

Clovis Unified School District

Recipe: 001793 Noodle Bowl - Asian Beef - PHO

Recipe Source:
Recipe Group: SOUPS

Alternate Recipe Name:
Number of Portions: 32
Size of Portion: EACH

Recipe HACCP Process: #2 Same Day Service

| | | |
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| <p>014429 WATER,MUNICIPAL..... 000084 CHICKEN STOCK..... 011284 ONIONS,DEHYDRATED FLAKES..... 900233 Oyster Sauce..... 900232 Cilantro..... 002002 ANISE SEED..... 002021 GINGER,GROUND..... 002011 CLOVES,GROUND..... 002010 CINNAMON,GROUND..... 002032 PEPPER,WHITE..... 002025 NUTMEG,GROUND..... 002018 FENNEL SEED..... 990086 Steak, Sliced..... 020120 SPAGHETTI,DRY,ENRICHED..... 900232 Cilantro..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R....</p> | <p>2 GAL 3/4 CUP + 2 1/2 TBSP 3 TBSP + 5/8 TSP 7/8 OZ 1/4 OZ 1 TSP + 3/8 TSP 5/8 TSP 1/8 TSP 3/8 TSP 1/8 TSP 1/8 TSP 1/8 TSP 6 LB 6 1/2 LB 2 OZ 2 OZ</p> | <p><u>Broth</u> 2 gal. Municipal Water - This makes broth for two days 3/4 C + 2.5 TBSP. Sysco Beef Broth 3 TBSP + 5/8 tsp Dehydrated Onion 7/8 oz Oyster Sauce 1/4 oz Cilantro - Wash and drop into broth whole</p> <p><u>Spice Mixture</u> 1 3/8 tsp. Star Anise 5/8 tsp Ginger 1/8 tsp Clove Powder 3/8 tsp Cinnamon 1/8 tsp White Pepper 1/8 tsp Nutmeg 1/8 tsp Fennel</p> <p><u>Preparation of Broth</u> Heat water in steam-jacketed kettle. Add beef base, dehydrated onion, oyster sauce, cilantro, and spices. Stir well. Bring to a boil and simmer broth for ½ hour. Remove broth from kettle through the bottom spigot. Put the amount needed for the day in a large pot and keep hot on the stove top until service time. Put the remaining broth in 6" pans and put into the</p> |
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| | <p>walk-in for use the next day. Stir every 15 minutes until 41 degrees or below.</p> <p><u>Other Ingredients</u> 6 lbs. Steak Meat - Chop slightly - (3 oz. Spoodle slightly rounded per serving) 3 lbs. Dry, Thin Spaghetti - weigh 3 oz. per serving or measure 1 ½ C per serving 2 bunches Cilantro - Washed and chopped (Mix with Green Onions) 2 bunches Green Onions - Washed and chopped (Mix with Cilantro) 24 oz. Soup bowls Plastic Forks</p> <p><u>Steak Meat</u> Heat steak meat in the combo oven. Drain broth from meat into the soup pot. Hold the meat in a warmer, above 145 degrees until ready to use.</p> <p><u>Spaghetti</u> Boil water. Add some oil to keep spaghetti from sticking together. Cook the spaghetti al dente. Drain into colander and run under cold water until completely cool. Set aside until needed for assembly.</p> <p><u>Alternate Method:</u> Drain some water from steam-jacketed kettle. Immediately add enough ice to the pot to cool spaghetti. When cool, continue draining water from pot and remove the spaghetti from the pot, draining as much water as possible. Cover with parchment paper and saran wrap and store in the walk-in.</p> <p><u>Assembly</u></p> |
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| | | Put a 3 oz. (1 ½ Cup) portion of cooked spaghetti in each bowl. Put 3 oz. Spoodle portion of steak on top of spaghetti. Dress with approximately 1 Tbsp. of chopped cilantro and green onion portioned with fingers. Ladle 8oz hot beef broth into bowl and serve. |
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*Nutrients are based upon 1 Portion Size (EACH)

| | | | | | | | | | |
|------------------------|----------|---------------|------------|-----------|------------|--------------------|------------|---------|-----------------------------|
| Calories | 458 kcal | Cholesterol | *40.03* mg | Sugars | *2.71* g | Calcium | *30.74* mg | 11.65% | Calories from Total Fat |
| Total Fat | 5.93 g | Sodium | 928.71 mg | Protein | 28.30 g | Iron | *4.62* mg | 4.43% | Calories from Saturated Fat |
| Saturated Fat | 2.26 g | Carbohydrates | 72.13 g | Vitamin A | *73.48* IU | Water ¹ | *247.56* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | *3.10* g | Vitamin C | *0.73* mg | Ash ¹ | *1.09* g | 62.93% | Calories from Carbohydrates |
| | | | | | | | | 24.69% | Calories from Protein |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

| Miscellaneous | | Attributes | Allergens Present | Allergens Absent | Allergens Unidentified |
|----------------------------------|-----|------------|-------------------|------------------|------------------------|
| Meat/Alt..... | oz | | | | ? - Milk |
| Grain..... | oz | | | | ? - Egg |
| Fruit..... | cup | | | | ? - Peanut |
| Vegetable..... | cup | | | | ? - Tree Nut |
| Milk..... | cup | | | | ? - Fish |
| Moisture & Fat Change | | | | | ? - Shellfish |
| Moisture Change. | 0% | | | | ? - Soy |
| Fat Change..... | 0% | | | | ? - Wheat |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------|---------|---------|-------|
| I | 014429 | WATER,MUNICIPAL | | | |
| I | 000084 | CHICKEN STOCK | | | |
| I | 011284 | ONIONS,DEHYDRATED FLAKES | | | |
| I | 900233 | Oyster Sauce | | | |
| I | 900232 | Cilantro | | | |
| I | 002002 | ANISE SEED | | | |

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|---|--------|---------------------------------------|--|--|--|
| I | 002021 | GINGER,GROUND | | | |
| I | 002011 | CLOVES,GROUND | | | |
| I | 002010 | CINNAMON,GROUND | | | |
| I | 002032 | PEPPER,WHITE | | | |
| I | 002025 | NUTMEG,GROUND | | | |
| I | 002018 | FENNEL SEED | | | |
| I | 990086 | Steak, Sliced | | | |
| I | 020120 | SPAGHETTI,DRY,ENRICHED | | | |
| I | 900232 | Cilantro | | | |
| I | 011291 | ONIONS,SPRING OR SCALLIONS (INCL TOPS | | | |

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