

SHRIMP CHOP SUEY

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
221 cal	23 g	19 g	6 g	140 mg	1640 mg	79 mg

Ingredient

SHRIMP,FROZEN,RAW,PEELED,DEVEINED
 WATER,BOILING
 RESERVED LIQUID
 ONIONS,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 CABBAGE,GREEN,FRESH,SHREDDED
 SOY SAUCE
 MOLASSES
 SALT
 GARLIC POWDER
 PEPPER,BLACK,GROUND
 GINGER,GROUND
 CORNSTARCH
 WATER
 NOODLES,CHOW MEIN,CANNED
 BEAN SPROUTS,CANNED,DRAINED

Weight

20 lbs
 25-1/8 lbs
 20-7/8 lbs
 10-1/8 lbs
 9-1/2 lbs
 3-1/3 lbs
 3-3/4 lbs
 5-3/4 oz
 3-3/8 oz
 1/4 oz
 1/8 oz
 <1/16th oz
 1-1/8 lbs
 4-1/8 lbs
 3-5/8 lbs
 6-3/4 lbs

Measure

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

Issue

11-1/4 lbs
 13 lbs
 4-1/8 lbs

Method

- 1 Place shrimp in boiling water; cover; return to boil. Reduce heat; simmer 3 to 5 minutes. Immediately remove shrimp from cooking liquid and rinse in cold water or ice bath for 2 minutes. Drain shrimp. Reserve shrimp cooking liquid for use in Step 2. CCP: Refrigerate shrimp at 41 F. for use in Step 4.
- 2 Combine cooking liquid, onions, celery, cabbage, soy sauce, molasses, salt, garlic powder, pepper, and ginger. Bring to a boil; reduce heat; simmer, covered, for 10 minutes, stirring occasionally until vegetables are tender-crisp. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Combine cornstarch and water. Stir to make a smooth slurry. Add slurry to hot mixture, stirring constantly. Bring to a boil. Cook gently 3 to 5 minutes, stirring occasionally.
- 4 Add shrimp and bean sprouts; mix well. Simmer 2 to 3 minutes. CCP: Hold for service at 140 F. or higher. Serve over chow mein noodles.