

LUNCH VEGETABLE RECIPES

GREEN PEAS & CARROTS



QUANTITY	INGREDIENTS	PREPARATIONS
5 Lbs	Butter	Whole
2 Quart	Garlic	Chopped
8 Quart	Onions	Chopped
8 Quart	Roasted Carrots	From Recipe
12 Quart	Green Peas	Thawed, drained
1 Quart	Parsley	Chopped
3/4 Cup	Salt	
4 Tbls	White Pepper	Ground
INGREDIENTS TO ROAST CARROTS		
10 Quart	Carrots	Peeled, sliced
2 Cup	Olive Oil	
4 Tbls	Salt	
2 Tbls	Black Pepper	Ground

METHOD FOR PREPARATION
1) Toss carrots w/ olive oil, salt, pepper, place on sheet-pan, roast in 170C oven to lightly golden brown, remove, blast-chill to cool.
2) Thaw & drain green peas, set aside and Don't Cook!
3) In 110C skillet, lightly sweat garlic & onions w/ butter, no color.
4) Remove cooked onions, garlic and in container combine with roasted carrots, thawed green peas, season salt, pepper and mix well.
5) Place mixed veggies in casserole, cover plastic wrap.
6) To re-heat, place in microwave and heat to piping hot.
7) Serve on hot plate as you shown.

CULINARY NOTES: Do Not boil peas as they're already cook, only thaw and mix cold with ingredients. Re-heat only in microwave.

Allergens:



SWEET GREEN PEAS W/ ROASTED CARROTS, BUTTERED ONIONS & GARLIC

HOT VEGETABLES
Station: B
Position: 4
Production: Deck 14
Period: Lunch
Yield:
Shelve Life: 1 Day

ASSIGNED VESSEL

BLUE OVAL CAST ALUMINUM DISH



1
MIX PEELED, SLICED CARROTS WITH OLIVE OIL
SALT & PEPPER, SPREAD OUT ON SHEET-PAN



2
ROAST CARROTS IN 170C OVEN TO LIGHTLY
BROWN & FULLY COOKED



3
ON MEDIUM HEAT, SWEAT GARLIC WITH BUTTER
UNTIL COOKED



4
ADD ONIONS TO GARLIC & SWEAT UNTIL TENDER
REMOVE & COOL ONCE COOKED



5
THAW GREEN PEAS COMPLETELY AND DRAIN
FROM ANY EXCESS WATER - DON'T BOIL!



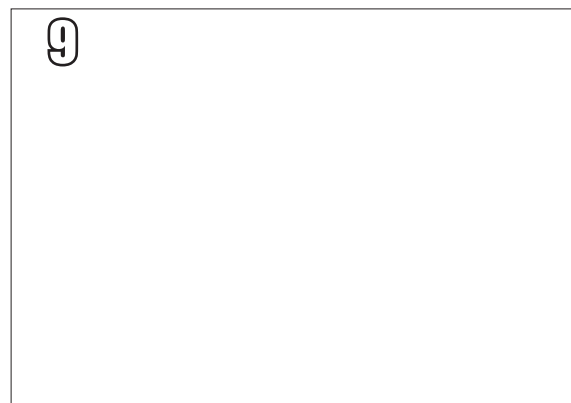
6
ADD ADDITIONAL BUTTER TO GREEN PEAS



7
COMBINE CARROTS, PEAS, GARLIC, ONIONS IN
CASSEROLE / MIX WELL/ COVER PLASTIC WRAP



8
RE-HEAT IN MICROWAVE UNTIL PIPING HOT



9
PRESENT ON HOT PLATE IN CASSEROLE

GREEN BEANS & TOASTED ALMONDS



QUANTITY	INGREDIENTS	PREPARATIONS
5 Pound	Butter	Melted
2 Quart	Garlic	Chopped
10 Quart	Yellow Onion	Julienned
20 Pound	Green Beans	Thaw, drained
2 Quart	Sliced Almonds	Toasted
3/4 Cup	Salt	
3 Tbls	White Pepper	Ground

METHOD FOR PREPARATION
1) In medium heat skillet melt butter.
2) Add garlic, onions and cook until tender with translucent color.
3) Once onions & garlic is cooked tender, remove & cool in blast chiller.
4) Completely that & drain green beans from liquid, keep cold.
5) In container, combine cooked onions (cold) to green beans, toasted almonds, salt, pepper and mix well.
6) Divide mixed beans in batches, placed in casserole, cover plastic.
7) Re-heat as needed in micro-wave until piping hot.
8) Remove plastic & display on hot plate as shown.

