

A. Grains/Breads

Food Safety Tips

1. *Always wash hands before beginning any food preparation.*
2. *Always wash hands after handling any raw animal products, such as eggs. This is to prevent cross-contamination.*
3. *Heat all foods to recommended temperatures.*
4. *Use thermometers to be sure that all hot foods are held at 140°F.*
5. *Use oven thermometers to ensure accuracy of baking times and a quality end-product.*

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Pineapple Scones

Grains/Breads

Grains/Breads A-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	1. In a mixing bowl, combine flour, brown sugar, baking powder, cinnamon, ginger, and salt. Using a mixer paddle at low speed, mix for 30 seconds. 2. Add oil and mix on low speed for 2 minutes, until mixture resembles coarse crumbs.
Brown sugar	6 oz	³ / ₄ cup	12 oz.....	1½ cups	
Baking powder	1 Tbsp	2 Tbsp	
Ground cinnamon	³ / ₄ tsp	1½ tsp	
Ground ginger	¹ / ₂ tsp	1 tsp	
Salt	¹ / ₄ tsp	¹ / ₂ tsp	
Vegetable oil	3 Tbsp	¹ / ₄ cup 2 Tbsp	
Canned, crushed, unsweetened pineapple	12 oz	1¼ cups.....	1 lb 8 oz	2½ cups	3. Drain pineapple and reserve the juice. In a bowl, combine crushed pineapple, reserved pineapple juice or milk, and eggs. Slowly add to the dry ingredients and mix at low speed for 1 minute, until dry ingredients are moistened. Scrape the sides of the bowl and mix on medium speed for 30 seconds. Dough should be sticky.
Reserved pineapple juice or lowfat milk	¹ / ₂ cup	1 cup	
Fresh large eggs	2 each	4 each	
OR Frozen whole eggs, thawed	4 oz	¹ / ₂ cup	8 oz.....	1 cup	
Sugar	3 Tbsp	¹ / ₄ cup 2 Tbsp	4. Sprinkle 1 Tbsp of sugar on each lightly greased half-sheet pan (18" x 13" x 1"). Place two 9-oz balls of dough on each half-sheet pan. Shape each ball into a 6" round about ³ / ₄ " thick. With a sharp knife, score the top surface of each round into 5 pie-shaped wedges, cutting about ¹ / ₄ " deep.
Sugar	2 tsp	1 Tbsp 1 tsp	

(over)

Pineapple Scones (continued, page 2 of 2)

SERVING: 1 scone provides the equivalent of 1½ slices of bread

YIELD: 25 servings: 2 lb 14 oz
50 servings: 5 lb 12 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cinnamon (optional)	½ tsp	1 tsp	5. Combine sugar and cinnamon (optional) in a small bowl. Sprinkle ½ tsp of mixture over each wedge.
Glaze						6. To Bake: Conventional Oven 350°F, 19 minutes Convection Oven 325°F, 15 minutes Bake until golden brown. 7. In a small bowl, whisk together powdered sugar, lemon juice, and lemon peel until smooth. While baked rounds are still warm, spread 1 Tbsp of glaze over each. 8. Cut each round into 5 pie-shaped wedges. Each wedge is one scone.
Powdered sugar	4 oz	⅔ cup	8 oz.....	1⅓ cups	
Lemon juice	2 Tbsp	¼ cup	
Grated lemon peel	⅛ tsp	¼ tsp	

Special Tip: When portioning the dough, dip your hands (gloved) into flour to prevent sticking.

Nutrients Per Serving

Calories	161	Saturated Fat	.3 g	Iron	1.4 mg
Protein	3 g	Cholesterol	17 mg	Calcium	48 mg
Carbohydrate	34 g	Vitamin A	8 RE/29 IU	Sodium	91 mg
Total Fat	1.8g	Vitamin C	3 mg	Dietary Fiber	1 g

Corn Muffins

Grains/Breads

Grains/Breads A-2

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	8 oz	1½ cups.....	1 lb	3 cups	1. In a mixing bowl, use the paddle attachment on low speed to combine the flour, cornmeal, sugar, baking powder, and salt. Mix for 3 minutes.
Yellow cornmeal	½ cup	6 oz.....	1 cup	
Powdered sugar	5 oz	1 cup.....	10 oz.....	2 cups	
Baking powder	1 Tbsp	2 Tbsp	
Salt	1½ tsp	1 Tbsp	
Fresh large eggs	1 each	2 each	2. Slowly add eggs and mix on low speed for 30 seconds. Scrape the sides of the bowl. 3. Slowly add milk and mix on medium speed for 30 seconds, until smooth. 4. Add oil and mix on medium speed for 30 seconds, until blended. Scrape the sides of the bowl. 5. Using a No. 20 scoop, portion batter into lightly greased or paper-lined muffin tins. 6. To Bake: Conventional Oven 400°F, 15 minutes Convection Oven 375°F, 10 minutes Bake until golden brown.
OR						
Frozen whole eggs, thawed	¼ cup	4 oz.....	½ cup	
Lowfat milk	1 cup.....	2 cups	
Vegetable oil	¼ cup	½ cup	

(over)

Corn Muffins (continued, page 2 of 2)

SERVING: 1 muffin provides the equivalent of
 $\frac{3}{4}$ slice of bread

YIELD: 25 servings: 1 lb 9 oz
50 servings: 3 lb 2 oz
VOLUME: 25 servings: $2\frac{3}{4}$ cups
50 servings: 1 qt $1\frac{1}{2}$ cups

Variation:

a. Corn Muffin Squares

25 servings: In Step 5, pour 3 cups (1 lb 12 oz) of batter into a lightly greased half-sheet pan (18" x 13" x 1"). In Step 6, bake in a 400°F conventional oven for 12 minutes or in a 375°F convection oven for 12 minutes. Cut pan into 25 pieces (5 x 5).

