

# B. Desserts

## 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. Maintain 40°F for all chilled products.
4. Use refrigerator thermometers to be sure that the temperature is 40°F.
5. Use oven thermometers to ensure accuracy of baking temperature and a quality end-product.

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# Baked Custard

Desserts B-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar .....	8 oz .....	1 cup.....	1 lb .....	2 cups .....	.....	1. In a bowl, whisk sugar, salt, milk, and vanilla until blended.
Salt.....	.....	1 tsp .....	.....	2 tsp .....	.....	
Lowfat milk .....	.....	1 qt 1½ cups	.....	2 qt 3 cups ...	.....	
Vanilla .....	.....	2 Tbsp.....	.....	¼ cup .....	.....	
Fresh large eggs .....	.....	6 each .....	.....	12 each .....	.....	2. In a stainless steel bowl, whisk eggs and egg whites until foamy. Add to the milk mixture and whisk until blended.
<b>OR</b> Frozen whole eggs, thawed ....	12 oz .....	1½ cups.....	1 lb 8 oz .....	3 cups .....	.....	
Fresh large egg whites .....	.....	3 each .....	.....	6 each .....	.....	
<b>OR</b> Frozen egg whites, thawed ....	4 oz .....	½ cup .....	8 oz.....	1 cup .....	.....	
Nutmeg (optional).....	.....	1 tsp .....	.....	2 tsp .....	.....	3. Pour 2 qt (4 lb 8 oz) of liquid into each lightly greased glass casserole dish (13" x 9" x 2"). Sprinkle nutmeg (optional) on top. 4. Set casserole dish in a shallow pan. Pour hot water around the dish to 1" deep. 5. <b>To Bake:</b> Conventional Oven 350°F, 1 hour 25 minutes Convection Oven 300°F, 1 hour 20 minutes Bake until knife inserted in center of custard comes out clean. 6. Cut each pan into 25 pieces.

(over)

## Baked Custard (continued, page 2 of 2)

**SERVING:** 1 piece

**YIELD:** 25 servings: 4 lb  
50 servings: 8 lb

### Variations:

#### a. Stirred Custard Sauce

**25 servings:** In Step 1, use 2 cups of milk. Heat milk, sugar, salt and vanilla to 140°F. In Step 2, use 8 oz (4 each) of whole eggs and 3 oz (2 each) of egg whites. Slowly add milk mixture to whipped eggs. Place custard mixture in pot and heat to simmer (160°F), until mixture coats spoon, stirring constantly. Remove from heat. This may be used as sauce over cake, bread pudding, or fruit. Use 2 Tbsp per serving.

**50 servings:** In Step 1, use 1 qt of milk. Heat milk, sugar, salt and vanilla to 140°F. In Step 2, use 1 lb (8 each) of whole eggs and 6 oz (4 each) of egg whites. Slowly add milk mixture to whipped eggs. Place custard mixture in pot and heat to simmer (160°F), until mixture coats spoon, stirring constantly. Remove from heat. This may be used as a sauce over cake, bread pudding, or fruit. Use 2 Tbsp per serving.

#### b. Bread Pudding

**25 servings:** Follow Steps 1 and 2. Place 3 cups (3 oz) of soft bread cubes in a lightly greased glass casserole dish (13" x 9" x 2"). Continue with Steps 3 through 6.

**50 servings:** Follow Steps 1 and 2. Divide 1 qt 2 cups (6 oz) of soft bread cubes between 2 lightly greased glass casserole dishes (13" x 9" x 2"). Continue with Steps 3 through 6.

#### c. Apple-Bread Pudding

**25 servings:** Follow Steps 1 and 2. Distribute 1 lb 14 oz (1 qt 3½ cups) of peeled, fresh (or canned), diced apples over 3 cups (3 oz) of soft bread cubes in a lightly greased glass casserole dish (13" x 9" x 2"). Continue with Steps 3 through 6.

**50 servings:** Follow Steps 1 and 2. Distribute 3 lb 12 oz (3 qt 3 cups) of peeled, fresh (or canned), diced apples over 1 qt 2 cups (6 oz) of soft bread cubes between 2 lightly greased glass casserole dishes (13" x 9" x 2"). Continue with Steps 3 through 6.

#### Nutrients Per Serving

Calories	83	Saturated Fat	.8 g	Iron	.2 mg
Protein	4 g	Cholesterol	60 mg	Calcium	73 mg
Carbohydrate	12 g	Vitamin A	58 RE/196 IU	Sodium	145 mg
Total Fat	1.9 g	Vitamin C	0 mg	Dietary Fiber	0 g

# Whole Wheat Cookies

Desserts B-2

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter .....	6 oz .....	3/4 cup .....	12 oz.....	1 1/2 cups .....	.....	1. In a mixing bowl, use a paddle attachment on medium speed to cream margarine or butter and sugar for 10 minutes.
Sugar .....	12 oz .....	1 1/2 cups.....	1 lb 8 oz .....	3 cups .....	.....	
Fresh large eggs .....	.....	2 each .....	.....	4 each .....	.....	2. Add eggs, vanilla, and milk. Mix on medium speed for 1 minute until smooth. Scrape the sides of the bowl.
<b>OR</b> Frozen whole eggs, thawed....	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	
Vanilla .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	3. In a bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix on medium speed for 1 minute until well blended. Scrape the sides of the bowl.
Lowfat milk .....	.....	3 Tbsp .....	.....	1/4 cup 2 Tbsp	.....	
Whole wheat flour .....	15 oz .....	3 cups .....	1 lb 14 oz .....	1 qt 2 cups ...	.....	
Baking powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Baking soda .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Salt .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Ground nutmeg.....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Ground cinnamon.....	.....	1/2 tsp .....	.....	1 tsp .....	.....	

(over)

**Whole Wheat Cookies (continued, page 2 of 2)**

**SERVING:** 1 cookie

**YIELD:** 25 servings: 2 lb 4 oz

50 servings: 4 lb 8 oz

**VOLUME:** 25 servings: 1 qt (dough)

50 servings: 2 qt (dough)

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar .....	2 oz .....	1/4 cup .....	4 oz .....	1/2 cup .....	.....	4. Using a No. 30 scoop, portion dough (4 x 5) on lightly greased or paper-lined sheet pans (18" x 26" x 1"). 5. Combine sugar and cinnamon in a shaker and sprinkle over cookies. 6. <b>To Bake:</b> Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 16 minutes Bake until light brown.
Ground cinnamon .....	.....	1 tsp .....	.....	2 tsp .....	.....	

**Special Tip:** For a lighter texture, substitute all-purpose flour for half of the whole wheat flour.

**Nutrients Per Serving**

Calories	177	Saturated Fat	1.1 g	Iron	.8 mg
Protein	3 g	Cholesterol	19 mg	Calcium	35 mg
Carbohydrate	29 g	Vitamin A	77 RE/258 IU	Sodium	201 mg
Total Fat	6.3 g	Vitamin C	0 mg	Dietary Fiber	2 g

**Variation:**

**a. Oatmeal-Whole Wheat Raisin Cookies**

**25 servings:** In Step 3, reduce the whole wheat flour to 10 oz (2 cups) and add 3 oz (1 cup) of rolled oats. At the end of Step 3, add 6 oz (1 cup) of raisins to the dough and mix on low speed for 30 seconds, until combined. Continue with Steps 4 through 6 as directed.

**50 servings:** In Step 3, reduce the whole wheat flour to 1 lb 4 oz (1 qt) and add 6 oz (2 cups) of rolled oats. At the end of Step 3, add 12 oz (2 cups) of raisins to the dough and mix on low speed for 30 seconds, until combined. Continue with Steps 4 through 6 as directed.

# Peanut Butter-Raisin Cookies

Desserts B-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar .....	6 oz .....	3/4 cup .....	12 oz.....	1 1/2 cups .....	.....	1. In a mixing bowl, use the paddle attachment on medium speed to cream sugars, salt, and margarine or butter for 5 minutes.
Brown sugar .....	.....	1/4 cup .....	4 oz.....	1/2 cup .....	.....	
Salt.....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Margarine or butter .....	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	
Peanut butter .....	7 oz .....	3/4 cup .....	14 oz.....	1 1/2 cups .....	.....	2. Add peanut butter and mix on medium speed for 2 minutes. Scrape the sides of the bowl.
Fresh large eggs .....	.....	2 each .....	.....	4 each .....	.....	
<b>OR</b> Frozen whole eggs, thawed ....	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	3. Add eggs and vanilla and mix on medium speed for 1 minute, until blended.
Vanilla .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
All-purpose flour .....	8 oz .....	1 1/2 cups.....	1 lb .....	3 cups .....	.....	4. Slowly add flour, baking soda, dry milk, and raisins and mix on low speed for 1 minute. Scrape the sides of the bowl and mix on medium speed for 30 seconds. 5. Using a No. 40 scoop, portion dough (6 x 5) onto paper-lined sheet pans (18" x 26" x 1"). Press each cookie flat with a floured fork. 6. <b>To Bake:</b> Conventional Oven 350°F, 10 minutes Convection Oven 300°F, 10 minutes Bake until golden brown.
Baking soda .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Instant nonfat dry milk .....	.....	2/3 cup .....	5 oz.....	1 1/3 cups .....	.....	
Raisins, chopped .....	.....	1/2 cup .....	6 oz.....	1 cup .....	.....	

