

LYONNAISE CARROTS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
58 cal	10 g	1 g	2 g	5 mg	186 mg	33 mg

Ingredient

CARROTS,FROZEN,SLICED

WATER,BOILING

SALT

BUTTER

PEPPER,BLACK,GROUND

ONIONS,FRESH,SLICED

SUGAR,GRANULATED

SALT

PARSLEY,FRESH,BUNCH,CHOPPED

Weight

18 lbs

18-3/4 lbs

5/8 oz

8 oz

1/8 oz

4 lbs

2-1/3 oz

3/8 oz

1 oz

Measure

3 gal 4 qts

2 gal 1 qts

1 tbsp

1 cup

1/8 tsp

3 qts 3-3/4 cup

1/4 cup 1-2/3 tbsp

1/3 tsp

1/4 cup

Issue

4-1/2 lbs

1 oz

Method

- 1 Add carrots to boiling salted water. Bring to a boil; cool 10 minutes.
- 2 Drain; reserve carrots for use in Step 6. Add pepper and onion to melted butter in steam-jacketed kettle or tilting frying pan. Saute until tender, about 10 minutes.
- 3 Add sugar, salt and reserved carrots to sauteed onions; mix lightly; cook 5 minutes tossing occasionally.
- 4 Garnish with parsley before serving. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service