Spiced Apple Topping

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter Honey	2 oz 1 lb 8 oz	1/4 cup 3 cups	4 oz 3 lb	1/2 cup 1 qt 2 cups		1. Melt margarine or butter and honey in stock pot or steam-jacketed kettle.
Apple juice Cornstarch Ground cinnamon Ground nutmeg		1 qt 1 1/2 cups 1/2 cup 1 Tbsp 1 1/2 tsp		2 qt 3 cups 1 cup 2 Tbsp 1 Tbsp		2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg. 3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
Vanilla Canned, unsweetened, sliced apples	 4 lb 2 oz	2 tsp 2 qt	 8 lb 4 oz	1 Tbsp 1 tsp 1 gal		4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor. 5. Serve over waffles, pancakes, or ice cream.

(over)

Spiced Apple Topping *(continued, page 2 of 2)*

SERVING: ¼ cup (No. 16 scoop)
provides ¼ cup of fruit

YIELD: 50 servings: 8 lb 6 oz
100 servings: 16 lb 12 oz

VOLUME: 50 servings: 1 gal
100 servings: 2 gal

Special Tip: For each 50 servings, add 1 cup of raisins with the apples for a flavorful topping.

Nutrients Per Serving

Calories	88	Saturated Fat	.2 g	Iron	.3 mg
Protein	0 g	Cholesterol	0 mg	Calcium	7 mg
Carbohydrate	21 g	Vitamin A	13 RE/54 IU	Sodium	13 mg
Total Fat	1.1 g	Vitamin C	0 mg	Dietary Fiber	1 g

Honey Barbecue Sauce

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dried onions		2 Tbsp		1/4 cup		1. Reconstitute onions in an equal amount of hot water. Do not drain.
Hot water		2 Tbsp		1/4 cup		
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups		2. Melt margarine or butter in stock pot or steam-jacketed kettle and add onions. Saute onions until lightly browned, about 5 minutes.
Honey	2 lb	1 qt	4 lb	2 qt		3. Add remaining ingredients and allow to simmer, uncovered, for 20 to 30 minutes.
White pepper		1 Tbsp		2 Tbsp		
Paprika		2 Tbsp		1/4 cup		
Prepared yellow mustard		1 Tbsp		2 Tbsp		4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
Worcestershire sauce		2 Tbsp		1/4 cup		
Catsup		3 cups		1 qt 2 cups		
Granulated garlic		1 tsp		2 tsp		
White vinegar		1/2 cup		1 cup		
Tomato paste	8 oz	1 cup	1 lb	2 cups		

(over)

Honey Barbecue Sauce *(continued, page 2 of 2)*

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 50 servings: 4 lb 6 oz
100 servings: 8 lb 12 oz

VOLUME: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Nutrients Per Serving

Calories	104	Saturated Fat	.6 g	Iron	.5 mg
Protein	1 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	21 g	Vitamin A	96 RE/735 IU	Sodium	241 mg
Total Fat	2.9 g	Vitamin C	5 mg	Dietary Fiber	1 g

Stir-Fry Sauce

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce		1 cup		2 cups		1. Dissolve cornstarch in soy sauce. Add spices and sesame oil (optional) to this mixture.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups		
Ground ginger		1/2 tsp		1 tsp		
Granulated garlic		3 Tbsp		1/4 cup 2 Tbsp		
White pepper		2 tsp		1 Tbsp 1 tsp		
Sesame oil (optional)		1/4 cup		1/2 cup		
Low-sodium beef, chicken, or vegetable stock, non-MSG		2 qt		1 gal		2. Heat beef, chicken, or vegetable stock in pot to the boiling point. 3. Slowly stir in cornstarch-soy sauce mixture and return to boil. Continue cooking until sauce is smooth and thickened. Remove from heat.

(over)

SERVING: 3 Tbsp

YIELD: 50 servings: 4 lb 14 oz
100 servings: 9 lb 12 oz

VOLUME: 50 servings: 2 qt 1½ cups
100 servings: 1 gal 3 cups

Special Tips: 1) This sauce can be made 1 to 2 days in advance.