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## Peanut Butter-Raisin Cookies *(continued, page 2 of 2)*

**SERVING:** 1 cookie

**YIELD:** 25 servings: 1 lb 9 oz  
50 servings: 3 lb 2 oz

**Special Tip:** For ease in chopping, coat raisins with flour.

### Variation:

#### a. Whole Wheat-Peanut Butter Raisin Cookies

**25 servings:** Follow Steps 1, 2, and 3. In Step 4, instead of using 8 oz (1½ cups) of all-purpose flour, substitute a mixture of 4 oz (¾ cup) of whole wheat flour and 4 oz (¾ cup) of all-purpose flour. Continue with Steps 4 and 5 as directed. In Step 6, bake in a 350°F conventional oven for 15 to 18 minutes or in a 300°F convection oven for 12 to 15 minutes until golden brown.

**50 servings:** Follow Steps 1, 2, and 3. In Step 4, instead of using 1 lb (3 cups) of all-purpose flour, substitute a mixture of 8 oz (1½ cups) of whole wheat flour and 8 oz (1½ cups) of all-purpose flour. Continue with Steps 4 and 5 as directed. In Step 6, bake in a 350°F conventional oven for 15 to 18 minutes or in a 300°F convection oven for 12 to 15 minutes until golden brown.

### Nutrients Per Serving

Calories	175	Saturated Fat	1.7 g	Iron	.8 mg
Protein	5 g	Cholesterol	20 mg	Calcium	47 mg
Carbohydrate	22 g	Vitamin A	54 RE/180 IU	Sodium	151 mg
Total Fat	8.3 g	Vitamin C	0 mg	Dietary Fiber	1 g



# Sugar Cookies

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter .....	6 oz .....	3/4 cup .....	12 oz.....	1 1/2 cups .....	.....	1. In a mixing bowl, use the paddle attachment on medium speed to cream margarine or butter and sugar for 10 minutes.
Sugar .....	12 oz .....	1 1/2 cups.....	1 lb 8 oz .....	3 cups .....	.....	
Fresh large eggs .....	.....	2 each .....	.....	4 each .....	.....	2. Add eggs, vanilla, and milk. Mix on medium speed for 1 minute, until smooth. Scrape the sides of the bowl.
<b>OR</b> Frozen whole eggs, thawed ....	.....	1/4 cup 2 Tbsp	6 oz.....	3/4 cup .....	.....	
Vanilla .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Lowfat milk .....	.....	3 Tbsp .....	.....	1/4 cup 2 Tbsp	.....	
All-purpose flour .....	14 oz .....	2 3/4 cups .....	1 lb 12 oz .....	1 qt 1 1/2 cups	.....	3. Combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add dry ingredients to the creamed mixture. Mix on low speed for 1 minute, until blended. Scrape the sides of the bowl and mix on medium speed for 30 seconds.
Baking powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Baking soda .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Salt .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Ground nutmeg.....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Ground cinnamon .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Sugar .....	.....	1/4 cup .....	4 oz.....	1/2 cup .....	.....	4. Using a No. 30 scoop, portion dough (4 x 5) on lightly greased or paper-lined sheet pans (18" x 13" x 1").
Ground cinnamon (optional)	.....	1 tsp .....	.....	2 tsp .....	.....	

(over)

**Sugar Cookies (continued, page 2 of 2)**

**SERVING: 1 cookie**

**YIELD: 25 servings: 1 lb 11 oz  
50 servings: 3 lb 6 oz**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<b>6. To Bake:</b> Conventional Oven 375°F, 12 minutes Convection Oven 350°F, 16 minutes Bake until light brown.

**Nutrients Per Serving**

Calories	88	Saturated Fat	.6 g	Iron	.4 mg
Protein	1 g	Cholesterol	7 mg	Calcium	13 mg
Carbohydrate	14 g	Vitamin A	38 RE/125 IU	Sodium	103 mg
Total Fat	3.0 g	Vitamin C	0 mg	Dietary Fiber	0 g

# Striped Cake

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 paddle attachment on low speed to combine flour, sugar, dry milk, baking powder, and salt. Mix for 1 minute until blended.
Sugar .....	1 lb .....	2 cups .....	2 lb .....	1 qt .....	.....	
Instant nonfat dry milk .....	.....	$\frac{2}{3}$ cup .....	5 oz .....	$1\frac{1}{3}$ cups .....	.....	
Baking powder .....	.....	2 Tbsp .....	.....	$\frac{1}{4}$ cup .....	.....	
Salt .....	.....	$\frac{3}{4}$ tsp .....	.....	$1\frac{1}{2}$ tsp .....	.....	
Fresh large egg whites .....	.....	6 each .....	.....	12 each .....	.....	2. In a bowl, whisk egg whites, vanilla, and water until combined.
<b>OR</b> Frozen egg whites, thawed ....	7 oz .....	$\frac{3}{4}$ cup 2 Tbsp	14 oz .....	$1\frac{3}{4}$ cups .....	.....	
Vanilla .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Water .....	.....	$1\frac{1}{2}$ cups .....	.....	3 cups .....	.....	
Shortening .....	6 oz .....	1 cup .....	12 oz .....	2 cups .....	.....	3. Add liquid mixture and shortening to dry ingredients. Mix on low speed for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 5 minutes. 4. Pour 1 qt $3\frac{1}{2}$ cups (3 lb 8 oz) of batter into each lightly greased and floured half-sheet pan (18" x 13" x 1").

(over)

Striped Cake (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>5. <b>To Bake:</b>            Conventional Oven                375°F, 15 to 18 minutes            Convection Oven                350°F, 18 to 20 minutes            Bake until lightly browned.</p> <p>6. Set aside to cool for 15 minutes.</p>
Cherry-flavored gelatin ..... Water, boiling ..... Water, cold .....	..... ..... .....	1/4 cup 2 Tbsp 1 cup ..... 1 cup .....	6 oz ..... ..... .....	3/4 cup ..... 2 cups ..... 2 cups .....	..... ..... .....	<p><b>To make filling:</b></p> <p>7. In a small bowl, dissolve gelatin in boiling water. Add cold water and whisk to combine.</p> <p>8. Using a fork, make holes in the top of the cake, 1/2" apart. These can be as deep as you like, even to the bottom of the cake. Pour 2 cups of gelatin evenly over the top of each cake. Refrigerate for at least 2 hours.</p>
Whipped topping .....	8 oz .....	3 cups .....	1 lb .....	1 qt 2 cups ...	.....	<p>9. Spread 3 cups (8 oz) of whipped topping evenly over the top of each cake.</p> <p>10. Cut each cake into 25 pieces (5 x 5).</p>

## Striped Cake *(continued, page 3 of 3)*

**SERVING:** 1 piece

**YIELD:** 25 servings: 4 lb 14 oz

50 servings: 9 lb 12 oz

**VOLUME:** 25 servings: 1 qt 3½ cups (batter)

50 servings: 3 qt 3 cups (batter)

**Special Tip:** Two or more flavors of gelatin can be used to provide a rainbow effect.

### Nutrients Per Serving

Calories	242	Saturated Fat	3.8 g	Iron	1.0 mg
Protein	4 g	Cholesterol	5 mg	Calcium	110 mg
Carbohydrate	38 g	Vitamin A	24 RE/108 IU	Sodium	232 mg
Total Fat	8.2 g	Vitamin C	0 mg	Dietary Fiber	1 g



# Glazed Lemon Bars

Desserts B-6

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar .....	6 oz .....	3/4 cup .....	12 oz.....	1 1/2 cups .....	.....	1. In a mixing bowl, use the paddle attachment on medium speed to cream sugar and margarine or butter for 5 minutes. Scrape the sides of the bowl and mix on medium speed for 1 minute.
Margarine or butter .....	5 oz .....	1/2 cup 2 Tbsp	10 oz.....	1 1/4 cups .....	.....	
Fresh large eggs .....	.....	2 each .....	.....	4 each .....	.....	2. Add eggs, applesauce, and vanilla and mix on low speed for 2 minutes.
<b>OR</b> Frozen whole eggs, thawed ....	.....	1/4 cup 2 Tbsp	6 oz.....	3/4 cup .....	.....	
Canned applesauce .....	5 oz .....	1/2 cup 2 Tbsp	10 oz.....	1 1/4 cups .....	.....	
Vanilla .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
All-purpose flour .....	8 oz .....	1 1/2 cups.....	1 lb .....	3 cups .....	.....	3. Add flour, baking powder, and salt and mix on low speed for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 3 minutes, until blended.
Baking powder .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Salt.....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	4. Add coconut and raisins and mix on medium speed for 30 seconds, until combined.
Dried coconut, shredded .....	1/2 cup 2 Tbsp	4 oz.....	1 1/4 cups .....	.....	.....	
Raisins .....	.....	1/2 cup .....	6 oz.....	1 cup .....	.....	
						5. Spread 3 1/2 cups (1 lb 15 oz) of batter evenly in each lightly greased quarter-sheet pan (13" x 9" x 2").

