

**CEREALS AND PASTA PRODUCTS No.E 001 02**  
**HOT FARINA**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
104 cal	22 g	3 g	0 g	0 mg	216 mg	8 mg

**Ingredient**

SALT  
WATER  
CEREAL,FARINA,DRY  
WATER,COLD

**Weight**

1-7/8 oz  
33-1/2 lbs  
6-1/4 lbs  
8-1/3 lbs

**Measure**

3 tbsp  
4 gal  
1 gal  
1 gal

**Issue**

**Method**

- 1 Add salt to hot water; bring to boil.
- 2 Mix cereal with cold water; pour into boiling salted water stirring constantly, until water returns to a boil. Reduce heat. Let simmer 2 to 5 minutes, stirring frequently. Turn off heat; let stand 5 minutes before serving.