CULINARY NOTES: Green beans should only be thawed & drained, do not cook since it is already blanched. Blanching again will discolor beans.

Allergens: Nuts / Dairy

HOT VEGETABLES
Station: B
Position: 4
Production: Deck 14
Period: Lunch
Yield:
Shelve Life: 1 Day

ASSIGNED VESSEL

BROWN OVAL CAST ALUMINUM DISH



STEAMED GREEN BEANS WITH TENDER COOKED ONIONS & TOASTED ALMONDS



1

ON MEDIUM HEAT IN SKILLET, MELT BUTTER



2

ADD SLICED ONIONS AND COOK ON MEDIUM HEAT - NO COLOR!



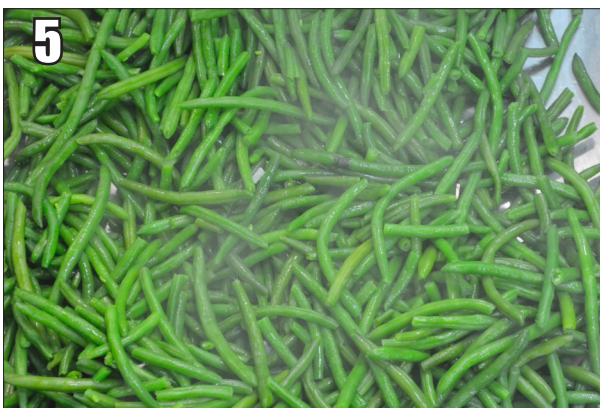
3

CONTINUE COOKING UNTIL ONIONS ARE TENDER - STOP, REMOVE & COOL DOWN



4

COMPLETELY THAW & DRAIN GREEN BEANS
DO NOT BOIL



5

GREEN BEANS ARE COMPLETELY THAWED
AND DRAINED



6

IN CONTAINER - MIX COOLED COOKED ONIONS
GARLIC MIX W/ BEANS, SEASON SALT + PEPPER



7

TOAST ALMONDS ON SHEET-PAN IN OVEN, REMOVE
ADD TO MIXED GREEN BEANS



8

PLACE GREEN BEANS IN CASSEROLE, COVER
PLASTIC WRAP & RE-HEAT IN MICROWAVE



9

PRESENT GREEN BEANS IN CASSEROLE
DISPLAYED ON HOT PLATE

ROASTED CARROTS & WALNUTS



QUANTITY	INGREDIENTS	PREPARATIONS
18 Quart	Carrots	Bias Batonnet
5 Pound	Butter	Melted
2 Cup	Cumin	Ground
2 Cup	Coriander	Ground
1 Cup	Salt	
1/2 Cup	Black Pepper	Ground
4 Cup	Cane Sugar	
4 Tbls	Citric Acid	Seasoning
2 Cup	Honey	
3 Quart	Walnut Pieces	Toasted
1 Quart	Scallions	Chopped


METHOD FOR PREPARATION
1) Peel & cut carrots as shown, place in large container.
2) Combine following with carrots; butter, cumin, coriander, salt, pepper cane sugar, citric acid and mix well.
3) Divide seasoned carrots in batches on sheet-pan (don't stack high)
4) Once all carrots have been evenly spread on sheet-pan, roast carrots in 170C oven for 10 minutes or until fully cooked, stirring often.
5) Remove cooked carrots, pour 1/2cup honey over and mix well.
6) After mixed with honey, lightly char carrots under salamander.
7) Once charred, mix with juices on sheet-pan, place in casserole.
8) Garnish roasted carrots with walnut pieces & chopped scallions.
9) Place directly on hot plate to present.