(over)

**Glazed Lemon Bars (continued, page 2 of 2)**

**SERVING:** 1 piece

**YIELD:** 25 servings: 2 lb  
50 servings: 4 lb

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>6. <b>To Bake:</b> Conventional Oven 375°F, 18 to 20 minutes Convection Oven 350°F, 18 to 20 minutes Bake until lightly browned.</p>
<p><b>Glaze:</b> Powdered sugar ..... Lemon juice..... Water .....</p>	<p>4 oz .....</p>	<p>3/4 cup .....</p>	<p>8 oz.....</p>	<p>1½ cups .....</p>	<p>.....</p>	<p>7. In a small bowl, whisk sugar, lemon juice, and water until smooth. While lemon bars are still warm, spread ¼ cup 3 Tbsp (4 oz) of glaze evenly over each pan. 8. Cut each pan into 25 pieces (5 x 5).</p>

**Special Tip:** For a less tangy flavor, orange juice may be used in place of the lemon juice.

**Nutrients Per Serving**

Calories	147	Saturated Fat	1.7 g	Iron	.6 mg
Protein	2 g	Cholesterol	14 mg	Calcium	18 mg
Carbohydrate	23 g	Vitamin A	63 RE/211 IU	Sodium	107 mg
Total Fat	5.7 g	Vitamin C	0 mg	Dietary Fiber	1 g



# Pumpkin Pudding

Vegetable

Desserts B-7

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Instant nonfat dry milk .....	4 oz .....	1 <sup>1</sup> / <sub>3</sub> cups .....	8 oz .....	2 <sup>2</sup> / <sub>3</sub> cups .....	.....	1. In a mixing bowl, use the paddle attachment on low speed to combine dry milk and water for 30 seconds.
Water .....	.....	1 <sup>1</sup> / <sub>2</sub> cups .....	.....	3 cups .....	.....	
Canned pumpkin .....	3 lb 4 oz .....	1 qt 1 <sup>3</sup> / <sub>4</sub> cups	6 lb 8 oz .....	2 qt 3 <sup>1</sup> / <sub>2</sub> cups	.....	2. Add pumpkin, eggs, sugar, salt, and cinnamon. Mix at low speed for 3 minutes, until combined. 3. Pour 2 qt 1 cup (5 lb 2 oz) of pudding into each lightly greased half-steamtable pan (10" x 12" x 2 <sup>1</sup> / <sub>2</sub> "). 4. <b>To Bake:</b> Conventional Oven 350°F, 35 to 40 minutes Convection Oven 325°F, 30 to 35 minutes Bake until a knife inserted in the center comes out clean.
Fresh large eggs .....	.....	3 each .....	.....	6 each .....	.....	
<b>OR</b> Frozen whole eggs, thawed ....	6 oz .....	<sup>3</sup> / <sub>4</sub> cup .....	12 oz .....	1 <sup>1</sup> / <sub>2</sub> cups .....	.....	
Sugar .....	8 oz .....	1 cup .....	1 lb .....	2 cups .....	.....	
Salt .....	.....	<sup>3</sup> / <sub>4</sub> tsp .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	
Ground cinnamon .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	

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**Pumpkin Pudding (continued, page 2 of 2)**

**SERVING:** 1/4 cup (No. 16 scoop) provides  
1/4 cup of vegetable

**YIELD:** 25 servings: 4 lb 11 oz  
50 servings: 9 lb 6 oz

**Nutrients Per Serving**

Calories	82	Saturated Fat	.3 g	Iron	1.0 mg
Protein	3 g	Cholesterol	30 mg	Calcium	78 mg
Carbohydrate	16 g	Vitamin A	1346 RE/13157 IU	Sodium	107 mg
Total Fat	.9 g	Vitamin C	3 mg	Dietary Fiber	2 g

# Vanilla Pudding

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lowfat milk .....	.....	1 qt 1 cup .....	.....	2 qt 2 cups ...	.....	1. In a pot, bring milk, sugar, and salt to a simmer over very low heat, stirring occasionally.
Sugar .....	6 oz .....	<sup>3</sup> / <sub>4</sub> cup .....	12 oz.....	1 <sup>1</sup> / <sub>2</sub> cups .....	.....	
Salt.....	.....	<sup>1</sup> / <sub>4</sub> tsp .....	.....	<sup>1</sup> / <sub>2</sub> tsp .....	.....	
Fresh large eggs .....	.....	2 each .....	.....	4 each .....	.....	2. In a bowl, beat eggs until just combined.  3. Dissolve cornstarch in water. Add to eggs and whisk to combine. 4. When milk has reached a simmer, slowly add egg mixture, whisking constantly until pudding returns to a simmer, about 7 minutes.
<b>OR</b> Frozen whole eggs, thawed....	4 oz .....	<sup>1</sup> / <sub>2</sub> cup .....	8 oz.....	1 cup .....	.....	
Cornstarch.....	.....	<sup>1</sup> / <sub>2</sub> cup .....	4 oz.....	1 cup .....	.....	
Cold water .....	.....	<sup>1</sup> / <sub>2</sub> cup .....	.....	1 cup .....	.....	
Vanilla .....	.....	2 Tbsp.....	.....	<sup>1</sup> / <sub>4</sub> cup .....	.....	5. Remove pudding from heat and stir in vanilla. 6. Transfer pudding to a bowl and continue to stir until pudding begins to cool. Refrigerate until ready to serve.

(over)

**Vanilla Pudding (continued, page 2 of 2)**

**SERVING:** 1/4 cup (No. 16 scoop)

**YIELD:** 25 servings: 3 lb 6 oz

50 servings: 6 lb 12 oz

**VOLUME:** 25 servings: 1 qt 2 1/2 cups

50 servings: 2 qt 1 cup

**Nutrients Per Serving**

Calories	65	Saturated Fat	.5 g	Iron	.1 mg
Protein	2 g	Cholesterol	21 mg	Calcium	63 mg
Carbohydrate	11 g	Vitamin A	37 RE/129 IU	Sodium	54 mg
Total Fat	1.0 g	Vitamin C	0 mg	Dietary Fiber	0 g

# Fruit and Rice Dessert

Fruit

Desserts B-9

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
White rice .....	6 oz .....	3/4 cup .....	12 oz.....	1 1/2 cups .....	.....	1. Place rice and water in a half-steamtable pan (12" x 10" x 2"). Cover with foil. 2. <b>To Steam:</b> Compartment Steamer 25 minutes <b>To Bake:</b> Conventional Oven 350°F, 25 minutes Steam or bake until tender. Set aside to cool for 1 hour.
Water .....	.....	1 3/4 cups.....	.....	3 1/2 cups .....	.....	
Canned cling peaches, diced, drained .....	3 lb 10 oz .....	1 qt 3 cups ....	7 lb 4 oz .....	3 qt 2 cups ...	.....	3. In a bowl, combine peaches, marshmallows, sugar, salt, and whipped topping. Add rice to this mixture and stir to blend. 4. Chill 1 hour to soften marshmallows.
Miniature marshmallows .....	.....	1 1/2 cups.....	4 oz.....	3 cups .....	.....	
Powdered sugar .....	.....	1/2 cup .....	4 oz.....	1 cup .....	.....	
Salt.....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Whipped topping .....	6 oz .....	3 cups .....	12 oz.....	1 qt 2 cups ...	.....	
<b>OR</b> Lowfat vanilla yogurt .....	1 lb 2 oz .....	2 cups .....	2 lb 4 oz .....	1 qt .....	.....	

