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Duck Orange Glazed (Orange Glazed Duck)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
210 Min	300.0 °F	74 °C	Roast	3 Oz

ALLERGIES

Contains: Citrus; Onion; Garlic; AllergenSulphites

NUTRIENTS PER SERVING

CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
270 kcal	8 g	30 g	12 g	30 mg	260 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Duck, Whole Raw	2 lb 6 Oz	6 lb	12 lb	24 lb		Preprep 24 hrs before roasting: Remove giblets and neck from cavity of duck and discard. Trim neck flap and excess fat from around cavity. Place duck on rack on baking sheet and refrigerate at <40F/4C for 24 hrs.
3	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Pierce duck skin all over. Season cavity with salt and pepper and stuff with strips of orange, lemon and lime zest and onion.
	Pepper, Black Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
	Onion, Yellow	1.5 Oz	3 Oz	6.5 Oz	13 Oz	Halved	
	Orange Fresh Whole	0.4 each	1 each	2 each	4 each		
	Lemon, Whole Fresh	0.4 each	1 each	2 each	4 each		
	xLime Fresh	0.4 each	1 each	2 each	4 each		

Duck Orange Glazed (Orange Glazed Duck)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Water, Tap	1/2 Cup	1 1/8 Cup	2 1/4 Cup	1 1/8 Qt		Place duck in roasting pan and pour in water. Roast duck for 3 hrs, removing duck from oven every hour to prick again. Remove duck from oven and pour off excess fat from pan. Raise oven temp to 450F/232C. Return duck to oven and roast until crisp and brown.
5	Glaze Sour Orange	2/3 Cup	1 3/4 Cup	3 1/2 Cup	1 3/4 Qt		During last 20 min of roasting, brush duck with orange glaze.
6							Brush duck with glaze 4-5 times before carving and drizzle as carving.
7							For Whole, Cut, or Ground Poultry (e.g., Chicken, Turkey, Duck): Cook to internal temp of 165F/74C held for 15 sec.
8							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
11							Discard unused product.

Glaze Sour Orange (Sour Orange Glaze)

COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
63 °C	Simmer	1/2 Cup	Contains: Citrus; Garlic; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
200 kcal	48 g	4 g	0 g	80 mg	25 mg

	INGREDIENTS	SERVINGS 2	SERVINGS 4	SERVINGS 7	SERVINGS 14	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Juice, Orange Conc 4:1	1/2 Cup	1 1/3 Cup	2 3/4 Cup	1 1/2 Qt	Prepared	Cook combines juices, garlic, fennel seeds and peppercorns over medium heat until reduced to half. Strain into pan and keep hot.
	Juice, Lemon Bulk	1/4 Cup	2/3 Cup	1 1/3 Cup	2 3/4 Cup		
	Juice, Lime Bulk	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup	1 1/3 Cup		
	Garlic, Whole Fresh	0.84 each	2.1 each	4.2 each	8.4 each	Chopped Fine	
	Seeds, Fennel	1/2 tsp	1 1/8 tsp	2 tsp	1 Tbsp 1 tsp		
	Peppercorns, Black	1/8 tsp	1/4 tsp	3/4 tsp	1 1/2 tsp		

Glaze Sour Orange (Sour Orange Glaze)

	INGREDIENTS	SERVINGS 2	SERVINGS 4	SERVINGS 7	SERVINGS 14	INGREDIENT PREP	PREPARATION STEP
3							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
4							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
5							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
6							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Mango Sticky Rice Thai (Thai Mango Sticky Rice)

7 RG7

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
30 Min	63 °C	Simmer	1 (2x2)	Contains: Mango; Coconut; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
220 kcal	32 g	2 g	11 g	20 mg	45 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Rice, Glutinous/Sticky/Sweet Dry	3/4 Cup	2.0 Cup	4.0 Cup	2.0 Qt	Rinsed/Drained	Prepare rice as per package directions.
3	Milk, Coconut Cnd	2 1/8 Cup	1 1/4 Qt	2 3/4 Qt	1 Gal 5 Cup		Coconut cream sauce: In a saucepan, add coconut milk, sugar, salt and cornstarch. Simmer for 5-10 minutes until slightly thick.
	Sugar, Granulated Bulk	1/2 Cup	1 1/4 Cup	2 1/2 Cup	1 1/4 Qt		
	Salt, Iodized	1/8 tsp	1/2 tsp	3/4 tsp	1 3/4 tsp		
	Cornstarch	2 Tbsp 2 tsp	1/2 Cup	3/4 Cup	1 2/3 Cup		

