

# C. Dips, Sauces, and Toppings

## Food Safety Tips

1. Always wash hands *before* beginning any food preparation.
2. Maintain all refrigerated products at 40°F.
3. Check refrigeration temperature of 40°F with a refrigerator thermometer.
4. All hot foods should be heated to recommended temperatures.
5. All hot foods should be held at a temperature of 140°F.

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# Maple Applesauce Topping

Fruit

Dips, Sauces, and Toppings C-1

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned applesauce .....	3 lb 9 oz .....	1 qt 2 <sup>1</sup> / <sub>2</sub> cups	7 lb 2 oz .....	3 qt 1 cup .....	.....	1. In a bowl, whisk applesauce and syrup until blended. 2. Use as a topping for pancakes, waffles, French toast, or ice cream.
Maple-flavored pancake syrup	6 oz .....	1/2 cup .....	12 oz.....	1 cup .....	.....	

*(over)*

## Maple Applesauce Topping *(continued, page 2 of 2)*

**SERVING:** 1/4 cup provides 1/4 cup of fruit

**YIELD:** 25 servings: 3 lb 15 oz

50 servings: 7 lb 14 oz

**VOLUME:** 25 servings: 1 qt 3 cups

50 servings: 3 qt 2 cups

**Special Tip:** The strength of the maple flavoring can be increased by adding more syrup.

### Nutrients Per Serving

Calories	47	Saturated Fat	0 g	Iron	.1 mg
Protein	0 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	12 g	Vitamin A	2 RE/19 IU	Sodium	7 mg
Total Fat	0 g	Vitamin C	1 mg	Dietary Fiber	1 g

# Fruity Dipping Sauce

Fruit

Dips, Sauces, and Toppings C-2

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned peaches, in syrup, drained .....	1 lb 11 oz .....	3½ cups .....	3 lb 6 oz .....	1 qt 3 cups ...	.....	1. Drain peaches, reserving syrup. Puree drained peaches in blender, or mash, or finely dice. Set aside.
Soy sauce .....	.....	1 tsp .....	.....	2 tsp .....	.....	2. Combine soy sauce, vinegar, and reserved peach syrup. Dissolve cornstarch in this mixture.
Vinegar .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Reserved peach juice .....	.....	1 cup .....	.....	2 cups .....	.....	
Cornstarch .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Additional reserved peach juice .....	.....	¾ cup .....	.....	1½ cups .....	.....	3. Over medium heat, boil the addi- tional peach syrup. Add cornstarch mixture. Add brown sugar and ginger (optional). Simmer for 3 to 5 minutes to thicken.
Brown sugar, packed .....	4 oz .....	½ cup .....	8 oz .....	1 cup .....	.....	
Ginger (optional) .....	.....	⅛ tsp .....	.....	¼ tsp .....	.....	

(over)

## Fruity Dipping Sauce *(continued, page 2 of 2)*

**SERVING:** 2 Tbsp provides  $\frac{1}{8}$  cup of fruit

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

50 servings: 5 lb

**VOLUME:** 25 servings: 1 qt 1 cup

50 servings: 2 qt 2 cups

**Special Tip:** This may be used as a dipping sauce for fish or chicken nuggets.

### Nutrients Per Serving

Calories	42	Saturated Fat	0 g	Iron	.2 mg
Protein	0 g	Cholesterol	0 mg	Calcium	7 mg
Carbohydrate	11 g	Vitamin A	20 RE/198 IU	Sodium	18 mg
Total Fat	0 g	Vitamin C	2 mg	Dietary Fiber	1 g

# Salsa

Vegetable

Dips, Sauces, and Toppings C-3

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned diced tomatoes .....	1 lb 4 oz .....	2½ cups .....	2 lb 8 oz .....	1 qt 1 cup .....	.....	1. Place tomatoes, onions, tomato paste, water, garlic powder, oregano, cumin, salt, and sugar in a blender or food processor. Puree until smooth.
*Onions, minced .....	.....	¼ cup .....	.....	½ cup .....	.....	
<b>OR</b>						
Dehydrated onion flakes .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Tomato paste .....	5 oz .....	½ cup .....	10 oz .....	1 cup .....	.....	
Water .....	.....	2 cups .....	.....	1 qt .....	.....	
Garlic powder .....	.....	½ tsp .....	.....	1 tsp .....	.....	
Dry oregano leaves .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Ground cumin .....	.....	½ tsp .....	.....	1 tsp .....	.....	
Salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Sugar .....	.....	2 Tbsp .....	.....	¼ cup .....	.....	
Canned diced tomatoes .....	1 lb .....	2 cups .....	2 lb .....	1 qt .....	.....	2. In a bowl, mix pureed tomato mixture and diced tomatoes until blended.