50 servings: In Step 5, pour 1 qt 2 cups (3 lb 8 oz) of batter into each lightly greased sheet pan (18" x 26" x 1"). In Step 6, bake in a 400°F conventional oven for 12 minutes or in a 375°F convection oven for 12 minutes. Cut pan into 50 pieces (5 x 10).

Nutrients Per Serving

Calories	94	Saturated Fat	.5 g	Iron	.6 mg
Protein	2 g	Cholesterol	10 mg	Calcium	47 mg
Carbohydrate	16 g	Vitamin A	12 RE/49 IU	Sodium	207 mg
Total Fat	2.7 g	Vitamin C	0 mg	Dietary Fiber	0 g

Blueberry Muffins

Grains/Breads

Grains/Breads A-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	10 oz	2 cups	1 lb 4 oz	1 qt	1. In a mixing bowl, use the paddle attachment on low speed to combine the flours, sugar, baking powder, and salt. Mix for 1 minute until blended.
Whole wheat flour	7 oz	1 ¹ / ₃ cups	14 oz	2 ² / ₃ cups	
Sugar	8 oz	1 cup	1 lb	2 cups	
Baking powder	1 Tbsp 2 tsp	3 Tbsp 1 tsp	
Salt	1 tsp	2 tsp	
Lowfat milk	1 ¹ / ₂ cups	3 cups	2. Slowly add milk, eggs, and oil. Mix on medium speed for 30 seconds until smooth.
Fresh large eggs	2 each	4 each	
OR Frozen whole eggs, thawed....	4 oz	1/2 cup	8 oz	1 cup	
Vegetable oil	2/3 cup	1 ¹ / ₃ cups	
Frozen blueberries, thawed ...	6 oz	1 ¹ / ₂ cups	12 oz	3 cups	3. Remove bowl from mixer. Using a rubber spatula, gently fold blueberries into batter.
OR Fresh blueberries	8 oz	1 ¹ / ₂ cups	1 lb	3 cups	
						4. Using a No. 24 scoop, portion batter into lightly greased or paper-lined muffin tins.
						5. To Bake: Conventional Oven 425°F, 12 minutes Convection Oven 375°F, 13 minutes Bake until golden brown.

(over)

Blueberry Muffins (continued, page 2 of 2)

SERVING: 1 muffin provides the equivalent of
1¹/₄ slices of bread

YIELD: 25 servings: 2 lb 5 oz
50 servings: 4 lb 10 oz
VOLUME: 25 servings: 1 qt 1¹/₂ cups (batter)
50 servings: 2 qt 3 cups (batter)

Nutrients Per Serving

Calories	170	Saturated Fat	1.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	79 mg
Carbohydrate	25 g	Vitamin A	18 RE/64 IU	Sodium	204 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	1 g

Banana Muffins

Grains/Breads

Grains/Breads A-4

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Bananas, peeled	8 oz	1 lb	1. In a mixing bowl, use the paddle attachment on low speed to mash bananas for 2 minutes, until no large chunks remain. Remove bananas from bowl and set aside.
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	2. Add flour, dry milk, baking powder, sugar, and salt to the mixing bowl. Mix on low speed for 1 minute. Add bananas to dry ingredients and mix on low speed for 30 seconds.
Nonfat dry milk	1/3 cup	2/3 cup	
Baking powder	2 Tbsp	1/4 cup	
Sugar	8 oz	1 cup	1 lb	2 cups	
Salt	1 tsp	2 tsp	
Fresh large egg whites	3 each	6 each	3. In a bowl, whisk egg whites, water, and vanilla until frothy. Slowly add to the banana mixture. Mix on low speed for 15 to 20 seconds, until all of the dry ingredients are moistened. 4. Slowly add oil and mix on low speed for about 30 seconds. Do not overmix. The batter will be lumpy when finished.
OR Frozen egg whites, thawed	4 oz	1/2 cup	8 oz	1 cup	
Water	1 1/4 cups 2 Tbsp	2 3/4 cups	
Vanilla	2 tsp	1 Tbsp 1 tsp	
Vegetable oil	1/4 cup 2 Tbsp	3/4 cup	

*See Marketing Guide.

(over)

Banana Muffins (continued, page 2 of 2)

SERVING: 1 muffin provides the equivalent of
1 slice of bread

YIELD: 25 servings: 2 lb 13 oz

50 servings: 5 lb 10 oz

VOLUME: 25 servings: 1 qt 1¹/₃ cups (batter)

50 servings: 2 qt 2²/₃ cups (batter)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						5. Using a No. 20 scoop, portion batter into lightly greased or paper-lined muffin tins. 6. To Bake: Conventional Oven 425°F, 10 to 12 minutes Convection Oven 350°F, 10 to 12 minutes Bake until lightly browned.

Nutrients Per Serving

Calories	138	Saturated Fat	.5 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	82 mg
Carbohydrate	24 g	Vitamin A	9 RE/33 IU	Sodium	225 mg
Total Fat	3.5 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Bananas	12 oz	1 lb 8 oz

Applesauce Pancakes

Grains/Breads

Grains/Breads A-5

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat milk	1¼ cups.....	2½ cups	1. In a mixing bowl, use the paddle attachment on low speed to combine milk, eggs, oil, and applesauce. Mix for 1 minute until blended.
Fresh large eggs, beaten	2 each	4 each	
OR Frozen whole eggs, thawed....	4 oz	½ cup	8 oz.....	1 cup	
Vegetable oil	¼ cup 2 Tbsp	¾ cup	
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	2. Sift in flour, baking powder, salt, sugar, and cinnamon. Using the whip attachment on low speed, mix batter for 15 seconds until combined. Scrape down the sides of the bowl. Increase speed to medium and mix for 1 minute. 3. Portion batter with level No. 20 scoop (3⅓ Tbsp) onto griddle, which has been heated to 375° F. (If desired, lightly oil griddle surface.) 4. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, about 2 minutes. Turn and cook until lightly browned on other side, about 1 minute.
Baking powder	2 Tbsp	¼ cup	
Salt.....	1 tsp	2 tsp	
Sugar	¼ cup	4 oz.....	½ cup	
Ground cinnamon.....	¼ tsp	½ tsp	

