

Seafood Gumbo (810)

(Seafood Gumbo MC810)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All Purpose Flour	1 lb.	3½ cups.	2 lb.	1 qt 3 cups.		<p>Directions</p> <p>PULL SUB-RECIPE FOR RICE (1344)</p> <ol style="list-style-type: none"> To make roux: Oven Method – Brown flour in oven on a cookie sheet (ungreased) at approximately 350°F for 10-15 minutes. Stir occasionally and watch closely because it browns quickly. (See variation for making roux.) Heat oil in a tilting skillet or steam-jacketed Kettle over medium heat. Add onion, celery, green pepper, okra, and garlic powder. Optional Directions – Okra may be omitted Sauté 5 minutes or until vegetables are tender. Sprinkle flour, browned in Step 1, thyme, cayenne pepper, and salt over sautéed vegetable mixture. Cook 1 minute, stirring constantly. Add chicken broth and rest of ingredients. Bring to a boil. Cover, reduce heat, and simmer 15 minutes. Pour seafood gumbo in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. <p>CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.</p> <ol style="list-style-type: none"> Prepare rice according to recipe directions. Place rice in half-size steam table pans (12"X10"X4"). Using appropriate portion control, portion rice with 4 oz spoodle or #8 scoop. Serve 8 oz (#8 ladle) gumbo over rice. <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Fresh Onions, Diced	2 lb.	3½ cups.	4 lb.	1 qt 3 cups.		
Fresh Celery, Diced	12 oz.	3½ cups.	1 lb 8 oz.	1 qt 3 cups.		
Green Peppers, Diced	1 lb 2 oz.	3½ cups.	2 lb 4 oz.	1 qt 3 cups.		
Garlic Powder		¼ cup.		½ cup.		
Frozen Okra	1 lb 4 oz.		2 lb 8 oz.			
Ground Thyme		2 Tbsp.		¼ cup.		
Cayenne Pepper		2 Tbsp.		¼ cup.		
Table Salt		2 tsp.		1 Tbsp 1 tsp.		
Chicken Broth		3 qt 2½ cups		1 gal 3¼ qt.		
Chicken, Cooked & Diced	4 lb 8 oz.		9 lb.			
Shrimp	3 lb 14 oz.		7 lb 12 oz.			
Worcestershire Sauce		1/3 cup 2 tsp		¼ cup.		
Canned Tomatoes, Diced	6 lb 8 oz.	1 No. 10 can		2 No. 10 cans		
Rice (130)		1 gal 2¼ qt.		3 gal 2 cups.		

Seafood Gumbo (Continued)

Serving: 1 cup gumbo and ½ cup rice provides 2 oz meat/meat alternate,
½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 portions gumbo and rice
100 servings: 100 portions gumbo and rice

Nutrients Per Serving:

*Denotes Missing Nutrient Values

Calories	195		Iron	2.47	Mg	Protein	22.28	G	Percent ⇒	Protein	45.68%
Cholesterol	97	Mg	Calcium	69	Mg	Carbohydrates	11.86	G	Of ⇒	Carbohydrates	24.32%
Sodium	525	Mg	Vitamin A	185	RE	Total Fat	5.96	G	Calories ⇒	Total Fat	27.49%
Dietary Fiber	1.80	G	Vitamin C	19.4	Mg	Saturated Fat	1.28	G	From ⇒	Saturated Fat	5.89%

Production Notes:

Variation for making roux: Braising Pan/Tilting Skillet Method – Brown flour in braising pan over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is slightly brown in color. Continue with Step 2 for making Gumbo. ¼ cup crab boil may be added per 100 servings.

Serving Notes:

If raw poultry is used in place of cooked, diced chicken, thaw poultry under refrigeration (41°F) and fully cook before adding to recipe.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Chicken & Sausage Gumbo (800)