(over)

## Fruit and Rice Dessert *(continued, page 2 of 2)*

**SERVING:** 1/3 cup (No. 12 scoop) provides  
1/4 cup of fruit

**YIELD:** 25 servings: 5 lb 6 oz  
50 servings: 10 lb 12 oz  
**VOLUME:** 25 servings: 3 qt 1 cup  
50 servings: 1 gal 2 qt 2 cups

**Special Tip:** For variety, substitute any combination of fruit cocktail, cherries, fresh grape halves, and mandarin oranges for the peaches.

### Nutrients Per Serving

Calories	93	Saturated Fat	.8 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	21 g	Vitamin A	39 RE/389 IU	Sodium	33 mg
Total Fat	1.0 g	Vitamin C	2 mg	Dietary Fiber	1 g

# Cherry Crisp

Fruit

Desserts B-10

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	6 <sup>3</sup> / <sub>4</sub> oz .....	1 <sup>1</sup> / <sub>2</sub> cups.....	13 <sup>1</sup> / <sub>2</sub> oz .....	3 cups .....	.....	<p>1. <b>For topping:</b> Combine flour, rolled oats or rolled wheat, brown sugar, cloves, salt, and butter or margarine. Mix until crumbly. Set aside for Step 8.</p>
Rolled oats .....	4 <sup>1</sup> / <sub>2</sub> oz .....	1 <sup>3</sup> / <sub>4</sub> cups.....	9 oz.....	3 <sup>1</sup> / <sub>2</sub> cups .....	.....	
<b>OR</b>						
Rolled wheat .....	4 <sup>1</sup> / <sub>2</sub> oz .....	1 <sup>1</sup> / <sub>2</sub> cups.....	9 oz.....	3 cups .....	.....	
Brown sugar, packed .....	7 <sup>1</sup> / <sub>2</sub> oz .....	1 cup.....	15 oz.....	2 cups .....	.....	
Ground cloves .....	.....	<sup>1</sup> / <sub>4</sub> tsp .....	.....	<sup>1</sup> / <sub>2</sub> tsp .....	.....	
Salt.....	.....	<sup>1</sup> / <sub>4</sub> tsp .....	.....	<sup>1</sup> / <sub>2</sub> tsp .....	.....	
Butter or margarine .....	8 oz .....	1 cup.....	1 lb .....	2 cups .....	.....	
Canned red cherries (tart, pitted) with juice .....	3 lb 3 <sup>1</sup> / <sub>2</sub> oz ...	1 qt 2 cups....	6 lb 7 oz .....	1 No. 10 can	.....	<p>2. <b>For filling:</b> Drain cherries, reserving juice. For 25 servings, reserve <sup>1</sup>/<sub>2</sub> cup juice. For 50 servings, reserve 1 cup juice. Set juice aside for Step 4.</p> <p>3. For 25 servings, place 2 lb 4 oz (1 qt 1<sup>3</sup>/<sub>4</sub> cups) cherries into a half-steamtable pan (12" x 10" x 2<sup>1</sup>/<sub>2</sub>"). For 50 servings, place 4 lb 8 oz (2 qt 3<sup>1</sup>/<sub>2</sub> cups) cherries into a steamtable pan (12" x 20" x 2<sup>1</sup>/<sub>2</sub>").</p>
Sugar .....	5 oz .....	<sup>3</sup> / <sub>4</sub> cup .....	10 oz.....	1 <sup>1</sup> / <sub>2</sub> cups .....	.....	<p>4. Combine cherry juice with sugar and lemon juice. Heat juice mixture over medium heat for 2 minutes.</p>
Lemon juice.....	.....	2 Tbsp.....	.....	<sup>1</sup> / <sub>4</sub> cup .....	.....	

(over)

Cherry Crisp (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Cornstarch .....	.....	3 Tbsp .....	.....	1/4 cup 2 Tbsp	.....	5. Combine cornstarch and water. Stir until smooth. 6. Add cornstarch and water to juice mixture. Cook over medium heat, stirring constantly until thickened, 3 to 4 minutes. Remove from heat and stir well.  7. For 25 servings, pour 1 cup juice mixture over cherries in each half-steamtable pan. For 50 servings, pour 2 cups juice mixture over cherries in each steamtable pan. 8. For 25 servings, sprinkle approximately 1 lb 10 oz (1 qt 1 cup) topping evenly over cherries. For 50 servings, sprinkle approximately 3 lb 4 oz (2 qt 2 cups) topping evenly over cherries.  9. <b>To Bake:</b> Conventional Oven 425°F, 35 to 45 minutes Convection oven 350°F, 25 to 35 minutes Bake until topping is browned.  Cool. Cut half-steamtable pan 5 x 5 (25 pieces per pan); cut steamtable pan 5 x 10 (50 pieces per pan).
Water .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	



**Cherry Crisp (continued, page 3 of 3)**

**SERVING:** 1 piece provides  $\frac{1}{4}$  cup of fruit

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

**Nutrients Per Serving**

Calories	191	Saturated Fat	4.7 g	Iron	1.6 mg
Protein	2 g	Cholesterol	20 mg	Calcium	20 mg
Carbohydrate	29 g	Vitamin A	110 RE/700 IU	Sodium	106 mg
Total Fat	7.8 g	Vitamin C	2 mg	Dietary Fiber	1 g



# Oatmeal-Raisin Cookies

Desserts B-11

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar .....	12 oz .....	1½ cups .....	1 lb 8 oz .....	3 cups .....	.....	1. Beat the sugar and margarine or butter with a paddle attachment until smooth and creamy, about 5 minutes. 2. Add eggs slowly and mix on medium speed for 1 minute.
Margarine or butter .....	4 oz .....	½ cup .....	8 oz .....	1 cup .....	.....	
Fresh large eggs .....	.....	2 each .....	.....	4 each .....	.....	
<b>OR</b> Frozen whole eggs, thawed ....	4 oz .....	½ cup .....	8 oz .....	1 cup .....	.....	
Lowfat milk .....	.....	¼ cup .....	.....	½ cup .....	.....	3. Slowly add applesauce and milk. Mix for 1 minute on medium speed. Scrape down the sides of the bowl.
Canned applesauce .....	4 oz .....	½ cup .....	8 oz .....	1 cup .....	.....	
All-purpose flour .....	6 oz .....	1½ cups .....	12 oz .....	3 cups .....	.....	4. Add the flour, baking soda, salt, cinnamon, and nutmeg. Mix on low speed until blended, about 2 minutes.
Baking soda .....	.....	½ tsp .....	.....	1 tsp .....	.....	
Salt .....	.....	½ tsp .....	.....	1 tsp .....	.....	
Ground cinnamon .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Ground nutmeg .....	.....	½ tsp .....	.....	1 tsp .....	.....	
Rolled oats .....	10 oz .....	3 cups .....	1 lb 4 oz .....	1 qt 2 cups ...	.....	5. Add oats and raisins and blend for 30 seconds on low speed. Scrape down the sides of the bowl. 6. Portion with level No. 30 scoop (2 Tbsp). Place cookies in rows of 5 down and 4 across on each greased (or paper-lined) sheet pan (18" x 26" x 1"). <b>To Bake:</b> Conventional Oven 350°F, 18 to 20 minutes Convection Oven 325°F, 10 to 12 minutes Bake until lightly browned.
Raisins .....	6½ oz .....	1 cup .....	13 oz .....	2 cups .....	.....	

(over)

## Oatmeal-Raisin Cookies *(continued, page 2 of 2)*

**SERVING:** 1 cookie

**YIELD:** 25 servings: 2 lb 9 oz

50 servings: 5 lb 2 oz

**VOLUME:** 25 servings: 1 qt 1 cup (dough)

50 servings: 2 qt 2 cups (dough)

**Special Tip:** For a bar cookie, spread 3 qt (5 lb 14 oz) of dough in a greased half-sheet pan (18" x 13" x 1") and bake for 20 to 25 minutes in a 325°F convection oven. Cut 5 x 10 for 50 servings.