(over)

Applesauce Pancakes (continued, page 2 of 2)

SERVING: 1 piece provides the equivalent of
1 slice of bread

YIELD: 25 servings: 3 lb 1 oz

50 servings: 6 lb 2 oz

VOLUME: 25 servings: 1 qt 3¹/₂ cups (batter)

50 servings: 3 qt 3 cups (batter)

Nutrients Per Serving

Calories	121	Saturated Fat	.7 g	Iron	1.0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	86 mg
Carbohydrate	19 g	Vitamin A	16 RE/60 IU	Sodium	223 mg
Total Fat	4.0 g	Vitamin C	0 mg	Dietary Fiber	1 g

Oven-Baked Pancakes

Grains/Breads

Grains/Breads A-6

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	1. In a mixing bowl, use the whip attachment on low speed to combine all ingredients for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 1 minute, until batter is smooth. 2. Pour 1 qt 1 cup (2 lb 15 oz) of batter into each lightly greased half-sheet pan (18" x 13" x 1"). 3. To Bake: Conventional Oven 450°F, 10 minutes Convection Oven 400°F, 8 minutes Bake until golden brown. 4. Cut each pan into 25 pieces (5 x 5).
Baking powder	2 Tbsp	1/4 cup	
Sugar	1/4 cup	4 oz.....	1/2 cup	
Salt.....	2 tsp	1 Tbsp 1 tsp	
Fresh large eggs	2 each	4 each	
OR						
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz.....	1 cup	
Vegetable oil	1/4 cup	1/2 cup	
Lowfat milk	3 cups	1 qt 2 cups	

(over)

Oven-Baked Pancakes (continued, page 2 of 2)

SERVING: 1 piece provides the equivalent of
1 slice of bread

YIELD: 25 servings: 2 lb 9 oz
50 servings: 5 lb 2 oz
VOLUME: 25 servings: 1 qt 1 cup (batter)
50 servings: 2 qt 2 cups (batter)

Special Tip: For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

Variations:

a. Whole Wheat Pancakes

25 servings: In Step 1, instead of using 15 oz of all-purpose flour, substitute a mixture of 7 oz (1½ cups) of whole wheat flour and 7 oz (1½ cups) all-purpose flour. Continue with Steps 1, 2, 3, and 4 as directed.

50 servings: In Step 1, instead of using 1 lb 14 oz of all-purpose flour, substitute a mixture of 14 oz (3 cups) whole wheat flour and 14 oz (3 cups) all-purpose flour. Continue with Steps 1, 2, 3, and 4 as directed.

b. Three-Grain Pancakes

25 servings: In Step 1, in place of all-purpose flour, substitute a mixture of 5 oz (1 cup) buckwheat flour, 5 oz (1 cup) enriched bran flour, and 5 oz (1 cup) whole wheat flour. Continue with Steps 1, 2, 3, and 4 as directed.

50 servings: In Step 1, in place of all-purpose flour, substitute a mixture of 10 oz (2 cups) buckwheat flour, 10 oz (2 cups) enriched bran flour, and 10 oz (2 cups) whole wheat flour. Continue with Steps 1, 2, 3, and 4 as directed.

Nutrients Per Serving

Calories	110	Saturated Fat	.7 g	Iron	1.0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	106 mg
Carbohydrate	17 g	Vitamin A	26 RE/89 IU	Sodium	324 mg
Total Fat	3.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

Baked Whole Wheat Doughnuts

Grains/Breads

Grains/Breads A-7

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Fresh large eggs	2 each	4 each	1. In a bowl, whisk eggs until foamy.
OR Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz.....	1 cup	
Brown sugar	6 oz	3/4 cup	12 oz.....	1 1/2 cups	2. Add brown sugar, honey, yogurt, and oil to eggs and whisk to combine.
Honey	1/4 cup	6 oz.....	1/2 cup	
Lowfat plain yogurt	4 oz	1/2 cup	8 oz.....	1 cup	
Vegetable oil	1/4 cup	1/2 cup	
All-purpose flour	12 oz	2 1/3 cups.....	1 lb 8 oz	1 qt 2/3 cup	3. In a bowl, combine flours, baking powder, baking soda, cinnamon, ginger, and cloves. Sift dry ingredients into egg mixture 1 cup at a time, stirring lightly after each addition until a soft dough is formed. 4. Cover with plastic and refrigerate for at least 1 hour. 5. On a well-floured surface, roll out dough to a 1/2" thickness. Cut doughnuts with a floured doughnut cutter and place 12 doughnuts on each well-oiled or paper-lined half-sheet pan (18" x 13" x 1"). Spray tops of doughnuts lightly with cooking spray.
Whole wheat flour	5 oz	1 cup.....	10 oz.....	2 cups	
Baking powder	2 tsp	1 Tbsp 1 tsp	
Baking soda	1 tsp	2 tsp	
Ground cinnamon	1/4 tsp	1/2 tsp	
Ground ginger	1/4 tsp	1/2 tsp	
Ground cloves	1/4 tsp	1/2 tsp	

(over)

Baked Whole Wheat Doughnuts (continued, page 2 of 2)

SERVING: 1 doughnut provides the equivalent of
1 1/4 slices of bread

YIELD: 25 servings: 1 lb 14 oz
50 servings: 3 lb 12 oz

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar	4 oz	1/2 cup	8 oz.....	1 cup	6. Combine sugar and cinnamon in a shaker. Sprinkle tops of doughnuts evenly with sugar mixture. 7. To Bake: Conventional Oven 350°F, 6 to 8 minutes Convection Oven 300°F, 6 to 8 minutes Bake until lightly browned.
Ground cinnamon	1 1/2 tsp	1 Tbsp	

Nutrients Per Serving

Calories	152	Saturated Fat	.6 g	Iron	1.2 mg
Protein	3 g	Cholesterol	20 mg	Calcium	44 mg
Carbohydrate	29 g	Vitamin A	9 RE/32 IU	Sodium	102 mg
Total Fat	3.0 g	Vitamin C	0 mg	Dietary Fiber	1 g