\*See Marketing Guide.

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

**SERVING:** 2 Tbsp (1-oz ladle) provides  
1/8 cup of vegetable

**YIELD:** 25 servings: 3 lb 7 oz

50 servings: 6 lb 14 oz

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

50 servings: 3 qt

**Special Tips:**

1. If the food processor does not hold the entire amount of water, put half of the water in the food processor with the puree and the other half in the bowl.
2. Serve with broken tortilla pieces for dipping.
3. Fresh, diced tomatoes may be used in place of the canned, diced tomatoes.

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions .....	2 oz .....	4 oz .....	.....

**Nutrients Per Serving**

Calories	18	Saturated Fat	0 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	4 g	Vitamin A	39 RE/389 IU	Sodium	164 mg
Total Fat	.2 g	Vitamin C	9 mg	Dietary Fiber	1 g



# Spiced Apple Topping

Fruit

Dips, Sauces, and Toppings C-4

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	1. Melt margarine or butter and honey in stock pot or steam-jacketed kettle.
Honey .....	12 oz .....	1 1/2 cups.....	1 lb 8 oz .....	3 cups .....	.....	
Apple juice .....	.....	2 3/4 cups .....	.....	1 qt 1 1/2 cups	.....	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
Cornstarch .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Ground cinnamon .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	3. Add apple juice mixture to honey and margarine or butter. Stir constantly until this mixture comes to a boil and is thickened and smooth.
Ground nutmeg.....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Vanilla .....	.....	1 tsp .....	.....	2 tsp .....	.....	4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor.
Canned, sliced apples, (unsweetened) .....	2 lb 1 oz .....	1 qt .....	4 lb 2 oz .....	2 qt .....	.....	
						5. Serve over waffles, pancakes, or ice cream.

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## Spiced Apple Topping *(continued, page 2 of 2)*

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

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

**VOLUME:** 25 servings: 2 qt  
50 servings: 1 gal

**Special Tip:** For each 25 servings, add 1/2 cup of raisins with the apples for a flavorful topping for pancakes.

### Nutrients Per Serving

Calories	88	Saturated Fat	.2 g	Iron	.3 mg
Protein	0 g	Cholesterol	0 mg	Calcium	7 mg
Carbohydrate	21 g	Vitamin A	13 RE/54 IU	Sodium	13 mg
Total Fat	1.1 g	Vitamin C	0 mg	Dietary Fiber	1 g

# Teriyaki Sauce

Dips, Sauces, and Toppings C-5

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar .....	.....	1/4 cup .....	4 oz.....	1/2 cup .....	.....	1. Mix all dry ingredients in a bowl.
Garlic powder .....	.....	1 1/4 tsp .....	.....	2 1/2 tsp .....	.....	
Onion salt .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Ground ginger .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Worcestershire sauce .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well blended. 3. Cover and place in refrigerator overnight to develop flavors. 4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
Catsup .....	1 lb 4 oz .....	2 cups .....	2 lb 8 oz .....	1 qt .....	.....	
Cider vinegar .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Low-sodium soy sauce .....	.....	1/2 cup .....	.....	1 cup .....	.....	

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**Teriyaki Sauce (continued, page 2 of 2)**

**SERVING:** 2 Tbsp (1 oz ladle)

**YIELD:** 25 servings: 1 lb 14 oz

50 servings: 3 lb 12 oz

**VOLUME:** 25 servings: 3<sup>1</sup>/<sub>4</sub> cups

50 servings: 1 qt 2<sup>1</sup>/<sub>2</sub> cups

**Nutrients Per Serving**

Calories	37	Saturated Fat	0 g	Iron	.4 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	9 g	Vitamin A	22 RE/223 IU	Sodium	497 mg
Total Fat	.1 g	Vitamin C	3 mg	Dietary Fiber	0 g