### Nutrients Per Serving\*

Calories	186	Saturated Fat	1.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	19 mg	Calcium	18 mg
Carbohydrate	33 g	Vitamin A	56 RE/196 IU	Sodium	123 mg
Total Fat	5.0 g	Vitamin C	0 mg	Dietary Fiber	2 g

\*With raisins

# Vanilla Cream Frosting

Desserts B-12

Ingredients	2 Cups		1 Quart		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter or margarine .....	.....	2 Tbsp 1½ tsp	.....	¼ cup 1 Tbsp	.....	1. Cream butter or margarine and shortening in mixer on medium speed for 2 minutes until light and fluffy.
Shortening .....	.....	3 Tbsp .....	.....	¼ cup 2 Tbsp	.....	
Powdered sugar, unsifted .....	15 oz .....	3¾ cups .....	1 lb 14 oz .....	1 qt 3½ cups	.....	2. Combine powdered sugar, salt, and dry milk. Add to creamed butter or margarine. Mix for 1 minute on low speed.
Salt .....	.....	⅛ tsp .....	.....	¼ tsp .....	.....	
Instant nonfat dry milk .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Vanilla .....	.....	1½ tsp .....	.....	1 Tbsp .....	.....	3. Add vanilla while mixing on low speed. Slowly add water to obtain a spreading consistency. Scrape down the sides of the bowl. Beat on medium speed for 5 minutes or until mixture is creamy and well blended. (For a thinner frosting, add additional water, 1 tsp at a time, mixing after each addition.)
Water, room temperature .....	.....	3 Tbsp 1½ tsp	.....	¼ cup 3 Tbsp	.....	

(over)

## Vanilla Cream Frosting (continued, page 2 of 2)

**SERVING:** 1¼ Tbsp

**YIELD:**

**2 cups:** will cover 1 half-sheet pan  
(18" x 13" x 1")  
**1 quart:** will cover 1 sheet pan  
(18" x 26" x 1")

## Variations:

### a. Chocolate Cream Frosting

**2 cups:** Follow Step 1. In Step 2, add 2 oz ( $\frac{2}{3}$  cup) cocoa to dry ingredients. In Step 3, add  $\frac{1}{4}$  cup  $1\frac{1}{2}$  tsp water. Continue with Step 4.

**1 quart:** Follow Step 1. In Step 2, add 4 oz ( $1\frac{1}{3}$  cups) cocoa to dry ingredients. In Step 3, add  $\frac{1}{2}$  cup 1 Tbsp water. Continue with Step 4.

### b. Peanut Butter Cream Frosting

**2 cups:** In Step 1, omit butter or margarine. Use 5 oz ( $\frac{1}{2}$  cup 1 Tbsp) peanut butter. Continue with Step 2. In Step 3, add  $\frac{1}{4}$  cup  $1\frac{1}{2}$  tsp water. Continue with Step 4.

**1 quart:** In Step 1, omit butter or margarine. Use  $9\frac{1}{2}$  oz (1 cup 2 Tbsp) peanut butter. Continue with Step 2. In Step 3, add  $\frac{1}{2}$  cup 1 Tbsp water. Continue with Step 4.

## Nutrients Per Serving\*

Calories	88	Saturated Fat	1.0 g	Iron	0 mg
Protein	0 g	Cholesterol	3 mg	Calcium	4 mg
Carbohydrate	17 g	Vitamin A	10 RE/41 IU	Sodium	24 mg
Total Fat	2.4 g	Vitamin C	0 mg	Dietary Fiber	0 g

\* $1\frac{1}{4}$  tablespoons of Vanilla Cream Frosting are used in the nutrient calculation.

# Yellow Cake

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	15 oz .....	3 <sup>1</sup> / <sub>4</sub> cups 2 Tbsp	1 lb 14 oz .....	1 qt 2 <sup>3</sup> / <sub>4</sub> cups	.....	1. Blend flour, sugar, dry milk, baking powder, and salt for 1 minute in mixer on low speed.
Sugar .....	15 oz .....	2 cups 2 Tbsp	1 lb 14 oz .....	1 qt <sup>1</sup> / <sub>4</sub> cup ...	.....	
Instant nonfat dry milk .....	.....	<sup>1</sup> / <sub>2</sub> cup .....	.....	1 cup .....	.....	
Baking powder .....	.....	2 Tbsp .....	.....	<sup>1</sup> / <sub>4</sub> cup .....	.....	
Salt .....	.....	<sup>3</sup> / <sub>4</sub> tsp .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	
Fresh large eggs .....	.....	4 each .....	.....	8 each .....	.....	2. Combine eggs, vanilla, and water. Add shortening and about half the liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
<b>OR</b> Frozen whole eggs, thawed ....	8 oz .....	1 cup .....	1 lb .....	2 cups .....	.....	
Vanilla .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	1 Tbsp .....	.....	
Water .....	.....	1 <sup>1</sup> / <sub>2</sub> cups .....	.....	3 cups .....	.....	
Shortening .....	6 <sup>1</sup> / <sub>2</sub> oz .....	1 cup .....	13 oz .....	2 cups .....	.....	
						3. Add remaining liquid mixture. Blend for 30 seconds on low speed. Beat for 2 minutes on medium speed.
						4. For 25 servings, pour 3 lb 9 oz (2 qt) batter into a lightly greased and floured half-sheet pan (18" x 13" x 1"). For 50 servings, pour 7 lb 2 oz (1 gal) into a lightly greased and floured sheet pan (18" x 26" x 1").

(over)

**Yellow Cake (continued, page 2 of 3)**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>5. <b>To Bake:</b>            Conventional Oven                375°F, 30 minutes            Convection Oven                325°F, 18 to 20 minutes            Bake until lightly browned.</p> <p>6. Cool. Add frosting, if desired.            (See B-12.)</p> <p>7. Cut each half-sheet pan 5 x 5 for 25 pieces. Cut each sheet pan 5 x 10 for 50 pieces.</p>



## Yellow Cake (continued, page 3 of 3)

**SERVING:** 1 piece

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

### Variation:

#### a. Peach (or Pineapple) Upside-Down Cake

**25 servings:** Follow Steps 1 through 3. In Step 4, pour 3 oz ( $\frac{1}{4}$  cup 2 Tbsp) melted butter or margarine into 1 half-sheet pan (18" x 13" x 1"). Sprinkle evenly with 8 oz (1 cup 2 Tbsp) packed brown sugar. Spread 1 lb 5 oz ( $2\frac{1}{4}$  cups 2 Tbsp) drained sliced peaches (or drained crushed pineapple) over brown sugar in each pan. Pour 3 lb 9 oz (2 qt) cake batter into pan.

In Step 5, bake until lightly browned: conventional oven at 375°F, 40 to 45 minutes; convection oven at 325°F, 25 to 30 minutes. In Step 6, do not frost. Cool, cut each pan 5 x 5, and serve inverted on individual dishes. Or, allow to set for 10 minutes, then invert while still warm onto another half-sheet pan (18" x 13" x 1"). Cut each pan 5 x 5.

**50 servings:** Follow Steps 1 through 3. In Step 4, pour 6 oz ( $\frac{3}{4}$  cup) melted butter or margarine into 1 sheet pan (18" x 26" x 1"). Sprinkle evenly with 1 lb ( $2\frac{1}{4}$  cups) packed brown sugar. Spread 2 lb 10 oz (1 qt  $\frac{3}{4}$  cup) drained sliced peaches (or drained crushed pineapple) over brown sugar in each pan. Pour 7 lb 2 oz (1 gal) cake batter into pan.

In Step 5, bake until lightly browned: conventional oven at 375°F, 40 to 45 minutes; convection oven at 325°F, 25 to 30 minutes. In Step 6, do not frost. Cool, cut each pan 5 x 10, and serve inverted on individual dishes. Or, allow to set for 10 minutes, then invert while still warm onto another sheet pan (18" x 26" x 1"). Cut each pan 5 x 10.

### Nutrients Per Serving

Calories	212	Saturated Fat	2.1 g	Iron	1.0 mg
Protein	3 g	Cholesterol	35 mg	Calcium	75 mg
Carbohydrate	31 g	Vitamin A	16 RE/52 IU	Sodium	179 mg
Total Fat	8.4 g	Vitamin C	0 mg	Dietary Fiber	1 g



# Rice Pudding

Desserts B-14

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Reconstituted instant nonfat dry milk .....	.....	1 qt 2 cups ....	.....	3 qt .....	.....	<ol style="list-style-type: none"> <li>1. Combine milk, cornstarch, sugar, salt, eggs, nutmeg (optional), and cinnamon. Stir until smooth.</li> <li>2. Cook over medium heat, stirring frequently, for 20 to 30 minutes until mixture begins to thicken and starts to boil.</li> <li>3. Immediately turn off heat. Stir in vanilla, cooked rice, and raisins (optional).</li> <li>4. Pour rice mixture into serving bowls or pans. Cover with plastic wrap to prevent the formation of surface film. Chill until ready to serve.</li> <li>5. Portion with No. 12 scoop (<math>\frac{1}{3}</math> cup). If desired, sprinkle with ground cinnamon.</li> </ol>
Cornstarch .....	.....	$\frac{1}{2}$ cup .....	4 $\frac{1}{2}$ oz .....	1 cup .....	.....	
Sugar .....	.....	5 $\frac{1}{4}$ oz .....	$\frac{3}{4}$ cup .....	10 $\frac{1}{2}$ oz .....	1 $\frac{1}{2}$ cups ..	
Salt .....	.....	$\frac{1}{2}$ tsp .....	.....	1 tsp .....	.....	
Fresh large eggs, beaten .....	.....	4 each .....	.....	8 each .....	.....	
<b>OR</b>						
Frozen whole eggs, thawed ....	8 oz .....	1 cup .....	1 lb .....	2 cups .....	.....	
Ground nutmeg (optional) ....	.....	$\frac{1}{4}$ tsp .....	.....	$\frac{1}{2}$ tsp .....	.....	
Ground cinnamon .....	.....	$\frac{1}{4}$ tsp .....	.....	$\frac{1}{2}$ tsp .....	.....	
Vanilla .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
*Cooked white rice .....	1 lb $\frac{1}{2}$ oz ....	3 cups .....	2 lb 1 oz .....	1 qt 2 cups ...	.....	
Raisins (optional) .....	5 oz .....	1 cup .....	10 oz .....	2 cups .....	.....	