Not Fried Rice

Vegetable • Grains/Breads

Grains/Breads A-8

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice	12 oz	1½ cups 2 Tbsp	1 lb 8 oz	3¾ cups	1. Place rice and water in a steamtable pan (12" x 20" x 2½"). Cover with plastic wrap and foil. 2. To Steam: Compartment Steamer 20 minutes To Bake: Conventional Oven 350°F, 25 minutes
Water	3 cups	1 qt 2 cups	
Vegetable oil	2 Tbsp	¼ cup	3. Heat oil in a large saute pan. Add onions and cook over medium heat until tender, about 3 minutes. 4. Add frozen vegetables to onions and cook over medium heat until heated, about 3 minutes.
*Onions, minced	4 oz	¾ cup	8 oz.....	1½ cups	
OR Dehydrated onion flakes	2 Tbsp.....	¼ cup	
Frozen mixed vegetables	1 lb 5 oz	1 qt ¾ cup ...	2 lb 10 oz	2 qt 1½ cups	5. Add eggs and soy sauce to vegetables and cook over low heat, stirring frequently, until eggs are set, about 10 minutes. 6. Add vegetable mixture to rice in steamtable pan and stir to combine. Be sure to heat to 165°F serving temperature.
Fresh large eggs, beaten	6 each	12 each	
OR Frozen whole eggs, thawed....	12 oz	1½ cups.....	1 lb 8 oz	3 cups	
Soy sauce	¼ cup	½ cup	

*See Marketing Guide.

(over)

Not Fried Rice (continued, page 2 of 2)

SERVING: 1/3 cup (No. 12 scoop) provides 1/8 cup of vegetable and the equivalent of 1/2 slice of bread

YIELD: 25 servings: 4 lb 3 oz
50 servings: 8 lb 6 oz

Nutrients Per Serving

Calories	98	Saturated Fat	.6 g	Iron	1.1 mg
Protein	4 g	Cholesterol	58 mg	Calcium	18 mg
Carbohydrate	15 g	Vitamin A	135 RE/1175 IU	Sodium	195 mg
Total Fat	2.7 g	Vitamin C	2 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	4 ¹ / ₂ oz	9 oz

Cut Biscuits

Grains/Breads

Grains/Breads A-9

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	1 lb 8 oz	1 qt 1½ cups	3 lb	2 qt 3 cups	1. Blend flour, dry milk, baking powder, and salt in mixer for 1 minute on low speed.
Instant nonfat dry milk	½ cup 2 Tbsp	1¼ cups	
Baking powder	3 Tbsp 1½ tsp	¼ cup 3 Tbsp	
Salt	1½ tsp	1 Tbsp	
Shortening	5¾ oz	¾ cup 2 Tbsp	11½ oz	1¾ cups	2. Add shortening and blend into dry ingredients for 2 minutes on low speed. Mixture will be crumbly. 3. Add water and mix on low speed for approximately 1 minute to form soft dough. Scrape bowl as necessary during mixing. 4. Turn out onto lightly floured surface. Knead ball of dough lightly for 1 minute. 5. Roll or pat out each ball of dough to ½" thickness. Cut with floured 2½" biscuit cutter and place on sheet pan (18" x 26" x 1") in rows of 10 down and 5 across. For 25 servings, use 1 half-sheet pan. For 50 servings, use 1 sheet pan. 6. To Bake: Conventional Oven 450°F, 12 to 14 minutes Convection Oven 400°F, 8 to 10 minutes Bake until lightly browned.
Cold water	1¾ cups 2 Tbsp	3¾ cups	

(over)

Cut Biscuits (continued, page 2 of 2)

SERVING: 1 biscuit provides the equivalent of
1³/₄ slices of bread

YIELD: 25 servings: 25 (2¹/₂-inch) biscuits
50 servings: 50 (2¹/₂-inch) biscuits

Variations

a. Drop Biscuits

25 servings: Follow Steps 1 and 2. In Step 3, use 2¹/₄ cups 2 Tbsp cold water. Omit Step 4. In Step 5, portion with level No. 16 scoop (¹/₄ cup) onto 1 half-sheet pan (18" x 13" x 1") in rows of 5 down and 5 across. Continue with Step 6.

50 servings: Follow Steps 1 and 2. In Step 3, use 1 qt ³/₄ cup cold water. Omit Step 4. In Step 5, portion with level No. 16 scoop (¹/₄ cup) onto 1 sheet pan (18" x 26" x 1") in rows of 10 down and 5 across. Continue with Step 6.

b. Cut Biscuits Using Master Mix (A-15)

25 servings: Omit Steps 1 and 2. Use 1 lb 14 oz (1 qt 2 cups) Master Mix. Continue with Steps 3 through 6.

50 servings: Omit Steps 1 and 2. Use 3 lb 12 oz (3 qt) Master Mix. Continue with Steps 3 through 6.

Nutrients Per Serving

Calories	161	Saturated Fat	1.6 g	Iron	1.4 mg
Protein	3 g	Cholesterol	0 mg	Calcium	117 mg
Carbohydrate	22 g	Vitamin A	0 RE/1 IU	Sodium	312 mg
Total Fat	6.6 g	Vitamin C	0 mg	Dietary Fiber	1 g

