

Standard Item Book (detailed)

 (Recipe)

DYS5 LENTIL STEW

General

| | | | |
|---------------------------|------------------|-----------------|-----------------|
| Name: | DYS5 LENTIL STEW | Key Name: | DYS5LLSTEW |
| Common Name: | DYS5 LENTIL STEW | Short Name: | DYS5 Lentil Ste |
| Formal Name: | DYS5 Lentil Stew | Item Type: | PT MENU |
| Standard Units of Measure | | Archive Status: | Active |

| | | |
|----------------|------------------|--------------|
| Purchase Unit: | Portion Unit: | Svg (9.5 oz) |
| Issue Unit: | Ingredient Unit: | |
| Stock Unit: | Yield Unit: | Svg (9.5 oz) |

Note:
Manufacturer Note:

Item Traits...

| Name | Category | Data Owner | Name | Category | Data Owner |
|------------------|-------------------|------------|--------|----------|------------|
| *Patient Food | Diet Office Trait | UMHS | carrot | Allergen | UMHS |
| celery | Allergen | UMHS | garlic | Allergen | UMHS |
| legumes | Allergen | UMHS | onion | Allergen | UMHS |
| potato | Allergen | UMHS | tomato | Allergen | UMHS |
| vegetable cooked | Diet Office Trait | UMHS | | | |

Nutrition

Linked to Nutritional Item: [Recipe] **DYS5 LENTIL STEW** Nutrient Yield: 100.00%

| | | | | | | | | | |
|-----------------|-------|------------|------|------------------|------|--------|------|------------------|-----|
| Total Calories: | 303.4 | % Protein: | 24.6 | % Carbohydrates: | 60.6 | % Fat: | 21.9 | % Saturated Fat: | 3.0 |
|-----------------|-------|------------|------|------------------|------|--------|------|------------------|-----|

Standard Portion Analysis [1 Svg (9.5 oz) = 265.547 grams calculated, 267.931 grams as coded (1% variance)]

| | | | | | | | | | |
|------|----------|-----|-----------|------|----------|-----|----------|------|-----------|
| KCAL | 303 KCAL | PRO | 18.6 Gram | FAT | 7.4 Gram | CHO | 46 Gram | NA | 627.9 MG |
| K | 811.8 MG | P | 366.29 MG | CHOL | 0.0 MG | SFA | 1.0 Gram | TDFB | 16.0 Gram |
| SUGR | 1.5 Gram | | | | | | | | |

100 Gram Analysis

| | | | | | | | | | |
|------|----------|-----|-----------|------|----------|-----|----------|------|----------|
| KCAL | 114 KCAL | PRO | 7.0 Gram | FAT | 2.8 Gram | CHO | 17 Gram | NA | 236.5 MG |
| K | 305.7 MG | P | 137.94 MG | CHOL | 0.0 MG | SFA | 0.4 Gram | TDFB | 6.0 Gram |
| SUGR | 0.6 Gram | | | | | | | | |

DYS5 LENTIL STEW

28 - RS HOT FOOD

Production Date: Thursday, 3/21/2019

Production Shift: [All Meals]

Times

Prep Time:

Cooking Time:

Temperatures

Cooking Temp:

Internal Temp:


Production Amount

Yield: **25 Svg (9.5 oz)**

Portions: **25 Svg (9.5 oz)**

Ingredients and Instructions

(Key Name)

| | | |
|--|--------|-------|
| Lentils Red Dry | 4.47 | Pound |
| Olive Oil Extra Virgin | .36 | Pound |
|  Julienne Carrots Subassembly | .44 | Pound |
| Ice Cubes | .89286 | Pound |
| Ginger Puree | .111 | Pound |
| Cumin | .05 | Pound |
| Spice Turmeric Ground | .018 | Pound |
| Garlic Powder | .05 | Pound |
| Onion Powder | .05 | Pound |
| Water | 8.93 | Pound |
| Tomato Paste Fancy | .11 | Pound |
| Vegetable Base Mirepoix | .33 | Pound |

COOKING PROCEDURE:

