

OKRA (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
37 cal	8 g	2 g	0 g	0 mg	75 mg	100 mg

Ingredient

WATER
SALT
OKRA,FROZEN,CUT

Weight

12-1/2 lbs
5/8 oz
27 lbs

Measure

1 gal 2 qts
1 tbsp
4 gal 5/8 qts

Issue

Method

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add okra; stir well. Return to a boil; cover.
- 4 Reduce heat; cook okra 4 to 7 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place okra in serving pan. CCP: Hold for service at 140 F. or higher.