Mexican-Style Cornbread Squares

Grains/Breads

Grains/Breads A-10

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	8 oz	1 ³ / ₄ cups	1 lb	3 ¹ / ₂ cups	1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal	8 oz	1 ¹ / ₂ cups	1 lb	3 cups	
OR						
Corn grits	8 oz	1 ¹ / ₄ cups 2 Tbsp	1 lb	2 ³ / ₄ cups	
Sugar	¹ / ₄ cup 2 Tbsp	5 ¹ / ₄ oz	³ / ₄ cup	
Baking powder	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
Salt	⁵ / ₈ tsp	1 ¹ / ₄ tsp	
Fresh large eggs	2 each	3 each	2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat on medium speed only until dry ingredients are moistened, 2 to 3 minutes, scraping down sides of bowl. DO NOT OVERMIX. Batter will be lumpy.
OR						
Frozen whole eggs, thawed	4 oz	¹ / ₂ cup	8 oz	1 cup	
Lowfat milk or reconstituted instant nonfat dry milk	1 ³ / ₄ cups 2 Tbsp	3 ³ / ₄ cups	
Vegetable oil	¹ / ₄ cup	¹ / ₂ cup	
Cheddar cheese, shredded (optional)	6 oz	1 ³ / ₄ cups	12 oz	3 ¹ / ₂ cups	
Green chili peppers, chopped (optional)	¹ / ₄ cup	4 oz	¹ / ₂ cup	

(over)

Mexican-Style Cornbread Squares *(continued, page 2 of 2)*

SERVING: 1 piece provides the equivalent of
1 slice of bread

YIELD: 25 servings: 1 quarter-sheet pan
50 servings: 1 half-sheet pan

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>3. For 25 servings, pour 2 lb 7 oz (1 qt 1 cup) batter into a lightly oiled quarter-sheet pan (9" x 13" x 1"). For 50 servings, pour 4 lb 14 oz (2 qt 2 cups) batter into a lightly oiled half-sheet pan (18" x 13" x 1").</p> <p>4. To Bake: Conventional Oven 400°F, 30 to 35 minutes Convection Oven 350°F, 20 to 25 minutes Bake until lightly browned.</p> <p>5. For 25 servings, cut quarter-sheet pan 5 x 5 (25 pieces per pan). For 50 servings, cut half-sheet pan 5 x 10 (50 pieces per pan).</p>

Nutrients Per Serving

Calories	108	Saturated Fat	.5 g	Iron	.9 mg
Protein	3 g	Cholesterol	13 mg	Calcium	60 mg
Carbohydrate	18 g	Vitamin A	8 RE/37 IU	Sodium	134 mg
Total Fat	2.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

Muffin Squares

Grains/Breads

Grains/Breads A-11

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	14 oz	3 cups 2 Tbsp	1 lb 12 oz	1 qt 2 ¹ / ₄ cups	1. Blend flour, dry milk, baking powder, sugar, and salt for 5 minutes in mixer on low speed. Add raisins (optional).
Instant nonfat dry milk	1/4 cup 2 Tbsp	3/4 cup	
Baking powder	2 Tbsp	1/4 cup	
Sugar	1/2 cup	7 oz.....	1 cup	
Salt	1 tsp	2 tsp	
+Raisins, plumped (optional)	4 oz	1/2 cup 2 Tbsp	8 oz.....	1 1/4 cups	
Fresh large eggs	2 each	3 each.....	2. Combine eggs and water. Add slowly to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15 to 20 seconds, scraping down the sides of the bowl.
OR Frozen whole eggs, thawed	1/2 cup	4 oz.....	1 cup	
Water	1 1/4 cups 2 Tbsp	2 3/4 cups	
Vegetable oil	1/4 cup 2 Tbsp	3/4 cup	3. Add oil slowly while mixing on low speed, approximately 40 seconds. DO NOT OVERMIX. Batter will be lumpy.

+To plump raisins, cover them with very hot tap water. Soak 2 to 5 minutes. **DO NOT OVERSOAK.** Drain well before using.

(over)

Muffin Squares (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>4. For 25 servings, pour 2 lb 3¹/₂ oz (1 qt 1 cup) batter into a lightly oiled half-steamtable pan (12" x 10" x 2¹/₂"). For 50 servings, pour 4 lb 7 oz (2 qt 2 cups) batter into a lightly oiled steamtable pan (12" x 20" x 2¹/₂").</p> <p>5. To Bake: Conventional Oven 425°F, 25 minutes Convection Oven 350°F, 15 minutes Bake until lightly browned.</p> <p>6. For 25 servings, cut half-steamtable pan 5 x 5 (25 pieces per pan). For 50 servings, cut each steamtable pan 5 x 10 (50 pieces per pan). For muffin pans: Portion batter into oiled muffin pans with No. 24 scoop (2²/₃ Tbsp). Fill no more than two-thirds full.</p> <p>7. To Bake: Conventional Oven 400°F, 18 to 20 minutes Convection Oven 350°F, 12 to 15 minutes Bake until lightly browned. To cool, immediately remove muffins from pans and place on cooling racks.</p>

Muffin Squares (continued, page 3 of 3)

SERVING: 1 piece provides the equivalent of
1 slice of bread

YIELD: 25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan
VOLUME: 25 servings: 2³/₄ cups
50 servings: 1 qt 1¹/₂ cups

Variations:

a. Whole Wheat Muffin Squares

25 servings: In Step 1, use 10¹/₂ oz (2¹/₄ cups 2 Tbsp) all-purpose flour and 3¹/₂ oz (³/₄ cup 1 Tbsp) whole wheat flour. Continue with Steps 2 through 6.

50 servings: In Step 1, use 1 lb 5 oz (1 qt ³/₄ cup) all-purpose flour and 7 oz (1¹/₂ cups 2 Tbsp) whole wheat flour. Continue with Steps 2 through 6.

b. Muffin Squares using Master Mix (A-15)

25 servings: Omit Step 1. Blend 1 lb 4 oz (1 qt) Master Mix with 4 oz (¹/₂ cup) sugar. Continue with Step 2. Omit Step 3. Continue with Steps 4 through 6.

50 servings: Omit Step 1. Blend 2 lb 7¹/₂ oz (2 qt) Master Mix with 7 oz (1 cup) sugar. Continue with Step 2. Omit Step 3. Continue with Steps 4 through 6.