FOLLOW ALL HACCP INSTRUCTIONS

CLEAN AND SANITIZE ALL SURFACES, EQUIPMENT AND UTENSILS

WASH HANDS BEFORE, DURING AND AFTER FOOD PREPARATION

PAY ATTENTION TO KEEPING COLD FOODS BELOW 41 DEGREES PRIOR TO COOKING

1. PRIOR TO COOKING SOAK RED LENTILS IN WARM WATER FOR 30-45 MINUTES AND DRAIN WELL. PULSE PRESOAKED LENTILS IN ROBO COUPE UNTIL YOU NO LONGER SEE ANY WHOLE LENTILS. BE SURE TO SCRAPE THE SIDES DOWN INTO THE BOWL. REMOVE AND PLACE INTO PLASTIC LEXAN CONTAINER AND ADD COLD WATER. RINSE AWAY EXCESS STARCH AND STRAIN THROUGH FINE MESH CONE STRAINER. RESERVE LENTILS FOR LATER USE.
2. IN ROBO COUPE PLACE JULIENNE CARROTS ALONG WITH 6 OZ OF ICE, PULSE UNTIL AN EVEN TEXTURE IS ACHIEVED. BE SURE TO SCRAPE THE SIDES DOWN INTO THE BOWL. RESERVE CARROTS FOR LATER USE.
3. IN A STEAM JACKETED KETTLE HEAT OLIVE OIL ALONG WITH MINCED CARROTS, GINGER PUREE AND ALL DRIED SPICES. ALLOW TO SWEAT UNTIL THE VEGETABLES ARE TENDER TO THE BACK OF A SPOON, APPROXIMATELY 15-20 MINUTES.
4. ADD CHOPPED LENTILS ALONG WITH WATER, TOMATO PASTE AND MIREPOIX BASE.
5. COOK LENTILS FOR APPROXIMATELY 45 MINUTES TO AN HOUR, OR UNTIL TENDER BUT NOT TOTALLY DISINTEGRATED.
6. CHECK CONSISTENCY, ITEM SHOULD HOLD TOGETHER WITH AN EVEN TEXTURE. IT SHOULD BE MOIST AND FALL OFF A SPOON IN A SOLID PIECE.
 ***IF TOO THICK, THIN MIXTURE WITH A SMALL AMOUNT OF WATER
 ***IF TOO THIN, ALLOW TO COOK LONGER UNTIL THE PROPER CONSISTENCY IS ACHIEVED
7. REMOVE FROM KETTLE PLACE INTO A 2" HOTEL PAN AND PLACE INTO BLAST CHILLER UNTIL INTERNAL TEMPERATURE REACHES BELOW 41F WITHIN 2 HOURS.
8. USING AN 8 OZ. SPOODLE, PORTION INTO THE BLACK MICROWAVABLE CONTAINERS, 9.5 OZ PER CONTAINER. LABEL AND DATE WITH A 6 MONTH EXPIRATION DATE. KEEP FROZEN AT OR BELOW 0 DEGREES F UNTIL READY FOR SERVICE.

DYS5 LENTIL STEW

28 - RS HOT FOOD

Production Date: Thursday, 3/21/2019

Production Shift: [All Meals]

Times

Prep Time:

Cooking Time:

Temperatures

Cooking Temp:

Internal Temp:

Production Amount

Yield: **25 Svg (9.5 oz)**

Portions: **25 Svg (9.5 oz)**

REHERMING INSTRUCTIONS:

1. PLACE CONTAINER INTO MICROWAVE, SET FOR 3 MINUTES ON COOK.
2. REMOVE CONTAINER AND STIR PRODUCT. RESET TIMER FOR AN ADDITIONAL 2 MINUTES OR UNTIL INTERNAL TEMPERATURE REACHES A MINIMUM OF 165 DEGREES FOR 15 SECONDS.
3. PLACE PRODUCT INTO HEATED OVAL BAKER AND SERVE IMMEDIATELY.

8/2018 TP

JULIENNE CARROTS SUBASSEMBLY

53 - SALAD ITEMS

Production Date: Thursday, 3/21/2019

Production Shift: [All Meals]

Times

Prep Time:

Cooking Time:

Temperatures

Cooking Temp:

Internal Temp:

Production Amount

Yield: **.5 Pound**

Portions: **.5 Pound**

Ingredients and Instructions

(Key Name)

Whole Peeled Carrots .5 Pound

DIRECTIONS:

1. SET UP ROBO COUPE WITH JULIENNE BLADE AND SPEED DIAL SET AT MEDIUM.
2. HAVE A BAG OR PAN ON THE RECEIVING END OF ROBO COUPE TO CATCH JULIENNE CARROTS.
3. FEED CARROTS INTO CYLINDER FEEDER MAKING SURE TO USE THE PLUNGER TO GUIDE CARROT INTO BLADES.
4. COVER, LABEL AND DATE. REFRIGERATE UNTIL READY FOR SERVICE.

9/4/07 SS