

# TABLE OF CONTENTS

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Milk 1% Bulk 8 flz (1% Milk) ..... 2

Garnish Lettuce Shredded (Shredded Lettuce Garnish) ..... 3

Sauce Cilantro Cream (Cilantro Cream Sauce) ..... 4

Fish Pollock Tacos (Fish Tacos) ..... 5

Beans Black f/Dry (Black Beans) ..... 7

Pepper Medley f/Fresh (Pepper Medley) ..... 9

# Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	<b>ⓘ Contains: AllergenMilk</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
<b>3</b>					CCP -- Maintain <40F/4C; discard unused product. (FDA)

# Garnish Lettuce Shredded (Shredded Lettuce Garnish)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/4 Cup	None

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

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Lettuce, Iceberg	14.5 Oz	2 lb 4 Oz	4 lb 8 Oz	9 lb	Shredded	Shred lettuce.
3						Portion according to serving size.
4						CCP -- Maintain <40F/4C; discard unused product. (FDA)

**Regular (RG7):** NOTE: This Recipe should be appropriate for those on a Level 7 Regular Texture only. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

# Sauce Cilantro Cream (Cilantro Cream Sauce)

COOK METHOD	SERVING SIZE	ALLERGIES
Mix & Chill	2 Tbsp	<b>ⓘ Contains: AllergenMilk; Citrus; AllergenEggs; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	2 g	0 g	4.5 g	20 mg	125 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Sour Cream, Real Bulk	3/4 Cup	2 Cup	1 Qt	2 Qt	Combine all ingredients. Cover and refrigerate at least 15 minutes before service.	
	Cilantro, Raw	1/3 Cup	1 Cup	2 Cup	1 Qt		Chopped Fine
	Mayonnaise, Bulk	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
	Lime, Zest	1 3/4 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	1/3 Cup		
	Juice, Lime Bulk	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
<b>3</b>						CCP -- Maintain <40F/4C; discard unused product. (FDA)	

# Fish Pollock Tacos (Fish Tacos)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
6 Min	63 °C	Cook	2 each	<b>ⓘ Contains: Corn; Onion; AllergenFish; AllergenSulphites</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
310 kcal	31 g	21 g	9 g	250 mg	120 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Onion, Red/Burmuda	5 Oz	12.5 Oz	1 lb 9 Oz	3 lb 2 Oz	Sliced	Place red onion in bowl and cover with red wine vinegar. Set aside and let sit 30 minutes to quick pickle. In a separate bowl, combine olive oil, spices and cilantro to make a marinade. Mix well.
Vinegar, Wine Red	3 1/4 Cup	2 Qt	1 Gal	2 Gal		
Oil, Olive	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		
<b>2</b> Chili Powder, Mild	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Oregano, Dry	2 tsp	2 Tbsp	1/4 Cup	1/2 Cup		
Cumin, Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Cilantro, Raw	2/3 Cup	1 1/2 Cup	3 Cup	1 1/2 Qt	Chopped	

# Fish Pollock Tacos (Fish Tacos)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
3	Fish, Pollock 2-4z	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		Place fish on a dish and pour the marinade over, coating the fish well on both sides. Set aside for 20 minutes, chill. Remove the fish from the marinade. Discard marinade. Place the fish in hot pan. Cook fish undisturbed for 4 minutes, then turn and cook for 2 more minutes. Remove pan from heat and flake the fish making sure to mix in all the marinade that has stuck to the bottom of the pan.
4	Tortilla Corn 6 in	20 each	50 each	100 each	200 each		Heat the tortilla by placing 4 each between damp paper towels. Microwave on high for 45 seconds. Repeat for remaining tortillas.
5							Assemble the tacos by placing 2 oz fish onto the center of 1 tortilla. Top with 1/2 oz onion.
6							Fish: Cook to internal temp of 145F/63C held for 15 sec.
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							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
10							Discard unused product.

# Beans Black f/Dry (Black Beans)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	0.0 °F	63 °C	Boil	1/2 Cup	<b>ⓘ Contains: Beans/Legumes</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
130 kcal	24 g	9 g	0.5 g	75 mg	150 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
<b>1</b>					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
<b>2</b> Beans, Black Dry	13.5 Oz	2 lb 2 Oz	4 lb 3 Oz	8 lb 6 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
Water, Tap	2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	5 Gal	
<b>3</b>					Place beans in a large pot or steam-jacketed kettle and cover with water.
<b>4</b>					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
<b>5</b> Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
<b>6</b>					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

# Beans Black f/Dry (Black Beans)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		10	25	50	100	
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						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
10						Discard unused product.

# Pepper Medley f/Fresh (Pepper Medley)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	63 °C	Grill	1/2 Cup	<b>ⓘ Contains: Peppers Bell</b>

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
45 kcal	6 g	2 g	2.5 g	10 mg	5 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
<b>1</b>						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
<b>2</b>	Peppers, Green Fresh	1 lb 3 Oz	3 lb	6 lb	12 lb	Cut into Strips	Cook vegetables with oil on grill to desired tenderness.
	Peppers, Red Fresh	1 lb 3 Oz	3 lb	6 lb	12 lb	Cut into Strips	
	Oil, Vegetable	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
<b>3</b>							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
<b>4</b>							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.

# Pepper Medley f/Fresh (Pepper Medley)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
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.
7							Discard unused product.