. Turn off heat and add lemon juice. 3. To the butter-lemon (or margarine-lemon) mixture, add the fresh or rehydrated onions, basil, parsley, white pepper, onion salt, Parmesan cheese, and bread crumbs. Mix, then set aside. 4. Place broccoli and cauliflower in separate half-steamtable pans (12" x 10" x 2 1/2"). Heat each pan in microwave until vegetables are tender. Drain water from pans. CCP Heat to 140 degrees F or higher. 5. In each half-steamtable pan, combine 1 lb 6 oz of cooked broccoli and 1 lb 6 oz of cooked cauliflower. 6. Sprinkle 1 cup of bread crumb mixture (from Step 3) over each pan of vegetables before serving. 7. CCP Hold for hot service at 140 degrees F or higher. Each half-steamtable pan serves 25.
Lemon juice		1 Tbsp		2 Tbsp	
*Onions, 1/4" dice OR		1/4 cup	2 1/2 oz	1/2 cup	
#Dehydrated onions		1 Tbsp		2 Tbsp	
Dried basil leaves		3/4 tsp		1 1/2 tsp	
Dried parsley		1 1/2 tsp		1 Tbsp	
White pepper		1/8 tsp		1/4 tsp	
Onion salt		1/2 tsp		1 tsp	
Parmesan cheese, grated		3 Tbsp	2 oz	1/4 cup 2 Tbsp	
Dry bread crumbs	2 1/2 oz	1/2 cup	5 oz	1 cup	
Frozen broccoli spears	1 lb 9 oz		3 lb 2 oz		
Frozen cauliflower	1 lb 9 oz		3 lb 2 oz		
*See Marketing Guide # Rehydrate onions in an equal amount of water. Do not drain.					

## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	2 oz	3 oz

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SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable	<b>25 Servings:</b> 6 lb 5 1/2 oz	<b>25 Servings:</b>
	<b>50 Servings:</b> 12 lb 11 oz	<b>50 Servings:</b>

Nutrients Per Serving			
<b>Calories</b>	48	<b>Saturated Fat</b>	.6 g
<b>Protein</b>	2.5 g	<b>Cholesterol</b>	1 mg
<b>Carbohydrate</b>	5 g	<b>Vitamin A</b>	62 RE/463 IU
<b>Total Fat</b>	2.5 g	<b>Vitamin C</b>	27 mg
		<b>Iron</b>	.5 mg
		<b>Calcium</b>	41 mg
		<b>Sodium</b>	108 mg
		<b>Dietary Fiber</b>	1 g