

Sukiyaki-Style Stir Fry

L-006-01
Meat, Fish and Poultry

Color Code:
Sodium:

Yield: 100 Portions

Each Portion: 1 cup (5-½ oz)

Temperature: 350°F (177°C)

Time: 6 - 7 min.

INGREDIENTS

Marinade:

Item	Measure	Weight	Approx issue
PLANT BASED GROUND OR CRUMBLES, FROZEN, THAWED		15 lb 8 oz	21 lb 6 oz
SOY SAUCE, LOW SODIUM	¾ cup	8 oz	
PEPPER, BLACK, GROUND	2 tsp	0.14 oz	

Sauce:

Item	Measure	Weight	Approx issue
SOY SAUCE, LOW SODIUM	1-½ qt	3 lb 13 oz	
SUGAR, GRANULATED	1 cup + 2 tbsp	7-¾ oz	
CORNSTARCH	1-¼ cup	5 oz	
PEPPER, BLACK, GROUND	1 tbsp + 1 tsp	0.28 oz	

Vegetables:

Item	Measure	Weight	Approx issue
OIL, CANOLA	1 cup	7-½ oz	
CELERY, DICED DIAGONALLY, ½-INCH	1 gal + 1-¼ qt	4 lb 5 oz	5 lb 3 oz
PEPPER, BELL, GREEN, JULIENNE ¼-INCH	1 gal	3 lb 7 oz	4 lb 5 oz
ONION, YELLOW, SLICED ¼-INCH	1 gal	3 lb 6 oz	3 lb 14 oz
CABBAGE, GREEN, SHREDDED	1-¼ gal	2 lb 10 oz	3 lb 5 oz
MUSHROOMS, SLICED, CANNED, DRAINED	1 gal	6 lb	
BEAN SPROUTS, CANNED, DRAINED	2-½ qt	2 lb 3 oz	⅝ - No. 10 Can

DIRECTIONS

CP: Temper beef under refrigeration at 41°F (5°C).

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Slice celery diagonally to ⅛-inch slice, julienne pepper to ¼-inch thick strips, slice onions ¼-inch, shred cabbage and slice green onion 1½-inch long.
2. Preheat tilt skillet to 350°F (177°C).
3. Marinade: Combine ¾ cup (8 oz) soy sauce, 1 tbsp salt and 2 tsp (0.14 oz) pepper. Pour mixture over plant based meat and CP: marinate under refrigeration at 41°F (5°C) for 2 hours.
4. Combine 1-½ qt (3 lb 13 oz) soy sauce, sugar, cornstarch and 1 tbsp + 1 tsp (0.28 oz) pepper. Reserve for use in Step 9.
5. Heat oil on tilt skillet. Add celery, bell pepper, onion and cabbage. Cook vegetables for 3 minutes, tossing frequently.
6. Add the plant based meat and any residual marinade to the tilt skillet. Cook for an additional 2 minutes, tossing frequently.
7. Add mushrooms, bean sprouts, green onions, and reserved sauce; toss to distribute sauce evenly. Cook for 1 to 2 minutes. CCP: Internal temperature of plant based meat must reach 155°F (68°C) for 15 seconds.
8. Remove from heat and serve immediately or CP: Hold hot at 135°F (57°C).

RECIPE NOTES

1. Serving suggestion: Serve over white or brown rice.
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories

Carbohydrates

Sugars*

Protein

Fat

Saturated Fat

Sodium

Calcium

Fiber