CULINARY NOTES: Once carrots are roasted & cooked, it must be lightly charred under the salamander to provide color.

Allergens: Walnuts



HONEY ROASTED CARROTS, SCENTED WITH CUMIN, CORIANDER AND GARNISHED WITH WALNUTS & SCALLIONS.

HOT VEGETABLES	ASSIGNED VESSEL
Station: B Position: 4 Production: Deck 14 Period: Lunch Yield: Shelve Life: 1 Day	
	RECTANGLE CAST ALUMINUM DISH



1
CUT CARROTS 3" LONG, BIAS CUT BATONNETT STICKS, SET ASIDE IN CONTAINER



2
MIX CARROTS W/ BUTTER, SEASONING, SPICES



3
CARROTS SHOWN MIXED WITH ALL SPICES SEASONING AND BUTTER



4
DIVIDE CARROTS ON SHEET-PAN, SPREAD OUT AND ROAST IN 170C OVEN UNTIL FULLY COOKED



5
MIX ROASTED CARROTS WITH 1/2 CUP PER SHEET-PAN AS SHOWN



6
LIGHTLY CHAR CARROTS UNDER SALAMANDER FOR ADDITIONAL COLOR



7
REMOVE CHARRED CARROT, PLACE IN CASSEROLE GARNISH WITH TOASTED WALNUT PIECES



8
GARNISH WITH SCALLIONS AS SHOWN



9
FINAL PRESENTATION WITH LIGHTLY CHARRED CARROTS, WALNUTS & SCALLIONS

ROASTED PARMESAN VEGGIES



QUANTITY	INGREDIENTS	PREPARATIONS
10 Quart	Green Zucchini	1/2" Thick slice
10 Quart	Yellow Zucchini	1/2" Thick slice
10 Quart	Red Plum Tomato	1/2" Thick slice
3 Quart	Olive Oil	
2 Cup	Salt	
1 Cup	Black Pepper	Ground
4 Quart	Parmesan Cheese	Grated
2 Quart	Parsley	Chopped

METHOD FOR PREPARATION
1) Place each vegetable in a three separate containers.
2) Divide oil, salt & pepper evenly to add to each vegetable container.
3) Lightly mix each vegetable with oil, salt, pepper.
4) Place each vegetable in batches on sheet-pan as shown.
5) Sprinkle good amount of parmesan to cover vegetables.
6) Roast in 190C oven for 5 minutes or until golden brown.
7) Remove, let vegetables cool, then plate in casserole as shown.
8) Once all veggies are plated, cover plastic wrap, re-heat as needed.

CULINARY NOTES: Keep vegetables separate and roast fast on high heat to prevent from turning soggy and cheese to gratinee.

Allergens: Dairy

HOT VEGETABLES
Station: B
Position: 4
Production: Deck 14
Period: Lunch
Yield:
Shelve Life: 1 Day

ASSIGNED VESSEL

RECTANGLE CAST ALUMINUM DISH



PARMESAN ROASTED GREEN & YELLOW ZUCCHINI WITH RED PLUM TOMATOES, GARNISHED WITH CHOPPED PARSLEY



1
MIX EACH VEGETABLE SEPARATE WITH OLIVE OIL
SALT AND PEPPER -- DON'T COMBINE VEGGIES



2
SPREAD VEGETABLES EVENLY ON A SHEET-PAN
DO NOT STACK VEGETABLES ON TOP



3
VEGETABLES PLACED SEPARATELY ON SHEET-PAN



4
TOMATOES SPREAD OUT ON SHEET-PAN
IN A SINGLE LAYER



5
SPRINKLE EACH TRAY OF VEGETABLES WITH
PARMESAN CHEESE TO COVER AS SHOWN



6
ROAST VEGETABLES IN 190C OVEN FOR
5 MINUTES & REMOVE



7
ROASTED VEGETABLES MUST HAVE A
LIGHT BROWN GRATINEE COLOR



8
CHEESE IS MELTED & GRATINEE OVER
VEGETABLES AS SHOWN



9
PRESENT VEGETABLES BY TYPE IN
A SINGLE ROW, SIDE BY SIDE IN CASSEROLE

FRIED CAULIFLOWER BITES



QUANTITY	INGREDIENTS	PREPARATIONS
18 Quart	Cauliflower	Florettes
1 Cup	Salt	
1/2 Cup	Black Pepper	Ground
6 Quart	Tempura Batter	Mixed
3 Quart	Bread Crumbs	Standard
2 Cup	Garlic Powder	Powder
2 Quart	Parsley	Chopped