Mango Sticky Rice Thai (Thai Mango Sticky Rice)

7 RG7

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5							Reserve 2 cups coconut cream sauce for topping. Pour the remaining coconut cream sauce onto cooked rice and mix well. Place the mixture in a hotel pan.
6	Mango, Cubes Frz	14.5 Oz	2 lb 5 Oz	4 lb 9 Oz	9 lb 3 Oz	thawed	Top with mangoes and add the remaining coconut cream sauce.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							Portion according to serving size.
9							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
10							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Mango Sticky Rice Thai (Thai Mango Sticky Rice)

7 RG7

Regular (RG7): • Normal, everyday foods of various textures that are developmentally and age appropriate • Any method may be used to eat these foods • Foods may be hard and crunchy or naturally soft • Sample size is not restricted at Level 7. • Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits • Includes food that contains pips, seeds, pith inside skin, husks or bones • Includes 'dual consistency' or 'mixed consistency' foods and liquids Note: This recipe is for Level 7 Regular Texture only and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Margarine Pat (Margarine)

SERVING SIZE	ALLERGIES
1 each	**Contains: AllergenMilk; AllergenSoy**

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
20 kcal	0 g	0 g	2.5 g	0 mg	30 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						CCP -- Maintain <40F/4C (FDA)
4						Discard unused product.

Milk 2% PC 8 flz (2% Milk)

SERVING SIZE	ALLERGIES
8 fl. oz	Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	8 g	5 g	290 mg	115 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						CCP -- Maintain <40F/4C (FDA)
4						Discard unused product.

Orange Fresh Whole (Fresh Whole Orange)

7 RG7

SERVING SIZE	ALLERGIES
1 whole	Contains: Citrus

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
70 kcal	17 g	1 g	0 g	60 mg	0 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						Discard unused product.

Regular (RG7): • Normal, everyday foods of various textures that are developmentally and age appropriate • Any method may be used to eat these foods • Foods may be hard and crunchy or naturally soft • Sample size is not restricted at Level 7. • Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits • Includes food that contains pips, seeds, pith inside skin, husks or bones • Includes 'dual consistency' or 'mixed consistency' foods and liquids Note: This recipe is for Level 7 Regular Texture only and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Sauteed Bok Choy (Sauteed Bok Choy)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
10 Min	63 °C	Steam	1/2 Cup	Contains: AllergenSoy; AllergenMilk; Cabbage

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
35 kcal	5 g	2 g	1.5 g	90 mg	65 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						WASH ALL PRODUCE under cool, running water. Drain well.
3	Cabbage, Green Whole Fresh	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb	Cut vegetables into strips 1 inch x 1/2 inch. Steam vegetables until tender. Add seasonings and mix well.
	Cabbage, Bok Choy/Pak Choi	1 lb 6 Oz	3 lb 8 Oz	7 lb	14 lb	
	Margarine, Solids Salted	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Ginger, Ground	1/4 tsp	1/2 tsp	1 tsp	2 tsp	
4						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Sauteed Bok Choy (Sauteed Bok Choy)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
5						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8						Discard unused product.

Tomato Stewed f/Cnd (Stewed Tomatoes)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	63 °C	Saute	1/2 Cup	Contains: Tomato; Peppers Bell; Onion; Celery; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	12 g	1 g	0 g	50 mg	300 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Onion, Yellow	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	Saute vegetables until tender.
	Celery, Whole Fresh	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	
	Peppers, Green Fresh	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Diced	
3	Cornstarch	2 Tbsp	1/3 Cup	2/3 Cup	1 1/4 Cup		Add cornstarch to small amount of juice from tomatoes; make paste. Combine tomatoes with seasonings and heat to boiling. Add cornstarch paste; stirring constantly cook until thick and clear.
	Tomato, Diced Cnd	1 1/4 Qt	3 1/4 Qt	1 Gal 10 Cup	3 Gal 3 Cup		
	Sugar, Granulated Bulk	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		

Tomato Stewed f/Cnd (Stewed Tomatoes)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Pepper, Black Ground	1/4 tsp	3/4 tsp	1 3/4 tsp	1 Tbsp		
4							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
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7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							Discard unused product.