

# Turkey Tetrazzini with Whole Grain Noodles

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		6 gal			<ol style="list-style-type: none"> <li>Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.</li> <li>In a steam-jacketed kettle or large sauce pan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Set aside.</li> <li>Melt the margarine in a steam-jacketed kettle or stock pot. Add flour and cook for 5 minutes.</li> </ol>
Salt		1 Tbsp 1 tsp			
Whole grain spaghetti, broken into thirds	9 lb 8 oz	7 qt 3 cups			
Vegetable oil		½ cup			
<i>Vegetable mix:</i>					
Fresh onions, diced	2 lb	1 qt 1 1/3 cup			
Fresh carrots, diced	2 lb	2 qt			
Fresh celery, diced	1 lb	1 qt			
Fresh green peppers, diced	8 oz	1 ¾ cup			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Mixed vegetables, frozen	5 lb	3 qt 3 cups			
Fresh mushrooms, sliced	2 lb, 8 oz	1 gal			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Mushrooms, canned, sliced, drained	1 lb 4 oz	3 ¾ cups			
Pimientos, canned, diced, drained (optional)	1 lb	2 cups			
Margarine	1 lb 8 oz	3 cups			
All-purpose flour, enriched	1 lb	3 ¾ cups			

Milk, 2%, hot		1 gal 3 ½ qt			<p>4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, pepper, onion, salt, and garlic. Simmer for 5 minutes.</p> <p>5. In each steam table pan (12" x 20" x 2 ½"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz of cooked diced turkey, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. For 100 servings, use 4 pans.</p> <p>6. Sprinkle 3 oz (¾ c 2Tbsp) of Parmesan cheese on top of each pan.</p> <p>7. Bake until golden brown:            Conventional oven: 350°F for 30 minutes            Convection oven: 325°F for 35 minutes</p> <p style="color: red;">CCP: Heat to 165°F for at least 15 seconds            CCP: Hold for hot service at 135°F or higher.</p> <p>8. Cut each pan 5 x 5 (25 pieces per pan).</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>• Mature onions – 2 lb 6 oz food AP</li> <li>• Carrots – 2 lb 8 oz food AP</li> <li>• Celery – 1 lb 4 oz food AP</li> <li>• Green peppers – 10 oz food AP</li> <li>• Mushrooms – 2 lb 10 oz food AP</li> <li>• Turkey, whole, without neck and giblets – 26 lb 10 oz food AP</li> </ul>
Chicken stock, low sodium, non-MSG, hot		1 ½ gal			
Ground black or white pepper		2 tsp			
Onion salt		1 Tbsp 1 tsp			
Granulated garlic		2 Tbsp 1 tsp			
Cooked turkey, diced	12 lb 8 oz				
Parmesan cheese, grated	12 oz	1 qt ¼ cup			

Serving Size	1 Serving Provides	Yield
1 piece	2 oz equivalent meat/meat alternate, 1/8 c of vegetable, and 1 serving of grains/breads.	About 60 lb or 4 steam table pans for 100 servings

Nutrients Per Serving					
Calories	390	Vitamin A	1310 IU	Iron	3.10 mg
Protein	28 g	Vitamin C	4.6 mg	Calcium	169 mg
Carbohydrate	43 g	Fiber	5.4 g	Cholesterol	54 mg
Fat	12.6 g	% Fat	29 %	Sodium	420 mg
Saturated Fat	4 g	% Saturated Fat	9 %		