

BEEF PORCUPINES

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
350 cal	23 g	27 g	16 g	85 mg	891 mg	33 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
TOMATO SAUCE		2 gal 2-1/2 qts	
RICE, LONG GRAIN	2-7/8 lbs	1 qts 3 cup	
WATER	7-1/3 lbs	3 qts 2 cup	
SALT	1 oz	1 tbsp	
BEEF, GROUND, BULK, RAW, 90% LEAN	24 lbs		
ONIONS, FRESH, CHOPPED	1-5/8 lbs	1 qts 1/2 cup	1-3/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-3/4 lbs
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
SALT	2-1/2 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
WORCESTERSHIRE SAUCE	2-1/8 oz	1/4 cup 1/3 tbsp	

Method

- 1 Prepare 1-1/2 recipes tomato sauce. See Recipe No. O 015 00 or use prepared tomato sauce. Set aside for use in Step 6.
- 2 Cook rice according to directions in Recipe No. E 005 00. Cool.
- 3 Thoroughly combine cooled rice with ground beef, onions, peppers, salt, garlic powder and Worcestershire Sauce. DO NOT OVERMIX.
- 4 Shape into 200 balls weighing about 3-2/3 ounces each.
- 5 Place an equal quantity of balls on each steam table pan. Using a convection oven, bake at 325 F. at 15 minutes on high fan, closed vent, or until brown.
- 6 Place approximately 40 meatballs in each steam table pan. Pour 8-1/3 cups sauce over balls in each pan.
- 7 Cover, using a convection oven, bake 30 minutes at 325 F. on high fan, closed vent or until thoroughly heated. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.