

GUIDELINES FOR HEATING DEHYDRATED, COMPRESSED VEGETABLES

YIELD: 100 Portions			EACH PORTION: 3/4 Cup	
INGREDIENTS	WEIGHTS	MEASURES	APPROX. AMT. OF WATER	METHOD
Beans, green, dehydrated, compressed	2 lb 15 oz	3-No. 2 1/2 cn	4 1/2 gal	<ol style="list-style-type: none"> 1. Bring water to a boil in steam-jacketed kettle or stock pot. 2. Add 1 tbsp salt. 3. Prepare according to following rehydration guidelines for type of vegetable selected. 4. Drain; reserve 3 cups cooking liquid. 5. Place vegetables in serving pans. 6. Combine butter or margarine and reserved cooking liquid. Pour an equal amount over vegetables in each pan. Garnish as desired.
Peas, dehydrated, sweet (green), compressed	7 lb 2 oz	6-No. 2 1/2 cn	6 gal. . .	
Vegetables, mixed, dehydrated, compressed	4 lb 8 oz	4 1/2-No. 2 1/2 cn	6 3/4 gal	
Butter or margarine, melted (optional)	1 lb.	2 cups.	

NOTE: In Step 6, 2 to 3 tsp black pepper may be added if desired.

REVISION

(OVER)

REHYDRATION GUIDELINES

<i>Type Vegetable</i>	<i>Approximate Standing Time</i>	<i>Procedure</i>
Beans, green	10 minutes	Simmer until beans separate, stirring occasionally. Remove from heat. Let stand uncovered until rehydrated.
Peas, green	12 to 15 minutes	Turn off heat; stir; cover. Let stand until rehydrated.
Vegetables, mixed	5 to 7 minutes	Return to boil; stir gently to break apart. Simmer 2 minutes; turn off heat; let stand until rehydrated.