\*See Marketing Guide.

(over)

**Rice Pudding (continued, page 2 of 2)**

**SERVING:** 1/3 cup (No. 12 scoop)

**YIELD:** 25 servings: 2 qt 1 cup (approximately)  
50 servings: 1 gal 2 cups (approximately)

**Nutrients Per Serving**

Calories	92	Saturated Fat	.3 g	Iron	0.4 mg
Protein	4 g	Cholesterol	35 mg	Calcium	83 mg
Carbohydrate	17 g	Vitamin A	16 RE/53 IU	Sodium	163 mg
Total Fat	.9 g	Vitamin C	0 mg	Dietary Fiber	0 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
White rice .....	5 <sup>1</sup> / <sub>2</sub> oz .....	11 oz .....	.....

# Brownies

Desserts B-15

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil .....	.....	1/4 cup 2 Tbsp	.....	3/4 cup .....	.....	1. Cream oil, sugar, salt, vanilla, and applesauce for 5 minutes in mixing bowl on medium speed, using a paddle attachment. Scrape down the sides of the bowl.
Sugar .....	13 oz .....	1 3/4 cups 2 Tbsp	1 lb 10 oz .....	3 3/4 cups .....	.....	
Salt .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Vanilla .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Canned applesauce .....	10 oz .....	1 1/4 cups .....	1 lb 4 oz .....	2 1/2 cups .....	.....	
Fresh large egg whites .....	.....	5 each .....	.....	10 each .....	.....	2. Add egg whites and beat on medium speed for 1 minute. Scrape down the sides of the bowl.
<b>OR</b> Frozen egg whites, thawed ....	6 oz .....	3/4 cup .....	12 oz .....	1 1/2 cups .....	.....	
All-purpose flour .....	7 1/2 oz .....	1 3/4 cups .....	15 oz .....	3 1/2 cups .....	.....	3. Beat together flour, cocoa, and baking powder. 4. Add dry ingredients to egg mixture. Mix for 30 seconds on low speed, then for 1 minute on medium speed. Scrape down the sides of the bowl. Batter will be very thick. 5. For 25 servings, spread 2 lb 9 oz (1 qt 3/4 cup) batter in a lightly greased quarter-sheet pan (9" x 13" x 1"). For 50 servings, spread 5 lb 3 oz (2 qt 1 1/2 cups) batter in a lightly greased half-sheet pan (18" x 13" x 1").
Cocoa .....	.....	3/4 cup .....	6 oz .....	1 1/2 cups 2 Tbsp	.....	
Baking powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Chopped walnuts (optional) ...	.....	1/2 cup .....	4 oz .....	1 cup .....	.....	6. Sprinkle nuts (optional) over batter.

(over)

**Brownies (continued, page 2 of 2)**

**SERVING: 1 piece**

**YIELD: 25 servings: 2 lb 8 oz  
50 servings: 5 lb**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>7. <b>To Bake:</b> Conventional Oven 350°F, 20 to 30 minutes Convection Oven 300°F, 18 to 25 minutes Bake until set, but still moist in the center.</p> <p>8. For 25 servings, cut a quarter-sheet pan 5 x 5 (25 pieces per pan). For 50 servings, cut a half-sheet pan 5 x 10 (50 pieces per pan).</p>

**Special Tip:** Brownies may be sprinkled with powdered sugar or iced with Brownie Icing (B-21).

**Nutrients Per Serving**

Calories	134	Saturated Fat	.8 g	Iron	.9 mg
Protein	2 g	Cholesterol	0 mg	Calcium	23 mg
Carbohydrate	25 g	Vitamin A	0 RE/4 IU	Sodium	112 mg
Total Fat	3.8 g	Vitamin C	0 mg	Dietary Fiber	1 g

# Cherry Cobbler

Fruit

Desserts B-16

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	9 oz .....	2 cups .....	1 lb 2 oz 1 qt	.....	.....	1. <b>For pastry dough:</b> Combine flour and salt. Mix in shortening until size of small peas.
Salt.....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Shortening .....	5 oz .....	3/4 cup .....	10 oz.....	1 1/2 cups .....	.....	
Cold water .....	.....	1/3 cup .....	.....	2/3 cup .....	.....	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for Step 10.
Canned red cherries (tart, pitted with juice) .....	6 lb 7 oz .....	1 No. 10 can	12 lb 14 oz ...	2 No. 10 cans	.....	3. <b>For filling:</b> Drain cherries, reserving juice. Set cherries aside for Step 8.
Water, as needed .....	.....	.....	.....	.....	.....	4. For 25 servings, add enough water to cherry juice to make 1 qt liquid mixture. For 50 servings, add enough water to cherry juice to make 2 qt liquid mixture.
Cornstarch.....	5 oz .....	1 cup 2 Tbsp	10 oz.....	2 1/4 cups .....	.....	
Sugar .....	1 lb 1 oz .....	2 1/2 cups.....	2 lb 2 oz .....	1 qt 1 cup ....	.....	6. Bring remaining liquid mixture to boil. Add about half of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after Steps 7 and 8.
Lemon juice.....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	

(over)

Cherry Cobbler (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>7. Remove from heat. Blend in remaining sugar and lemon juice.</p> <p>8. Add cherries from Step 3 to thickened mixture. Stir lightly. Do not break up fruit.</p> <p>9. Pour 3 qt 1 cup thickened cherry mixture into each steamtable pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Set aside.</p> <p>10. <b>For each pan:</b> On a lightly floured surface, roll out 1 lb of pastry dough into rectangle (about 12" x 20").</p> <p>11. Cover cherries with pastry. Brush with pastry brush dipped in water. Cut slits in pastry.</p> <p>12. <b>To Bake:</b>            Conventional Oven            425°F, 1 hour            Convection Oven            375°F, 40 minutes            Bake until pastry is brown and filling is bubbly.</p> <p>13. Cut each pan 5 x 5 (25 portions per pan).</p>



**Cherry Cobbler (continued, page 3 of 3)**

**SERVING:** 1 portion provides 1/2 cup fruit

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

**Nutrients Per Serving**

Calories	226	Saturated Fat	1.5 g	Iron	2.1 mg
Protein	2 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	43 g	Vitamin A	83 RE/837 IU	Sodium	57 mg
Total Fat	5.9 g	Vitamin C	3 mg	Dietary Fiber	2 g



# Apple Cobbler

Fruit

Desserts B-17

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	9 oz .....	2 cups .....	1 lb 2 oz .....	1 qt .....	.....	1. <b>For pastry dough:</b> Combine flour and salt. Mix in shortening until size of small peas.
Salt .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Shortening .....	.....	5 oz .....	3/4 cup .....	10 oz .....	1 1/2 cups ..	
Cold water .....	.....	1/3 cup .....	.....	2/3 cup .....	.....	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for Step 10.
Canned sliced apples, (unsweetened) with juice ...	6 lb 4 oz .....	1 No. 10 can	12 lb 8 oz .....	2 No. 10 cans	.....	3. <b>For filling:</b> Drain apples, reserving juice. Set apples aside for Step 8.
Water, as needed .....	.....	.....	.....	.....	.....	4. For 25 servings, add enough water to apple juice to make 1 qt liquid mixture. For 50 servings, add enough water to apple juice to make 2 qt liquid mixture. 5. Mix cornstarch with about one-fourth of the liquid mixture.
Cornstarch .....	.....	1/4 cup 3 Tbsp	4 oz .....	3/4 cup 2 Tbsp	.....	
Sugar .....	12 oz .....	1 3/4 cups .....	1 lb 8 oz .....	3 1/2 cups .....	.....	6. Bring remaining liquid mixture to boil. Add about half of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after Steps 7 and 8.
Ground cinnamon .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Ground nutmeg .....	.....	1 tsp .....	.....	2 tsp .....	.....	

