

CAULIFLOWER (FRESH)

Yield 100

Portion 5 Flowerets

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
34 cal	7 g	3 g	0 g	0 mg	116 mg	33 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
WATER	37-5/8 lbs	4 gal 2 qts	
SALT	5/8 oz	1 tbsp	
CAULIFLOWER,FRESH	30 lbs	8 gal 2 qts	36-1/8 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add cauliflower; bring water back to a boil. Cover; cook for 12 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place cauliflower in serving pans. CCP: Hold for service at 140 F. or higher.