(Chicken & Sausage Gumbo MC800)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All Purpose Flour		3½ cups		1 qt 3 cups		<p>PULL SUB-RECIPE FOR RICE (1344)</p> <ol style="list-style-type: none"> To make roux: Oven Method – Brown flour in oven on a cookie sheet (ungreased) at approximately 350°F for 10-15 minutes. Stir occasionally and watch closely because it browns quickly. (See variation for making roux.) Heat oil in a tilting skillet or steam-jacketed kettle over medium heat. Add onion, celery, green pepper, and garlic powder. Saute 5 minutes or until vegetables are tender. Sprinkle flour, browned in Step 1, thyme, cayenne pepper, and salt over sautéed vegetable mixture. Cook 1 minute, stirring constantly. Add chicken broth and next 5 ingredients (through okra). Bring to a boil. Optional Directions – Okra may be omitted. Cover, reduce heat, and simmer 15 minutes. Pour chicken and sausage gumbo in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. Prepare rice according to recipe directions. Place rice in half-size steam table pans (12"X10"X4"). Using appropriate portion control, portion rice with 4 oz spoodle or #8 scoop. Serve 8 oz (8 oz ladle) gumbo over rice. <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Oil						
Fresh Onions, Diced	2 lb.	3½ cups	4 lb.	1 qt 3 cups		
Fresh Celery, Diced	12 oz.	3½ cups	1 lb 8 oz.	1 qt 3 cups		
Green Peppers, Diced	1 lb 2 oz.	3½ cups	2 lb 4 oz.	1 qt 3 cups		
Garlic Powder		¼ cup		½ cup		
Ground Thyme		2 Tbsp.		¼ cup		
Cayenne Pepper		2 Tbsp.		¼ cup		
Table Salt		2 tsp.		1 Tbsp 1 tsp.		
Chicken Broth		¾ gal 2½ cups		1¾ gal 1 cup.		
Chicken, Cooked & Diced	5 lb 10 oz.		11 lb 4 oz.			
Smoked Sausage, Cut	2 lb.		4 lb.			
Worcestershire Sauce		1/3 cup 2 tsp		¾ cups		
Tomatoes, Diced		1 No. 10 can		2 No. 10 cans		
Boiled Okra, Drained	1 lb 4 oz.		2 lb 8 oz.			
Rice (130)		1½ gal 1 cup		3 gal 2 cups.		

Chicken & Sausage Gumbo (Continued)

Serving: 8 oz gumbo and 1/2 cup rice provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 portions gumbo and rice
100 servings: 100 portions gumbo and rice

Nutrients Per Serving:

***IDenotes Missing Nutrient Values**

Calories	337	Iron	2.99	Mg	Protein	21.33	G	Percent	⇒	Protein	25.31%
Cholesterol	57	Mg	66.26	Mg	Carbohydrates	36.61	G	Of	⇒	Carbohydrates	43.44%
Sodium	755	Mg	186	RE	Total Fat	11.40	G	Calories	⇒	Total Fat	30.43%
Dietary Fiber	2.25	G	24.97	Mg	Saturated Fat	3.15	G	From	⇒	Saturated Fat	8.41%

Production Notes:

Variation for Making Roux: Braising Pan/Tilting Skillet Method -- Brown flour in braising pan over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is slightly brown in color. Continue with Step 2 for making Gumbo.

Serving Notes:

If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration (41°F) and fully cook before adding to recipe.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Chicken Gumbo, Roux Based (802)

(Chicken Gumbo, Roux Based MC802)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
All purpose flour		3 1/2 cup.		1 qt 3 cups.		<p>PULL SUB-RECIPE FOR RICE (1344)</p> <ol style="list-style-type: none"> To make roux: Oven Method ~ Brown flour in oven on a cookie sheet (ungreased) at approximately 350°F for 10-15 minutes. Stir occasionally and watch closely because it browns quickly. (See variation for making roux.) Heat oil in a tilting skillet or steam-jacketed kettle over medium heat. Add onion, celery, green pepper, and garlic powder. Sauté 5 minutes or until vegetables are tender. Heat oil in a tilting skillet or steam-jacketed kettle over medium heat. Sauté 5 minutes or until vegetables are tender. Sprinkle flour, browned in Step 1, thyme, cayenne pepper, and salt over sautéed vegetable mixture. Cook 1 minute, stirring constantly. Add chicken broth and next 4 ingredients (through okra). Bring to a boil. Optional Directions - Okra may be omitted. Cover, reduce heat, and simmer 15 minutes. Pour chicken gumbo in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. <p>CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.</p> <ol style="list-style-type: none"> Prepare rice according to recipe directions. Place rice in half-size steam table pans (12"X10"X4"). Using appropriate portion control, portion rice with 4 oz spoodle or #8 scoop. Serve 8 oz (#8 ladle) gumbo over rice. <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Oil				2/3 cup 4 tsp.		
Fresh Onions, Diced	2 lb.	3 1/2 cups.	4 lb.	1 qt 3 cups.		
Fresh Celery, Diced	12 oz.	3 1/2 cups.	1 lb 8 oz.	1 qt 3 cups.		
Green Peppers, Diced	1 lb 2 oz.	3 1/2 cups.	2 lb 4 oz.	1 qt 3 cups.		
Garlic Powder		1/4 cup.		1/2 cup.		
Ground Thyme		2 Tbsp.		1/4 cup.		
Cayenne Pepper		2 Tbsp.		1/4 cup.		
Table Salt		2 tsp.		1 Tbsp 1 tsp.		
Chicken Broth		3/4 gal 2 1/2 cups		1 1/2 gal 1 cup.		
Chicken, Cooked & Diced	6 lb 4 oz.		12 lb 8 oz.			
Worcestershire Sauce		1/3 cup 2 tsp		3/4 cup.		
Tomatoes, Diced		1 No. 10 can		2 No. 10 cans		
Boiled Okra, Drained		1 lb 4 oz.	2 lb 8 oz.			
Rice (130)		1 1/2 gal 1 cup		3 gal 2 cups.		

