

ORIENTAL STIR-FRY CABBAGE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
56 cal	12 g	3 g	0 g	0 mg	384 mg	61 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
SOY SAUCE	1-3/8 lbs	2-1/4 cup	
SUGAR,BROWN,PACKED	5-1/8 oz	1 cup	
GARLIC POWDER	1-3/4 oz	1/4 cup 2-1/3 tbsp	
GINGER,GROUND	3/4 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	3/8 oz	1 tbsp	
WATER	1-1/8 lbs	2-1/4 cup	
CORNSTARCH	7/8 oz	3 tbsp	
CABBAGE,GREEN,FRESH,SHREDDED	24 lbs	9 gal 2-7/8 qts	30 lbs
PEPPERS,RED,FRESH,SLICED	5 lbs	1 gal 2-1/8 qts	6-1/8 lbs
ONIONS,FRESH,SLICED	5 lbs	1 gal 7/8 qts	5-1/2 lbs
COOKING SPRAY,NONSTICK	1 oz	2 tbsp	

Method

- 1 Combine soy sauce, brown sugar, garlic powder, ginger and pepper; mix thoroughly. Bring to a boil; reduce heat to simmer.
- 2 Blend cornstarch with water until dissolved; add to soy sauce mixture stirring constantly; simmer 2 minutes or until lightly thickened and clear. Remove from heat.
- 3 Preheat tilt-fry pan. Spray lightly with non-stick spray. Stir and cook vegetables in 25 portion batches as follows: Cabbage and onions, 5 minutes; add red peppers for 1 minute. Do not overcook!
- 4 Remove to serving pans. Pour 1-1/4 cups sauce over each 25 portion batch of cabbage. Mix thoroughly to distribute the sauce. CCP: Heat to 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.