

The Culinary Institute of America

Recipe: 000087 HFHK Ratatouille

Recipe Source: Rico Griffone
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: .75Cup

004053 OIL, OLIVE, SALAD OR COOKING..... 011282 ONIONS, RAW..... 011215 GARLIC, RAW.....	10 OZ 9 CUP, chopped 3/4 CUP	Heat the oil in a large pan or a tilt skillet over medium heat. Add the onions and saute until translucent, 4-5 minutes. Add the chopped garlic and saute until soft, about 1 minute.
002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 901071 OREGANO LEAVES, DRIED..... 002044 BASIL, FRESH..... 799906 THYME LEAF, DRIED.....	2 TSP 1 TSP, ground 2 TSP, leaves 2 TSP, chopped 1 TSP, leaves	Add the salt, pepper, oregano, basil, and thyme and stir to combine.
011333 PEPPERS, SWEET, GREEN, RAW..... 011209 EGGPLANT, RAW..... 011477 SQUASH, SMMR, ZUCCHINI, INCL SKN, RAW..... 050542 TOMATOES, DICED, LOW-SODIUM, CANNED....	3 3/4 CUP, chopped 1 GAL, cubes + 3 QT, cubes 2 QT, chopped + 3 3/4 CUP, chopped 2 QT + 3 3/4 CUP	Turn the heat to medium low and add vegetables at about 3 minute intervals, stirring well to coat with the oil and to keep them from sticking or scorching. Add them in the following sequence: peppers, eggplant, zucchini, and tomatoes. bring to a simmer and cook, covered, until all the ingredients are tender and properly cooked, about 30 minutes. Add water if necessary to keep the vegetables moist, but not soupy.
011297 PARSLEY, RAW.....	1 CUP, chopped	Add the fresh parsley right before serving.

*Nutrients are based upon 1 Portion Size (.75Cup)

Calories	96 kcal	Cholesterol	0.00 mg	Protein	1.87 g	Calcium	42.08 mg	55.60%	Calories from Total Fat
Total Fat	5.92 g	Sodium	166.01 mg	Vitamin A	97.86 RE	Iron	0.84 mg	7.96%	Calories from Saturated Fat
Saturated Fat	0.85 g	Carbohydrates	9.98 g	Vitamin A	570.17 IU	Water ¹	*108.45* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.94 g	Vitamin C	25.25 mg	Ash ¹	*0.93* g	41.67%	Calories from Carbohydrates
								7.78%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			N - Milk	
Grain.....	oz			N - Egg	
Fruit.....	cup			N - Peanut	
Vegetable.....	0.750 cup			N - Tree Nut	
Milk.....	cup			N - Fish	
Moisture & Fat Change				N - Shellfish	
Moisture Change.	0%			N - Soy	
Fat Change.....	0%			N - Wheat	
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	004053	OIL, OLIVE, SALAD OR COOKING			
I	011282	ONIONS, RAW			
I	011215	GARLIC, RAW			
I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			
I	901071	OREGANO LEAVES, DRIED			
I	002044	BASIL, FRESH			
I	799906	THYME LEAF, DRIED			
I	011333	PEPPERS, SWEET, GREEN, RAW			
I	011209	EGGPLANT, RAW			
I	011477	SQUASH, SMMR, ZUCCHINI, INCL SKN, RAW			
I	050542	TOMATOES, DICED, LOW-SODIUM, CANNED			
I	011297	PARSLEY, RAW			

Notes

Production Notes:

All measures are for vegetables AFTER they have been trimmed and cut (edible quantities).

Eggplant: trim ends and cut into 1/2 inch cubes. Place cut eggplant in a colander and sprinkle with salt. Let sit for at least 1 hour; some of the moisture in the eggplant will be drawn out, improving flavor and texture of the eggplant.

Serving Notes:

This dish can be served as a side dish, or can be used as a component in a main dish such as:

Ratatouille Lasagna

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Recipe

Apr 8, 2014

Baked Ziti with Ratatouille

Purchasing Guide:

Miscellaneous Notes:

This dish can be made in advance. Cool and store properly for later service. This recipe can also be frozen for longer storage.

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