METHOD FOR PREPARATION
1) In large container, toss cauliflower florettes w/ salt & pepper.
2) In a bowl, mix tempura batter per bag instructions.
3) Pour mixed tempura batter over cauliflower, add bread crumbs garlic powder, chopped parsley and mix well.
4) Fry coated cauliflower florettes individually in fryer until golden golden brown, remove & drain excess oil.
5) Present fried cauliflower in round steel dish lined with paper.
6) Keep hot under warmers and hot plate.

CULINARY NOTES: Cauliflower can be mixed ahead in tempura batter however, must be fried to order and served immediately.

Allergens:

HOT VEGETABLES
Station: B
Position: 4
Production: Deck 14
Period: Lunch
Yield:
Shelve Life: 1 Day

ASSIGNED VESSEL

ROUND HAMMERED STEEL DISH



TEMPURA FRIED CAULIFLOWER FLORETTES W/ GARLIC BREADCRUMBS PARSLEY & SEASONINGS



SEASON CAULIFLOWER WITH SALT



SEASON CAULIFLOWER WITH PEPPER



MIX TEMPURA PER BAG INSTRUCTIONS



USE FRESH BREAD CRUMBS



ADD CHOPPED PARSLEY & GARLIC POWDER TO BREAD CRUMBS MIX WELL



POUR TEMPURA BATTER OVER SEASONED CAULIFLOWER, ADD BREADCRUMBS W/ PARSLEY



FRY TEMPURA FLOTTETS INDIVIDUALLY IN FRYER UNTIL GOLDEN BROWN



ONCE GOLDEN BROWN, REMOVE WITH SLOTTED SPOON AND LET DRAIN EXCESS OIL



PRESENT IN ROUND STEEL DISH, LINED WITH BROWN PAPER, KEEP HOT

MIXED ROASTED VEGETABLES



QUANTITY	INGREDIENTS	PREPARATIONS
8 Quart	Green Zucchini	1/2" Dice
8 Quart	Yellow Zucchini	1/2" Dice
4 Quart	Red Bell Pepper	1/2" Dice
4 Quart	Green Bell Pepper	1/2" Dice
4 Quart	Yellow Bell Pepper	1/2" Dice
8 Quart	White Onions	1/2" Dice
8 Quart	Eggplant	1/2" Dice
2 Quart	Olive Oil	
1 Cup	Salt	
1/2 Cup	Black Pepper	Ground
2 Quart	Parsley	Chopped

METHOD FOR PREPARATION
1) Combine & mix zucchini w/oil, salt, pepper & spread on sheet-pan.
2) Mix all peppers w/ oil, salt, pepper & spread on sheet-pan.
3) Mix diced onions w/ salt, pepper oil & spread on sheet-pan.
4) Mix diced eggplant w/ oil, salt, pepper & spread on sheet-pan.
5) In 180C oven, roast vegetables individually until golden brown.
6) Remove vegetables and let cool in blast-chiller.
7) Once cold, combine and toss all roasted veggies together.
8) Divide vegetables equally in casserole 4qt per casserole.
9) Cover plastic wrap & re-heat in microwave, garnish parsley.

CULINARY NOTES: Vegetables must be roasted separately due to different cooking times. Cook to golden color or brown salamander.

