

TERIYAKI BEEF STRIPS

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
213 cal	8 g	26 g	8 g	70 mg	699 mg	20 mg

Ingredient

Weight

Measure

Issue

WATER	2-1/8 lbs	1 qts	
JUICE,PINEAPPLE,CANNED,UNSWEETENED	3-1/8 lbs	1 qts 1-3/4 cup	
SOY SAUCE	2-1/2 lbs	1 qts	
GINGER,GROUND	1-1/2 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
BEEF,OVEN ROAST,TEMPERED	25 lbs		
WATER	8-1/3 oz	1 cup	
CORNSTARCH	2-1/4 oz	1/2 cup	
ONIONS,FRESH,SLICED	6-1/8 lbs	1 gal 2 qts	6-3/4 lbs
PEPPERS,GREEN,FRESH,MEDIUM,SLICED,THIN	4-3/4 lbs	3 qts 2-1/2 cup	5-3/4 lbs
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	

Method

- 1 Combine water, pineapple juice, soy sauce, ginger, pepper, and garlic; mix well. Divide teriyaki sauce in half.
- 2 Cut beef into 1/4-inch thin slices; cut slices into 1/2-inch strips, 3 to 4 inches long.
- 3 Pour 1-3/4 quarts teriyaki sauce over beef strips. CCP: Cover; marinate under refrigeration at 41 F. or lower. Drain well.
- 4 Bring reserved teriyaki sauce to a boil. Combine cornstarch and water; add to teriyaki sauce. Simmer 5 minutes or until thickened. CCP: Hold at 140 F. or higher for use in Step 7.
- 5 Saute onions and peppers about 2 minutes or until almost transparent.
- 6 Combine beef strips with sauteed onion and peppers. Brown 1 to 2 minutes on lightly sprayed 400 F. griddle to desired degree of doneness, turning frequently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Pour thickened teriyaki sauce over beef mixture. CCP: Hold at 140 F. or higher for service.

Notes

- 1 In Step 6, brown strips in batches. Use 6 cups onions and pepper mixture for 6 pounds 12 ounces of beef strips per 100 portions.