(over)

## Apple Cobbler (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>7. Remove from heat. Blend remaining sugar, cinnamon, and nutmeg thoroughly into mixture.</p> <p>8. Add apples to thickened mixture. Stir lightly. Do not break up fruit.</p> <p>9. Pour 3 qt 3 cups thickened apple mixture into each steamtable pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>10. <b>For each pan:</b> On a lightly floured surface, roll out 1 lb of pastry dough into a rectangle (about 12" x 20").</p> <p>11. Cover apples with pastry. Brush with pastry brush dipped in water. Cut slits in pastry.</p> <p>12. <b>To Bake:</b>            Conventional Oven            425°F, 1 hour            Convection Oven            375°F, 40 minutes            Bake until pastry is brown and filling is bubbly.</p> <p>13. Cut each pan 5 x 5 (25 portions per pan).</p>

**Apple Cobbler (continued, page 3 of 3)**

**SERVING:** 1 portion provides 1/2 cup of fruit

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

**Nutrients Per Serving**

Calories	209	Saturated Fat	1.5 g	Iron	.8 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	39 g	Vitamin A	5 RE/48 IU	Sodium	50 mg
Total Fat	6.2 g	Vitamin C	0 mg	Dietary Fiber	3 g



# Peach Cobbler

Fruit

Desserts B-18

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	9 oz .....	2 cups .....	1 lb 2 oz .....	1 qt .....	.....	<ol style="list-style-type: none"> <li><b>For pastry dough:</b> Combine flour and salt. Mix in shortening until size of small peas.</li> <li>Add water and mix just until dry ingredients are moistened. Cover and set aside for Step 10.</li> </ol>
Salt .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Shortening .....	5 oz .....	3/4 cup .....	10 oz.....	1 1/2 cups .....	.....	
Cold water .....	.....	1/3 cup .....	.....	2/3 cup .....	.....	
Canned sliced peaches, in syrup .....	7 lb 7 1/2 oz ...	1 No. 10 can + 1 1/2 cups.....	14 lb 15 oz ...	2 No. 10 cans + 3 cups .....	.....	<ol style="list-style-type: none"> <li><b>For filling:</b> Drain peaches, reserving syrup. Set peaches aside for Step 8.</li> </ol>
Water, as needed .....	.....	.....	.....	.....	.....	<ol style="list-style-type: none"> <li>For 25 servings, add enough water to peach syrup to make a total of 3 1/4 cups 2 Tbsp liquid. For 50 servings, add enough water to peach syrup to make 1 qt 2 3/4 cups liquid.</li> <li>Mix cornstarch with about one-fourth of the liquid mixture.</li> </ol>
Cornstarch .....	.....	2/3 cup .....	6 oz.....	1 1/3 cups .....	.....	
Sugar .....	8 oz .....	1 cup 2 Tbsp	1 lb .....	2 1/4 cups .....	.....	<ol style="list-style-type: none"> <li>Bring remaining liquid mixture to boil. Add about half of the sugar. Gradually add cornstarch mixture to boiling liquid. Cook, stirring constantly, until thickened. Mixture will be very thick, but will thin after Steps 7 and 8.</li> </ol>

(over)

Peach Cobbler (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon juice .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	<p>7. Remove from heat. Blend into this mixture the remaining sugar, lemon juice, and nutmeg.</p> <p>8. Add peaches to thickened mixture. Stir lightly. Do not break up fruit.</p> <p>9. Pour 3 qt 1 cup thickened peach mixture into each steamtable pan (12" x 20" x 2 1/2"). Use 1 pan for 25 servings; 2 pans for 50 servings.</p> <p>10. <b>For each pan:</b> On a lightly floured surface, roll out 1 lb of pastry dough into a rectangle (about 12" x 20").</p> <p>11. Cover peaches with pastry. Brush pastry with pastry brush dipped in water. Cut slits in pastry.</p> <p>12. <b>To Bake:</b>            Conventional Oven                425°F, 1 hour            Convection Oven                375°F, 40 minutes            Bake until pastry is brown and filling is bubbly.</p> <p>13. Cut each pan 5 x 5 (25 portions).</p>
Ground nutmeg.....	.....	1/2 tsp .....	.....	1 tsp .....	.....	



**Peach Cobbler (continued, page 3 of 3)**

**SERVING:** 1 portion provides 1/2 cup of fruit

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

**Nutrients Per Serving**

Calories	208	Saturated Fat	1.5 g	Iron	1.0 mg
Protein	2 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	40 g	Vitamin A	45 RE/455 IU	Sodium	55 mg
Total Fat	5.8 g	Vitamin C	3 mg	Dietary Fiber	2 g



# Apple Crisp

Fruit

Desserts B-19

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	6 <sup>3</sup> / <sub>4</sub> oz .....	1 <sup>1</sup> / <sub>2</sub> cups.....	13 <sup>1</sup> / <sub>2</sub> oz .....	3 cups .....	.....	<p>1. <b>For topping:</b> Combine flour, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and butter or margarine. Mix until crumbly. Set aside for Step 6.</p>
Rolled oats .....	4 <sup>1</sup> / <sub>2</sub> oz .....	1 <sup>3</sup> / <sub>4</sub> cups.....	9 oz.....	3 <sup>1</sup> / <sub>2</sub> cups .....	.....	
<b>OR</b>						
Rolled wheat .....	4 <sup>1</sup> / <sub>2</sub> oz .....	1 <sup>1</sup> / <sub>2</sub> cups.....	9 oz.....	3 cups .....	.....	
Brown sugar, packed .....	7 <sup>1</sup> / <sub>2</sub> oz .....	1 cup.....	15 oz.....	2 cups .....	.....	
Ground cinnamon .....	.....	2 <sup>1</sup> / <sub>4</sub> tsp .....	.....	1 Tbsp 1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	
Ground nutmeg (optional) ....	.....	2 <sup>1</sup> / <sub>4</sub> tsp .....	.....	1 Tbsp 1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	
Salt .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Butter or margarine .....	8 oz .....	1 cup.....	1 lb .....	2 cups .....	.....	
Canned sliced apples, (unsweetened) with juice ...	3 lb 2 oz .....	1 qt 2 cups ....	6 lb 4 oz .....	1 No. 10 can	.....	<p>2. <b>For filling:</b> Drain apples, reserving juice. For 25 servings, add enough water to juice to make <sup>3</sup>/<sub>4</sub> cup liquid. For 50 servings, add enough water to juice to make 1<sup>1</sup>/<sub>2</sub> cups liquid. Set liquid aside for Step 5.</p>
Water, as needed .....	.....	.....	.....	.....	.....	
						<p>3. For 25 servings, place 2 lb 14 oz (1 qt 3 cups) apples into a half-steamtable pan (12" x 10" x 2<sup>1</sup>/<sub>2</sub>"). For 50 servings, place 5 lb 12 oz (3 qt 2 cups) apples into a steamtable pan (12" x 20" x 2<sup>1</sup>/<sub>2</sub>").</p>

(over)

## Apple Crisp (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Sugar .....	5 oz .....	$\frac{3}{4}$ cup .....	10 oz.....	1 $\frac{1}{2}$ cups .....	.....	<p>4. For 25 servings: over apples in the half-steamtable pan, sprinkle 5 oz (<math>\frac{3}{4}</math> cup) sugar, <math>\frac{3}{4}</math> tsp cinnamon, and 2 Tbsp lemon juice. For 50 servings: over apples in the steamtable pan, sprinkle 10 oz (1<math>\frac{1}{2}</math> cups) sugar, 1<math>\frac{1}{2}</math> tsp cinnamon, and <math>\frac{1}{4}</math> cup lemon juice. Stir to combine.</p> <p>5. For 25 servings, pour <math>\frac{3}{4}</math> cup liquid over apples in the half-steamtable pan. For 50 servings, pour 1<math>\frac{1}{2}</math> cups liquid over apples in the steamtable pan.</p> <p>6. Sprinkle approximately 3 lb 5 oz (2<math>\frac{1}{2}</math> qt) topping from Step 1 evenly over apples in each pan.</p> <p>7. <b>To Bake:</b>            Conventional Oven                425°F, 35 to 45 minutes            Convection Oven                350°F, 25 to 35 minutes            Bake until topping is browned and crisp.</p> <p>8. Cool. Cut each pan 5 x 10 (50 pieces per pan).</p>
Ground cinnamon .....	.....	$\frac{3}{4}$ tsp .....	.....	1 $\frac{1}{2}$ tsp .....	.....	
Lemon juice.....	.....	2 Tbsp.....	.....	$\frac{1}{4}$ cup .....	.....	