Allergens: Vegan / Gluten-free

HOT VEGETABLES
Station: B
Position: 4
Production: Deck 14
Period: Lunch
Yield:
Shelve Life: 1 Day

ASSIGNED VESSEL

BLUE OVAL CAST ALUMINUM DISH



OVEN ROASTED MIXED VEGETABLES W/ ZUCCHINI, PEPPERS, ONIONS
GARNISHED WITH PARSLEY



1
ZUCCHINI SEASONED W/ OLIVE OIL, SALT PEPPER
SPREAD ON SHEET-PAN



2
ZUCCHINI SEASONED W/ OLIVE OIL, SALT PEPPER
SPREAD ON SHEET-PAN



3
EGGPLANT SEASONED W/ OLIVE OIL, SALT PEPPER
SPREAD ON SHEET-PAN



4
PEPPERS SEASONED W/ OLIVE OIL, SALT PEPPER
SPREAD ON SHEET-PAN



5
ONIONS SEASONED W/ OLIVE OIL, SALT PEPPER
SPREAD ON SHEET-PAN



6
ROAST VEGETABLES IN 190C OVEN TO GOLDEN
BROWN & FULLY COOKED



7
COOL DOWN VEGETABLES THEN MIX TOGETHER



8
PLACE MIXED VEGGIES IN CASSEROLE, COVER
PLASTIC WRAP



9
RE-HEAT VEGETABLES IN MICROWAVE
DISPLAY ON HOT PLATE

GARLIC LEMON BROCCOLI




QUANTITY	INGREDIENTS	PREPARATIONS
3 Quart	Olive Oil	
4 Quart	Garlic Cloves	Chopped
1 Cup	Salt	
1 Cup	Lemon Pepper	Seasoning
18 Quart	Broccoli	Blanched Al-dente

METHOD FOR PREPARATION
1) In casserole on medium heat, cook chopped garlic with olive oil to a light caramel color, remove and let cool. Don't Brown!
2) In hot salted water, lightly blanch broccoli florettes, shock in ice-bath remove immediately when cold, let drain properly.
3) In large container, combined blanched broccoli, caramelized garlic salt, lemon pepper and toss together, mix well.
4) Divide seasoned broccoli evenly in casseroles (about 4qt per dish)
5) Cover plastic wrap, keep cold and re-heat in microwave.
6) Serve on hot plate.

CULINARY NOTES: Broccoli must be a quick blanch & chill. DON'T keep broccoli in warmer or will discolor. Re-heat only as needed.

Allergens:

HOT VEGETABLES	ASSIGNED VESSEL
Station: B Position: 4 Production: Deck 14 Period: Lunch Yield: Shelve Life: 1 Day	
	BROWN OVAL CAST ALUMINUM DISH



PLATED / PRESENTATION / INGREDIENTS



1 CASSEROLE WITH OLIVE OIL ON MEDIUM HEAT



2 CARAMELIZE CHOPPED GARLIC IN OLIVE OIL



3 CUT BROCCOLI FLORETTES AS SHOWN



4 QUICK BLANCH & CHILL BROCCOLI - MUST BE CRUNCHY AND GREEN IN COLOR



5 COMBINE BLANCHED & DRAINED BROCCOLI IN CONTAINER



6 MIX WITH CARAMELIZED GARLIC, SALT, LEMON PEPPER AND TOSS TOGETHER



7 DIVIDE IN CASSEROLES, COVER PLASTIC WRAP KEEP COLD UNTIL NEEDED



8 RE-HEAT IN MICROWAVE AS NEEDED



9 PRESENT IN CASSEROLE, DIRECTLY ON HOT PLATE

ROASTED GARLIC TOMATOES




QUANTITY	INGREDIENTS	PREPARATIONS
3 Quart	Olive Oil	
4 Quart	Garlic Cloves	Sliced
4 Quart	White Onion	Julienne
16 Quart	Cherry Tomatoes	Cut in half
1.5 Cup	Salt	
1 Cup	Lemon Pepper	Seasoning
12 Quart	Spinach Leaves	Rough Chop

