

SESAME GLAZED GREEN BEANS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
90 cal	14 g	4 g	3 g	0 mg	412 mg	62 mg

Ingredient

SESAME SEEDS
 JUICE,APPLE,CANNED
 SOY SAUCE
 SUGAR,BROWN,PACKED
 GARLIC POWDER
 CORNSTARCH
 PEPPER,BLACK,GROUND
 GINGER,GROUND
 WATER
 BEANS,GREEN,FROZEN,WHOLE

Weight

1-1/8 lbs
 1-7/8 lbs
 1-5/8 lbs
 5-1/8 oz
 7-1/8 oz
 1-1/8 oz
 1/2 oz
 1/2 oz
 18-3/4 lbs
 25-1/8 lbs

Measure

3-1/2 cup
 3-1/2 cup
 2-1/2 cup
 1 cup
 1-1/2 cup
 1/4 cup 1/3 tbsp
 2 tbsp
 2-1/3 tbsp
 2 gal 1 qts
 5 gal 3 qts

Issue**Method**

- 1 Place sesame seeds on sheet pan in single layer. Using a convection oven, bake in 350 F. for 10 minutes on low fan, open vent. Transfer immediately to another sheet pan to cool.
- 2 Combine apple juice, soy sauce, brown sugar, garlic powder, cornstarch, ginger and pepper in steam-jacketed kettle or stock pot. Stir well to dissolve cornstarch. Bring to a boil; reduce heat; simmer 5 minutes or until thick and clear.
- 3 Bring water to a boil in steam-jacketed kettle or stock pot. Add beans. Stir well. Return to a boil. Cook 3 to 4 minutes or until almost tender, stirring occasionally. Drain well.
- 4 Add sauce to beans; stir-cook 2 to 3 minutes to evenly coat and thoroughly heat the beans. Do not over cook.
- 5 Remove to serving pans. Sprinkle 3-1/2 ounces or 3/4 cup sesame seeds over each 25 portions of beans. Toss to distribute sesame seeds. CCP: Hold at 140 F. or higher for service.