

Broccoli Mac and Cheese

Main Dish

HACCP Process Category 2

Chef Cyndie Story Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat pasta	5 lb 4 oz				<ol style="list-style-type: none"> 1. Cook pasta until slightly undercooked. Drain and rinse with cold water. 2. Heat milk to a simmer (185°F). Set aside. 3. Melt butter in a saucepan or steam jacketed kettle. Combine the flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown. 4. Slowly add milk to the flour mixture, whisking continuously. Cook until smooth and thickened. 5. Add Worcestershire sauce, Parmesan cheese, and cheddar cheese to the white sauce. Stir over low heat until cheese melts. 6. Combine the well-drained pasta, broccoli and sauce. Mix well. 7. Spray pans with food release and place 10 pounds 14 ounces into each steam table pan (12"x20"x2 ½"). <p>For 50 servings, use 2 pans. Cover with foil and bake at 350°F for 25-30 minutes.</p> <p>CCP: Cook until internal temp reaches 135°F or</p>
Lowfat milk		2 ½ gal			
Butter, unsalted	1 lb 8 oz				
All purpose flour	1 lb 8 oz				
Salt		4 tsp			
Dry mustard		2 Tbsp			
Black pepper, ground		2 tsp			
Paprika		2 Tbsp			
Worcestershire sauce		4 tsp			
Parmesan cheese	8 oz				
Cheddar cheese, reduced fat, shredded	4 lb				
Broccoli, fresh, cut into small florets, blanched	7 lb				

<p><i>Topping:</i> Cheddar cheese, reduced fat, shredded</p>	<p>2 lb 4 oz</p>			<p>above.</p> <p>8. Remove from oven and top each pan with 9 ounces additional reduced fat cheddar cheese. Place in oven for 5 additional minutes, until cheese is melted.</p> <p>9. Portion with 8 oz spoodle.</p> <p>CCP: Hold at 135°F or above before and during service.</p>
--	------------------	--	--	---

Serving Size	1 Serving Provides	Yield
1 cup (8 oz spoodle)	1 oz equivalent meat/meat alternate; ¾ oz equivalent grain/bread; and 1/2 c dark green vegetable	100 servings

Nutrients Per Serving

Calories	301	Vitamin A	820.4 IU	Iron	1.5 mg
Protein	17 g	Vitamin C	28.3 mg	Calcium	435 mg
Carbohydrate	31 g	Dietary Fiber	3.4 g	Cholesterol	37.8 mg
Fat	13 g	% Fat	38.5%	Sodium	435.6 mg
Saturated Fat	8 g	% Saturated Fat	23.8%		