# Barbecue Sauce

## Dips, Sauces, and Toppings C-6

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dried onions .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	1. Reconstitute onions in an equal amount of hot water. Do not drain. 2. Melt margarine or butter in stock pot or steam-jacketed kettle and add onions. Saute onions until lightly browned, about 5 minutes.
Hot water .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Margarine or butter .....	.....	1/4 cup 2 Tbsp	6 oz.....	3/4 cup .....	.....	
Honey .....	1 lb.....	2 cups .....	2 lb .....	1 qt .....	.....	3. Add remaining ingredients and allow to simmer, uncovered, for 20 to 30 minutes. 4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
White pepper .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Paprika .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Prepared yellow mustard .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Worcestershire sauce .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Catsup .....	.....	1 1/2 cups.....	.....	3 cups .....	.....	
Granulated garlic .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
White vinegar .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Tomato paste .....	4 oz.....	1/2 cup .....	8 oz.....	1 cup .....	.....	

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**Barbecue Sauce (continued, page 2 of 2)**

**SERVING:** 2 Tbsp (1-oz ladle)

**YIELD:** 25 servings: 2 lb 3 oz

50 servings: 4 lb 6 oz

**VOLUME:** 25 servings: 3 cups 2 Tbsp

50 servings: 1 qt 2<sup>1</sup>/<sub>4</sub> cups

**Nutrients Per Serving**

Calories	104	Saturated Fat	.6 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	21 g	Vitamin A	96 RE/735 IU	Sodium	241 mg
Total Fat	2.9 g	Vitamin C	5 mg	Dietary Fiber	1 g

# White Sauce

## Dips, Sauces, and Toppings C-7

Ingredients	1 Quart		2 Quarts		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
<b>THIN WHITE SAUCE:</b>						
Butter or margarine .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	1. Melt butter or margarine. Add flour and salt. Stir until smooth. 2. Add milk gradually, stirring constantly. 3. Cook, stirring frequently, until smooth and thick, 12 to 15 minutes.
All-purpose flour .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Salt .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Reconstituted instant nonfat dry milk .....	.....	1 qt .....	.....	2 qt .....	.....	
<b>MEDIUM WHITE SAUCE:</b>						
Butter or margarine .....	.....	1/4 cup .....	4 oz.....	1/2 cup .....	.....	<b>SUGGESTED USES:</b>  <b>THIN WHITE SAUCE:</b> Cream soup, gravy, creamed and scalloped vegetables, eggs, fish.
All-purpose flour .....	.....	1/2 cup .....	4 1/2 oz .....	1 cup .....	.....	
Salt .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Reconstituted instant nonfat dry milk .....	.....	1 qt .....	.....	2 qt .....	.....	
<b>THICK WHITE SAUCE:</b>						
Butter or margarine .....	.....	1/4 cup 2 Tbsp	6 oz.....	3/4 cup .....	.....	<b>MEDIUM WHITE SAUCE:</b> Gravy, creamed and scalloped vegetables, eggs, fish, meat.  <b>THICK WHITE SAUCE:</b> Binder for souffles, croquettes.
All-purpose flour .....	.....	3/4 cup .....	6 3/4 oz .....	1 1/2 cups .....	.....	
Salt .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Reconstituted instant nonfat dry milk .....	.....	1 qt .....	.....	2 qt .....	.....	

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## Variation:

### a. Cheese Sauce

**1<sup>1</sup>/<sub>4</sub> quarts:** Follow Steps 1 and 2. In Step 3, add 12 oz (3<sup>1</sup>/<sub>4</sub> cups) shredded processed American cheese to thickened medium sauce.

**2<sup>1</sup>/<sub>2</sub> quarts:** Follow Steps 1 and 2. In Step 3, add 1 lb 8 oz (1 qt 2<sup>1</sup>/<sub>2</sub> cups) shredded processed American cheese to thickened medium sauce.

### Nutrients Per Serving\*

Calories	31	Saturated Fat	.9 g	Iron	.1 mg
Protein	1 g	Cholesterol	4 mg	Calcium	40 mg
Carbohydrate	3 g	Vitamin A	14 RE/55 IU	Sodium	68 mg
Total Fat	1.5 g	Vitamin C	0 mg	Dietary Fiber	0 g

\*2 tablespoons of White Sauce are used in the nutrient calculation.