

CAULIFLOWER (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
26 cal	5 g	2 g	0 g	0 mg	98 mg	26 mg

Ingredient

WATER
 SALT
 CAULIFLOWER,FROZEN

Weight

27-7/8 lbs
 5/8 oz
 30 lbs

Measure

3 gal 1-1/3 qts
 1 tbsp

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add cauliflower; stir well.
- 4 Return to a boil; cover.
- 5 Reduce heat; cook cauliflower for 4 to 8 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 6 Place cauliflower in serving pan. CCP: Hold for service at 140 F. or higher.