

BROCCOLI PARMESAN

Yield 100

Portion 2 Stalks

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
77 cal	10 g	7 g	2 g	5 mg	222 mg	167 mg

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED
 MILK, NONFAT, DRY
 WATER
 FLOUR, WHEAT, GENERAL PURPOSE
 WATER
 CHEESE, PARMESAN, GRATED
 BROCCOLI, FROZEN, SPEARS
 WATER, BOILING
 SALT

Weight

1/8 oz
 1-3/8 lbs
 7-1/4 oz
 5-3/4 lbs
 8-7/8 oz
 2-1/8 lbs
 1-1/3 lbs
 24 lbs
 16-3/4 lbs
 5/8 oz

Measure

1/8 tsp
 1 qts
 3 cup
 2 qts 3 cup
 2 cup
 1 qts
 1 qts 2 cup
 4 gal 1-1/2 qts
 2 gal
 1 tbsp

Issue

1-5/8 lbs

Method

- 1 Spray steam-jacketed kettle or stock pot with cooking spray. Add onions; stir well; cover; cook 5 to 7 minutes or until tender.
- 2 Reconstitute milk; add to onions in steam-jacketed kettle or stock pot. Heat to just below boiling. Do not boil.
- 3 Blend flour with water using wire whip to form slurry; stir until smooth.
- 4 Add slurry to milk mixture gradually, stirring constantly. Simmer 8 to 10 minutes or until thickened.
- 5 Add cheese; bring to a simmer, stirring until smooth. Do not boil.
- 6 Prepare broccoli. Drain; place about 50 spears or 5 pounds broccoli in each steam table pan.
- 7 Pour about 4-3/4 cups sauce over broccoli in each steam table pan. Using a convection oven, bake at 325 F. for 10 minutes on high fan, open vent. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Each Portion: 2 stalks with 3 tablespoons of sauce.