

SOUTHERN ONIONS (DEHY ONIONS)

Yield 100 Portions
Each Portion 6 OUNCES

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
117 kcal	18.7 gm	2 gm	4.5 gm	34.6 %	0 mg	365 mg		0 mg

Ingredients	Weight	Measure	Issue
WATER 1	32 lbs	3 gal 3 qt 1 c 5 tbsp 1 1/4 tsp	
ONIONS, DRY, WHITE, CHOPPED	7 lbs 8 oz	0 gal	
OIL, SALAD, CANOLA	1 lb	1 pt 1 tbsp 7/8 tsp	
SPICE, SALT, TABLE, IODIZED	3 1/4 oz	5 tbsp 1/8 tsp	
SPICE, PEPPER, BLACK	0 lbs 1/4 oz	1 tbsp 1/8 tsp	

METHODS

- 1 Rehydrate onions in water 1 hour; drain well.
- 2 Blend canola oil, salt and pepper with onions in steam-jacketed kettle or stock pot.
- 3 Cover; bring to a boil. Reduce heat; simmer 20 minutes or until tender and slightly browned, stirring occasionally.
- 4 Drain well. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.