Chicken Gumbo, Roux Based (Continued)

Serving: 8 oz gumbo and ½ cup rice provides 2 oz meat/meat alternate,
½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 portions of gumbo and rice
100 servings: 100 portions of gumbo and rice

Nutrients Per Serving:

*Denotes Missing Nutrient Values

Calories	278	Iron	3.05	Mg	Protein	21.15	G	Percent Of	⇒	Protein	30.48%
Cholesterol	51	Mg	60.44	Mg	Carbohydrates	34.60	G	⇒	⇒	Carbohydrates	49.85%
Sodium	696	Mg	181	RE	Total Fat	5.10	G	⇒	⇒	Total Fat	16.53%
Dietary Fiber	2.18	G	18.59	Mg	Saturated Fat	1.34	G	From	⇒	Saturated Fat	4.34%

Production Notes:

Variation for Making Roux: Braising Pan/Tilting Skillet Method – Brown flour in braising pan over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is slightly brown in color. Continue with Step 2 for making Gumbo.

Serving Notes:

If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration (41°F) and fully cook before adding to recipe.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Chicken Gumbo, Mix (804)

(Chicken Gumbo, Mix MC804)

Source: MS Cycles II

Meat/Meat Alternate-Vegetable-Grain/Bread

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Tony's Roux Mix		1 bag		2 bags		<p>PULL SUB-RECIPE FOR RICE (1344)</p> <ol style="list-style-type: none"> To make roux: Over medium heat, whisk Tony's Roux Mix with cool water. Bring to a boil. After mixture thickens, remove from heat. Continue to stir until well mixed. Heat oil in a tilting skillet or steam-jacketed kettle over medium heat. Add onion, celery, green pepper, and garlic powder. Sauté 5 minutes or until vegetables are tender. Add thyme, cayenne pepper, salt, and roux to sautéed vegetables. Cook 1 minute, stirring constantly. Add chicken broth and next 4 ingredients (through okra). Bring to a boil. Optional Directions - Okra may be omitted. Cover, reduce heat, and simmer 15 minutes. Pour chicken gumbo in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. <p>CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.</p> <ol style="list-style-type: none"> Prepare rice according to recipe directions. Place rice in half-size steam table pans (12"X10"X4"). Using appropriate portion control, portion rice with 4oz spoodle or #8 scoop. Serve 8 oz (#8 ladle) gumbo over rice. <p>CCP: Hold and maintain product at a minimum temperature 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Water		2 qt 2 cups		1 1/4 gal.		
Oil						
Fresh Onions, Diced	2 lb.	3 1/2 cups	4 lb.	1 qt 3 cups		
Fresh Celery, Diced	12 oz.	3 1/2 cups	1 lb 8 oz.	1 qt 3 cups		
Green Peppers, Diced	1 lb 2 oz.	3 1/2 cups	2 lb 4 oz.	1 qt 3 cups		
Garlic Powder		1/4 cup		1/4 cup		
Ground Thyme		2 Tbsp.		1/4 cup		
Cayenne Pepper		2 Tbsp.		1/4 cup		
Table Salt		2 tsp.		1 Tbsp 1 tsp.		
Chicken Broth		1/4 gal 2 1/2 cups		1 3/4 gal 1 cup.		
Chicken, Cooked & Diced	6 lb 4 oz.	1/3 cup 2 tsp	12 lb 8 oz.	3/4 cup.		
Worcestershire Sauce		1 No. 10 can		2 No. 10 cans		
Tomatoes, Diced						
Boiled Okra Drained	1 lb 4 oz.		2 lb 8 oz.			
Rice (130)		1 1/2 gal 1 cup		3 gal 2 cups.		

Chicken Gumbo, Mix (Continued)

Serving: 8 oz gumbo and 1/2 cup rice provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 portions gumbo and rice
100 servings: 100 portions gumbo and rice

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	268		Iron	2.77	Mg	Protein	20.60	G	Percent ⇒	Protein	30.75%
Cholesterol	51	Mg	Calcium	61.78	Mg	Carbohydrates	29.68	G	Of ⇒	Carbohydrates	44.29%
Sodium	720	Mg	Vitamin A	182	RE	Total Fat	6.43	G	Calories ⇒	Total Fat	21.59%
Dietary Fiber	2.01	G	Vitamin C	23.20	Mg	Saturated Fat	1.53	G	From ⇒	Saturated Fat	5.13%

Production Notes:

Serving Notes:

If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration (41°F) and fully cook before adding to recipe.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes: