

SOUTH OF THE BORDER BROCCOLI

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
40 cal	7 g	4 g	0 g	0 mg	421 mg	57 mg

Ingredient

BROCCOLI,FROZEN,CUT
SALT
WATER,BOILING
SAUCE,SALSA
CILANTRO,DRY

Weight

20 lbs
7/8 oz
8 lbs
11-1/4 lbs
1/2 oz

Measure

3 gal 2-1/2 qts
1 tbsp
3 qts 3-3/8 cup
1 gal 1-1/4 qts
1/2 cup

Issue

Method

- 1 Add broccoli to boiling salted water; return to a boil. Cook uncovered, 5 minutes or until tender-crisp. Drain; place 5 pounds broccoli in each steam table pan.
- 2 Mix Salsa and cilantro. Heat to 145 F. or higher for 15 seconds. Pour 5 cups Salsa over broccoli in each pan. Mix lightly. CCP: Hold for service at 140 F. or higher.
- 3 Use batch preparation techniques. Toss salsa and broccoli just before service to prevent discoloration of the broccoli.