**Apple Crisp (continued, page 3 of 3)**

**SERVING:** 1 piece provides  $\frac{1}{4}$  cup of fruit

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

**Nutrients Per Serving**

Calories	198	Saturated Fat	4.7 g	Iron	1.0 mg
Protein	2 g	Cholesterol	20 mg	Calcium	20 mg
Carbohydrate	31 g	Vitamin A	71 RE/307 IU	Sodium	103 mg
Total Fat	8.0 g	Vitamin C	1 mg	Dietary Fiber	2 g



# Applesauce Cake

Desserts B-20

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	15 oz .....	3 <sup>1</sup> / <sub>4</sub> cups 2 Tbsp	1 lb 14 oz .....	1 qt 2 <sup>3</sup> / <sub>4</sub> cups	.....	1. Blend flour, sugar, dry milk, baking powder, salt, cloves, and cinnamon for 1 minute in mixer on low speed.
Sugar .....	14 oz .....	2 cups .....	1 lb 12 oz 1 qt	.....	.....	
Instant nonfat dry milk .....	.....	1/2 cup .....	.....	1 cup .....	.....	
Baking powder .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Salt .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Ground cloves .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Ground cinnamon .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Fresh large eggs .....	.....	4 each .....	.....	8 each .....	.....	2. Combine eggs, vanilla, and water. Add shortening and liquid mixture to dry ingredients. Blend for 30 seconds on low speed. Beat for 6 minutes on medium speed.
<b>OR</b> Frozen whole eggs, thawed....	8 oz .....	1 cup .....	1 lb .....	2 cups .....	.....	
Vanilla .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Water .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Shortening .....	6 1/2 oz .....	1 cup .....	13 oz .....	2 cups .....	.....	
Applesauce .....	13 1/2 oz .....	1 1/2 cups .....	1 lb 11 oz .....	3 cups .....	.....	3. Add applesauce. Blend for 30 seconds on low speed. Beat for 3 minutes on medium speed. Add raisins (optional) and nuts (optional). Blend for 1 minute on low speed.
+Raisins, plumped (optional) .....	8 oz .....	1 1/4 cups .....	1 lb .....	2 1/2 cups .....	.....	
Chopped walnuts (optional) .....	4 oz .....	3/4 cup 3 Tbsp	8 oz .....	1 3/4 cups 2 Tbsp	.....	

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

(over)

Applesauce Cake (continued, page 2 of 3)

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
						<p>4. For 25 servings, pour 3 lb 10 oz (1 qt 3½ cups) batter into a lightly greased and flour-dusted half-sheet pan (18" x 13" x 1"). For 50 servings, pour 7 lb 3 oz (3 qt 3 cups) batter into a lightly greased and flour-dusted sheet pan (18" x 26" x 1").</p> <p>5. <b>To Bake:</b>            Conventional Oven                375°F, 35 minutes            Convection Oven                325°F, 25 minutes            Bake until lightly browned.</p> <p>6. Cool. If desired, dust lightly with powdered sugar.</p> <p>7. Cut half-sheet pan 5 x 5 for 25 servings. Cut sheet pan 5 x 10 for 50 servings.</p>



## Applesauce Cake *(continued, page 3 of 3)*

**SERVING:** 1 piece

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

### **Nutrients Per Serving\***

Calories	219	Saturated Fat	2.1 g	Iron	1.1 mg
Protein	3 g	Cholesterol	35 mg	Calcium	77 mg
Carbohydrate	33 g	Vitamin A	16 RE/54 IU	Sodium	179 mg
Total Fat	8.4 g	Vitamin C	0 mg	Dietary Fiber	1 g

\*Nutrient analysis does not include raisins or walnuts.



# Brownie Icing

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Powdered sugar .....	8 oz .....	1 <sup>3</sup> / <sub>4</sub> cups .....	1 lb .....	3 <sup>1</sup> / <sub>2</sub> cups .....	.....	1. Beat all ingredients on low speed for 5 minutes or until smooth. 2. Recipe for 50 servings ices a half-sheet pan (18" x 13" x 1").
Cocoa .....	.....	1/4 cup 2 Tbsp	3 oz.....	3/4 cup .....	.....	
Margarine or butter .....	.....	3 Tbsp .....	3 oz.....	1/4 cup 2 Tbsp	.....	
Lowfat milk .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Vanilla .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	

(over)

**Brownie Icing (continued, page 2 of 2)**

**SERVING:** 1 Tbsp

**YIELD:** 25 servings: 13 oz  
50 servings: 1 lb 11½ oz

**VOLUME:** 25 servings: 1½ cups  
50 servings: 3 cups

**Nutrients Per Serving**

Calories	54	Saturated Fat	.4 g	Iron	.2 mg
Protein	0 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	10 g	Vitamin A	18 RE/62 IU	Sodium	18 mg
Total Fat	1.6 g	Vitamin C	0 mg	Dietary Fiber	1 g

# Top Pastry Crust

Ingredients	For 1 Steamtable Pan*		For 2 Steamtable Pans		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	9 oz .....	2 cups .....	1 lb 2 oz .....	1 qt .....	.....	1. Combine flour and salt. Mix in shortening until size of small peas.
Salt.....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Shortening .....	5 oz .....	3/4 cup .....	10 oz.....	1 1/2 cups .....	.....	
Cold water .....	.....	1/3 cup .....	.....	2/3 cup .....	.....	2. Add water and mix just until dry ingredients are moistened. 3. <b>For each pan:</b> On a lightly floured surface, roll out 1 lb pastry dough into a rectangle (about 12" x 20"). 4. Place pastry crust over desired filling, such as for fruit pie or cobbler. Bake as directed in filling recipe.

\*Steamtable pans measure 12" x 20" x 2 1/2" each.

(over)

## Top Pastry Crust (continued, page 2 of 2)

### Nutrients Per Serving\*

Calories	87	Saturated Fat	1.4 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	8 g	Vitamin A	0 RE/0 IU	Sodium	46 mg
Total Fat	5.7 g	Vitamin C	0 mg	Dietary Fiber	0 g

\*25 portions per steamtable pan are used in the nutrient calculation.

# Bottom Pastry Crust

Ingredients	For Half-Sheet Pan*		For Sheet Pan**		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
All-purpose flour .....	14 oz .....	3 cups 2 Tbsp	1 lb 12 oz .....	1 qt 2 <sup>1</sup> / <sub>4</sub> cups	.....	1. Combine flour and salt. Mix in shortening until size of small peas.
Salt .....	.....	<sup>3</sup> / <sub>4</sub> tsp .....	.....	1 <sup>1</sup> / <sub>2</sub> tsp .....	.....	
Shortening .....	8 oz .....	1 cup 2 Tbsp	15 oz.....	2 <sup>1</sup> / <sub>4</sub> cups .....	.....	
Cold water .....	.....	<sup>1</sup> / <sub>2</sub> cup 2 Tbsp	.....	1 <sup>1</sup> / <sub>4</sub> cups .....	.....	2. Add water and mix just until dry ingredients are moistened. 3. <b>For each half-sheet pan:</b> On a lightly floured surface, roll out 1 lb 10 oz pastry dough into a rectangle (about 20" x 15"). <b>For each sheet pan:</b> On a lightly floured surface, roll out 3 lb 5 oz pastry dough into a rectangle (20" x 28"). <b>For 9" pie pans:</b> Recipe for 1 sheet pan will yield 7 to 8 single 9" pie crusts. Recipe for 2 sheet pans will yield 14 to 16 single 9" pie crusts. 4. Add desired filling, such as fruit or custard. Bake as directed in recipe for filling. <b>For pre-baked crust:</b> Prick crust well. Bake for 15 minutes at 400°F or until light brown. Cool. Add desired filling, such as chiffon or cooked filling.

\* Half-sheet pan measures 18" x 13" x 1".

\*\*Sheet pan measures 18" x 26" x 1".

(over)

## Bottom Pastry Crust *(continued, page 2 of 2)*

### Nutrients Per Serving\*

Calories	131	Saturated Fat	2.1 g	Iron	.7 mg
Protein	2 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	12 g	Vitamin A	0 RE/0 IU	Sodium	69 mg
Total Fat	8.5 g	Vitamin C	0 mg	Dietary Fiber	0 g

\*50 portions per sheet pan are used in the nutrient calculation.