2) Makes an excellent dressing for a vegetable stir-fry. Use 1 qt of sauce for each 12 lb of vegetables.

Nutrients Per Serving

Calories	16	Saturated Fat	.1 g	Iron	.1 mg
Protein	1 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	3 g	Vitamin A	0 RE/1 IU	Sodium	388 mg
Total Fat	.1 g	Vitamin C	0 mg	Dietary Fiber	0 g

Teriyaki Sauce

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Brown sugar	4 oz	1/2 cup	8 oz	1 cup		1. Mix all dry ingredients in a bowl.
Garlic powder		2 1/2 tsp		1 Tbsp 2 tsp		
Onion salt		2 tsp		1 Tbsp 1 tsp		
Ground ginger	1 oz	1 1/2 tsp	2 oz	1 Tbsp		
Worcestershire sauce		2 Tbsp		1/4 cup		2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well mixed.
Catsup	2 lb 8 oz	1 qt	5 lb	2 qt		3. Cover and place in refrigerator overnight to develop flavors.
Cider vinegar		1/2 cup		1 cup		4. Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.
Low-sodium soy sauce		1 cup		2 cups		

(over)

Teriyaki Sauce *(continued, page 2 of 2)*

SERVING: 2 Tbsp (1 oz ladle)

YIELD: 50 servings: 3 lb 12 oz
100 servings: 7 lb 8 oz

VOLUME: 50 servings: 1 qt 2½ cups
100 servings: 3 qt 1 cup

Nutrients Per Serving

Calories	37	Saturated Fat	0 g	Iron	.4 mg
Protein	1 g	Cholesterol	0 mg	Calcium	9 mg
Carbohydrate	9 g	Vitamin A	22 RE/223 IU	Sodium	497 mg
Total Fat	.1 g	Vitamin C	3 mg	Dietary Fiber	0 g

Cucumber Sauce

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Fresh cucumbers, peeled, seeded	1 lb 10 oz		3 lb 4 oz			1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander, and press to remove juice.
*Onions, minced	2 oz	1/4 cup	4 oz	1/2 cup		2. In a separate bowl, mix together the rest of the ingredients.
Lowfat mayonnaise	8 oz	1 cup	1 lb	2 cups		
White vinegar		2 Tbsp 1 tsp		1/4 cup 2 tsp		
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt		
Parsley flakes		2 Tbsp		1/4 cup		
Salt		1/4 tsp		1/2 tsp		
White pepper		1/4 tsp		1/2 tsp		
						3. Fold cucumbers into mixture. 4. Chill at least 2 hours before serving. 5. Serve with Gyro Sandwich (F-9).

*See Marketing Guide.

(over)

Cucumber Sauce *(continued, page 2 of 2)*

SERVING: 2 Tbsp (1 ounce ladle)

YIELD: 50 servings: 3 lb 2 oz
100 servings: 6 lb 4 oz

VOLUME: 50 servings: 1 qt 2½ cups
100 servings: 3 qt 1 cup

Special Tips:

1) For a quick Cucumber Sauce, add 1 lb 10 oz grated cucumbers to 3 cups of Ranch Dressing (E-19) for 50 servings. For 100 servings, add 3 lb 4 oz grated cucumbers to 1 qt 2 cups of Ranch Dressing.

2) For best results, to develop flavor, prepare the night before.

Nutrients Per Serving

Calories	19	Saturated Fat	.2 g	Iron	.1 mg
Protein	1 g	Cholesterol	2 mg	Calcium	20 mg
Carbohydrate	2 g	Vitamin A	3 RE/18 IU	Sodium	41 mg
Total Fat	1.0 g	Vitamin C	1 mg	Dietary Fiber	0 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Cucumbers	1 lb 15 oz	3 lb 14 oz	.....
Onions	3 oz	6 oz	.....