Nutrients Per Serving

Calories	110	Saturated Fat	.6 g	Iron	.9 mg
Protein	2 g	Cholesterol	13 mg	Calcium	66 mg
Carbohydrate	17 g	Vitamin A	6 RE/19 IU	Sodium	193 mg
Total Fat	3.7 g	Vitamin C	0 mg	Dietary Fiber	0 g



Pancakes

Grains/Breads

Grains/Breads A-12

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	1 lb	3½ cups 2 Tbsp	2 lb	1 qt ¾ cups	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.
Baking powder	2 Tbsp	¼ cup	
Salt	¾ tsp	1½ tsp	
Instant nonfat dry milk	½ cup	1 cup	
Sugar	2 Tbsp 2 tsp	⅓ cup	
Fresh large eggs	4 each	8 each	2. Combine eggs, water, and oil. Add to dry ingredients. 3. Blend for 2 minutes on low speed, scraping down the sides of the bowl. Batter will be lumpy. DO NOT OVERMIX.
OR Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups	
Water	2½ cups 2 Tbsp	1 qt ¼ cups	
Vegetable oil	½ cup	1 cup	
						4. Portion batter with level No. 20 scoop (⅓ Tbsp) onto griddle or heavy frying pan, which has been heated to 375°F. (If desired, lightly oil surface.) 5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute.

(over)

Pancakes (continued, page 2 of 2)

SERVING: 1 pancake provides the equivalent of 1 slice of bread

YIELD: 25 servings: 25 (4-inch) pancakes
50 servings: 50 (4-inch) pancakes

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						6. Serve immediately or reheat in covered steamtable pans (12" x 20" x 2 ¹ / ₂ "). 7. To Bake: Conventional Oven 350°F, 10 to 15 minutes Convection Oven 300°F, 8 to 10 minutes

Variation:

a. Pancakes Using Master Mix (A-15)

25 servings: Omit Step 1. Use 1 lb 6¹/₂ oz (1 qt ¹/₂ cup) Master Mix and 2 Tbsp 2 tsp sugar. In Step 2, omit oil. In Step 3, blend for 3 minutes on medium speed. Continue with Steps 4 through 6.

50 servings: Omit Step 1. Use 2 lb 13 oz (2 qt 1 cup) Master Mix and 2¹/₄ oz (¹/₃ cup) sugar. In Step 2, omit oil. In Step 3, blend for 3 minutes on medium speed. Continue with Steps 4 through 6.

Nutrients Per Serving

Calories	128	Saturated Fat	.9 g	Iron	1.1 mg
Protein	3 g	Cholesterol	35 mg	Calcium	80 mg
Carbohydrate	16 g	Vitamin A	16 RE/52 IU	Sodium	187 mg
Total Fat	5.4 g	Vitamin C	0 mg	Dietary Fiber	1 g

Banana Bread Squares

Grains/Breads

Grains/Breads A-13

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	14 oz	3 cups 2 Tbsp	1 lb 12 oz	1 qt 2 ¹ / ₄ cups	1. Blend flour, sugar, dry milk, baking powder, baking soda, and salt for 1 minute in mixer on low speed.
Sugar	8 ¹ / ₂ oz	1 ¹ / ₄ cups.....	1 lb 1 oz	2 ¹ / ₂ cups	
Instant nonfat dry milk.....	2 Tbsp.....	1/4 cup	
Baking powder.....	1 Tbsp.....	2 Tbsp	
Baking soda	1/2 tsp	1 tsp	
Salt.....	1/2 tsp	1 tsp	
Fresh large eggs	2 each	4 each	2. Combine eggs and water. Add eggs, water, and shortening to dry ingredients. Blend for 30 seconds on low speed. Beat for 1 minute on medium speed, scraping down the sides of the bowl.
OR Frozen whole eggs, thawed....	4 oz	1/2 cup	8 oz.....	1 cup	
Water	1/2 cup 2 Tbsp	1 ¹ / ₄ cups	
Shortening	1/2 cup	6 ¹ / ₂ oz	1 cup	
*Bananas, mashed.....	13 oz	1 ¹ / ₂ cups 2 Tbsp	1 lb 10 oz	3 ¹ / ₄ cups	3. Add mashed bananas and nuts (optional). Blend for 30 seconds on low speed. Beat for 1 minute on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Walnuts, chopped (optional)..	3/4 cup	6 ¹ / ₂ oz	1 ¹ / ₂ cups	
						4. For 50 servings, pour 5 lb 10 oz (2 qt 2 cups) batter into a lightly greased steamtable pan (12" x 20" x 2 ¹ / ₂ "). For 25 servings, use 1 half-steamtable pan (12" x 10" x 2 ¹ / ₂ ").

*See Marketing Guide.

(over)

Banana Bread Squares (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>5. To Bake: Conventional Oven 350°F, 35 to 45 minutes Convection Oven 300°F, 25 to 35 minutes Bake until browned.</p> <p>6. Cool. Cut 5 x 5 (25 servings) or 5 x 10 (50 servings).</p>
						<p>For Loaf Pans: Pour 1 lb 14 oz (3 cups) batter into each lightly greased loaf pan (4" x 10" x 4"). For 50 servings, use 3 loaf pans.</p> <p>To Bake: Conventional Oven 350°F, 50 to 60 minutes Convection Oven 300°F, 40 to 50 minutes Bake until lightly browned. Remove from pans. Cool completely. Cut each loaf into 17 slices, approxi- mately 1/2" thick.</p>

Banana Bread Squares (continued, page 3 of 3)

SERVING: 1 piece provides the equivalent of
1 slice of bread

YIELD: 25 servings: 1 half-steamtable pan
50 servings: 1 steamtable pan

Variation:

**a. Banana Bread Squares
Using Master Mix (A-15)**

25 servings: Omit Step 1. Blend 1 lb 3³/₄ oz (1 qt) Master Mix with 8¹/₂ oz (1¹/₄ cups) sugar. In Step 2, omit shortening. Continue with Steps 3 through 6.

50 servings: Omit Step 1. Blend 2 lb 7¹/₂ oz (2 qt) Master Mix with 1 lb 1 oz (2¹/₂ cups) sugar. In Step 2, omit shortening. Continue with Steps 3 through 6.

Nutrients Per Serving

Calories	147	Saturated Fat	1.1 g	Iron	.9 mg
Protein	2 g	Cholesterol	17 mg	Calcium	41 mg
Carbohydrate	25 g	Vitamin A	9 RE/35 IU	Sodium	136 mg
Total Fat	4.3 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Bananas	1 lb 4 oz	2 lb 8 oz



Bread Stuffing

Grains/Breads

Grains/Breads A-14

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Bread cubes, soft	2 lb 5 ¹ / ₂ oz ...	1 ¹ / ₂ gal 2 cups	4 lb 11 oz	3 gal 1 qt	1. Combine bread cubes, celery, onions, raisins (optional), poultry seasoning, pepper, garlic powder, thyme (optional), and butter or margarine. Mix lightly until well blended.
*Fresh celery, chopped	8 oz	1 ³ / ₄ cups 2 Tbsp	1 lb	3 ³ / ₄ cups	
*Onions, chopped	6 oz	1 cup	12 oz	2 cups	
OR						
Dehydrated onions	1/4 cup	1/2 cup	
+Raisins, plumped (optional)	1/2 cup	6 ¹ / ₂ oz	1 cup	
Poultry seasoning	1 ¹ / ₂ tsp	1 Tbsp	
Black pepper	3/4 tsp	1 ¹ / ₂ tsp	
Garlic powder	1 ¹ / ₂ tsp	1 Tbsp	
Flaked thyme (optional)	1 Tbsp	2 Tbsp	
Butter or margarine, melted..	5 ¹ / ₄ oz	2/3 cup	10 ¹ / ₂ oz	1 ¹ / ₃ cups	
Chicken broth from soup base	1 ¹ / ₂ qt	3 qt	2. Add chicken broth to bread mixture. Mix gently to moisten. 3. For 25 servings, spread 6 lb 7 oz (3/4 qt) of stuffing evenly into a lightly greased steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 steamtable pans. 4. To Bake: Conventional Oven 350°F, 30 to 40 minutes Convection Oven 300°F, 20 to 30 minutes Bake until lightly browned and internal temperature registers 165°F. 5. Portion with No. 12 scoop (1/3 cup).

*See Marketing Guide.

+To plump raisins, cover them with very hot tap water. Soak 2 to 5 minutes. DO NOT OVERSOAK. Drain well before using.

(over)

Bread Stuffing (continued, page 2 of 2)

SERVING: 1/3 cup (No. 12 scoop) provides the equivalent of 1 1/2 slices of bread

YIELD: 25 servings: 1 steamtable pan
50 servings: 2 steamtable pans

Nutrients Per Serving

Calories	167	Saturated Fat	3.4 g	Iron	1.4 mg
Protein	4 g	Cholesterol	13 mg	Calcium	58 mg
Carbohydrate	23 g	Vitamin A	49 RE/204 IU	Sodium	640 mg
Total Fat	6.6 g	Vitamin C	1 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	10 oz	1 lb 4 oz
Mature onions	7 oz	14 oz

Master Mix

Grains/Breads

Grains/Breads A-15

Ingredients	1 Gallon 2 Quarts		3 Gallons		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour	5 lb 4 oz	1 gal 3 cups ..	10 lb 8 oz	2 gal 1½ qt	1. Place flour, baking powder, salt, cream of tartar, and dry milk in mixer. Blend for 3 minutes on low speed.
Baking powder	4¾ oz	¾ cup	9½ oz	1½ cups	
Salt	2 Tbsp	¼ cup	
Cream of tartar	1 Tbsp 1½ tsp	3 Tbsp	
Instant nonfat dry milk	6 oz	2½ cups	12 oz	1 qt 1 cup	
Shortening	1 lb 5 oz	3 cups 2 Tbsp	2 lb 10 oz	1 qt 2¼ cups	2. Add shortening to dry ingredients and mix for 5 minutes on low speed, or until evenly distributed. Mixture will be crumbly. 3. Store in tightly covered container, in the refrigerator. 4. Use Master Mix in recipes for: Cut Biscuits (A-9); Muffin Squares (A-11); Pancakes (A-12); and Banana Bread Squares (A-13).

(over)

Master Mix *(continued, page 2 of 2)*

SERVING: See individual recipes that use Master Mix

YIELD: 6 quarts: 7 lb 6 oz
12 quarts: 14 lb 12 oz

Special Tip: A 10-qt mixer may be used to produce 1 gal 2 qt of Master Mix. A 20-qt mixer may be used to produce 3 gal of Master Mix.

Nutrients Per Cup of Master Mix

Calories	610	Saturated Fat	6.4 g	Iron	5.3 mg
Protein	13 g	Cholesterol	1 mg	Calcium	445 mg
Carbohydrate	81 g	Vitamin A	0 RE/3 IU	Sodium	1226 mg
Total Fat	25.8 g	Vitamin C	0 mg	Dietary Fiber	3 g