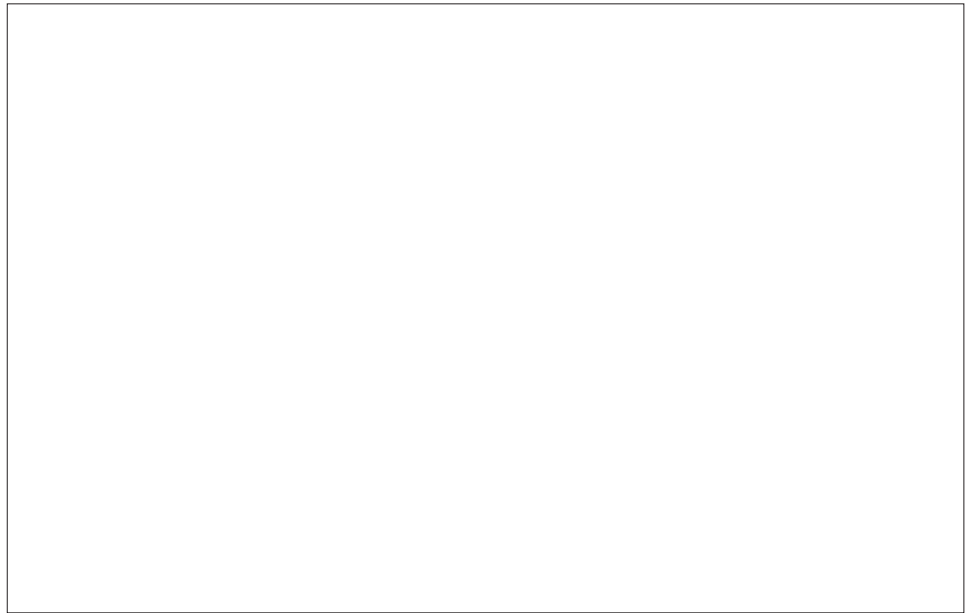
INCOMPLETE PICTURES

METHOD FOR PREPARATION
1) In tilting skillet medium heat, add oil, garlic and lightly brown.
2) Add onions & sautee with garlic to light caramelize.
3) Add tomatoes, salt, lemon pepper and cook for 5 minutes, stop.
4) Quickly fold spinach with tomatoes, remove, place on sheet-pan.
5) Cool in blast-chiller immediately.
6) After cold, divide tomatoes evenly in casseroles.
7) Cover plastic wrap & re-heat in microwave.

CULINARY NOTES: Once adding tomatoes to garlic & onions, cook & lightly stir for no longer than 5 min, add spinach & remove immediately.

Allergens: Gluten-free / Vegan

HOT VEGETABLES	ASSIGNED VESSEL
Station: B Position: 4 Production: Deck 14 Period: Lunch Yield: Shelve Life: 1 Day	
	GRAY RECTANGLE CAST ALUMINUM DISH



ROASTED GARLIC & CHERRY TOMATOES WITH SPINACH

1

LIGHTLY BROWN OR CARAMELIZE GARLIC WITH OLIVE OIL ON MEDIUM HEAT SKILLET

2

ADD JULIENNE ONIONS, STIR AND COOK WITH ONIONS UNTIL SOFT & TENDER

3

ADD TOMATOES, LIGHTLY STIR AND QUICK COOK FOR 5 MINUTES, TURN OFF HEAT

4

FOLD IN CHOPPED SPINACH, SEASON & REMOVE IMMEDIATELY

5

DIVIDE COOKED TOMATO MIX ON SHEET-PANS COOL IN BLAST-CHILLER

6

ONCE COLD, DIVIDE EQUAL AMOUNTS IN DISHES - ABOUT 4QT PER DISH

7

COVER PLASTIC WRAP & KEEP COLD

8

RE-HEAT IN MICROWAVE AS NEEDED

9

DISPLAY IN DISH DIRECTLY ON HOT PLATE.

OPEN ITEM - FUTURE RECIPE



QUANTITY	INGREDIENTS	PREPARATIONS	METHOD FOR PREPARATION	
INGREDIENTS TO ASSEMBLE			CULINARY NOTES:	
			Allergens:	
HOT VEGETABLES		ASSIGNED VESSEL		
Station: Position: Production: Period: Lunch Yield: Shelve Life: 1 Day				
		SIZE		
PLATED / PRESENTATION / INGREDIENTS				

1

STEP

2

STEP

3

STEP

4

STEP

5

STEP

6

STEP

7

STEP

8

STEP

9

FINAL PRESENTATION