Oatmeal Muffin Squares

Grains/Breads

Grains/Breads A-16

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Rolled oats	4 oz	1 cup 2 Tbsp	8 oz.....	2¼ cups	1. Place oats in a bowl and pour hot water over them. Let stand 20 minutes. Do not drain.
Hot water	1¾ cups.....	3½ cups	
All-purpose flour	10 oz	1¾ cups.....	1 lb 4 oz	3½ cups	2. Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.
Baking soda	5/8 tsp	1¼ tsp	
Ground cinnamon	5/8 tsp	1¼ tsp	
Ground nutmeg.....	5/8 tsp	1¼ tsp	
Salt.....	5/8 tsp	1¼ tsp	
Margarine or butter	¼ cup 2 Tbsp	6 oz.....	¾ cup	3. In a mixing bowl, using a paddle attachment, beat the margarine and sugars for 10 minutes. Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes. 4. Add the oat mixture and blend. Add the flour mixture and blend for 1 minute. Scrape down the sides of the bowl.
Brown sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2¼ cups	
Sugar	9 oz	1 cup 2 Tbsp	1 lb 2 oz	2¼ cups	
Vanilla	1¼ tsp	2½ tsp	
Fresh large egg whites	4 each	7 each	
OR Frozen egg whites, thawed	5 oz	½ cup 1 Tbsp	9 oz.....	1 cup 2 Tbsp	
Lowfat plain yogurt	2 Tbsp	¼ cup	
Canned applesauce	2 Tbsp	¼ cup	
Topping: Rolled oats	½ cup	1 cup	5. Combine topping ingredients and mix until crumbs are pea-sized. 6. For 25 servings, pour 1 qt 2 cups (3 lb 12 oz) of batter into a lightly greased half-steamtable pan (12" x 10" x 2½") and spread evenly. Sprinkle ¾ cup 2 Tbsp of topping over pan.
All-purpose flour	2 Tbsp	¼ cup	
Brown sugar	2 Tbsp	¼ cup	
Margarine or butter	2 Tbsp	¼ cup	

(over)

Oatmeal Muffin Squares (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>For 50 servings, pour 3 qt (7 lb 7 oz) of batter into a lightly greased steamtable pan (12" x 20" x 2½") and spread evenly. Sprinkle 1¾ cups of topping over pan.</p> <p>7. To Bake: Conventional Oven 325°F, 45 minutes Convection Oven 325°F, 35 minutes Bake until golden brown and muffin pulls away from sides of pan.</p> <p>8. Cut each half-steamtable pan 5 x 5 (25 portions). Cut each steamtable pan 5 x 10 (50 portions).</p>
						<p>If making individual muffins: 1 qt 2 cups of batter will make 26 muffins. Portion batter into oiled muffin pans with No. 20 scoop (3⅓ Tbsp). Fill no more than two-thirds full. Sprinkle ½ Tbsp topping over each muffin.</p> <p>To Bake: Conventional Oven 400°F, 18 to 20 minutes Convection Oven 350°F, 12 to 15 minutes Bake until golden brown. To cool, immediately remove muffins from pans and place on cooling racks.</p>

Oatmeal Muffin Squares *(continued, page 3 of 3)*

SERVING: 1 square provides the equivalent of
1 slice of bread

YIELD: 25 servings: 3 lb 8 oz

50 servings: 7 lb 1 oz

VOLUME: 25 servings: 1 qt 2 cups
50 servings: 3 qt 1/2 cup

Variations

a. Peach Muffin Squares

25 servings: In Step 6, refrigerate batter (already in half-steamtable pans) for 1 hour prior to adding topping. Then spread 1 lb 9 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 3/4 cup of topping over fruit. Bake as directed.

50 servings: In Step 6, refrigerate batter (already in steamtable pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of canned, sliced peaches (drained) over each pan. (Fruit may be pureed.) Sprinkle 1 3/4 cups of topping over fruit.

b. Blueberry Muffin Squares

25 servings: In Step 6, refrigerate batter (already in half-steamtable pans) for 1 hour prior to adding topping. Then spread 1 lb 9 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 3/4 cup of topping over fruit. Bake as directed.

50 servings: In Step 6, refrigerate batter (already in steamtable pans) for 1 hour prior to adding topping. Then spread 3 lb 2 oz of frozen blueberries (thawed and drained) over each pan. (Fruit may be pureed.) Sprinkle 1 3/4 cups of topping over fruit. Bake as directed.

Nutrients Per Serving

Calories	185	Saturated Fat	.9 g	Iron	1.0 mg
Protein	3 g	Cholesterol	0 mg	Calcium	20 mg
Carbohydrate	34 g	Vitamin A	46 RE/157 IU	Sodium	147 mg
Total Fat	4.2 g	Vitamin C	0 mg	Dietary Fiber	1 g



Pizza Crust

Grains/Breads

Grains/Breads A-17

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Active dry yeast	1 Tbsp 1 ³ / ₄ tsp	3 Tbsp 1/2 tsp	<p>For best results, have all ingredients and utensils at room temperature.</p> <ol style="list-style-type: none"> 1. Dissolve dry yeast in warm water. Let stand for 4 to 5 minutes. 2. Place flour in large mixer bowl. Make a well in the center. 3. Pour in dissolved yeast, oil, salt, and sugar. Gradually work into the flour using dough hook on low speed. Knead for 15 minutes on medium speed. 4. Divide and shape dough into balls 2 lb 4 oz each. You will have 1¹/₄ balls for 25 servings or 2¹/₂ balls for 50 servings. Let rest for 20 minutes. 5. Lightly oil 5 sheet pans (18" x 26" x 1"). Sprinkle each pan with 1 oz (3 Tbsp) cornmeal. 6. Place 1 dough ball in center of each pan. Flatten dough by rolling or spreading dough 1/8" thick to rim of pans. Keep edges thicker than center. 7. For directions on topping, baking, and portioning, see Pizza with Ground Beef Topping (D-23).
Water, warm (110°F)	2 cups 2 Tbsp	1 qt 1/4 cup	
All-purpose or bread flour	1 lb 12 oz	1 qt 2 ¹ / ₄ cups	3 lb 8 oz	3 qt 1/2 cup	
Vegetable oil	2 Tbsp 2 tsp	1/3 cup	
Salt	1/2 tsp	1 1/4 tsp	
Sugar	1 Tbsp 1/2 tsp	2 Tbsp 1 tsp	
Cornmeal	1/4 cup	1/2 cup	

(over)

Pizza Crust (continued, page 2 of 2)

SERVING: 1 portion provides the equivalent of
2 slices of bread

YIELD: 25 servings: 1¹/₄ sheet pans
50 servings: 2¹/₂ sheet pans

Nutrients Per Serving

Calories	137	Saturated Fat	.3 g	Iron	1.6 mg
Protein	3.6 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	26 g	Vitamin A	0 RE/3 IU	Sodium	60 mg
Total Fat	1.8 g	Vitamin C	0 mg	Dietary Fiber	1 g