



Recipe Production

Recipe Number: HK2279

Recipe Name: Umami Burger

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description: 1 patty

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 patty				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1013	BASE VEG NO MSG 6/1 LB	10	CUP			(Unassigned)
HK26	Freekeh, greenwheat	2	Pound	8	Ounce	(Unassigned)
HK28	Black Forest Rice Lentil Blend	2	Pound	11 1/3	Ounce	(Unassigned)
HK30	Flax Seed	1 3/4	Cup			(Unassigned)
HK32	Nutritional Yeast	2 1/2	Cup			(Unassigned)
9538	ONION YELLOW JMB 50 LB	10	Cup, finely diced 1/			(Unassigned)
1013	BASE VEG NO MSG 6/1 LB	40	CUP			(Unassigned)
2572	MUSHROOM BUTTON 10 LB	5	Pound			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	1	Cup	4	Tbsp	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	10	Tbsp			(Unassigned)
TAP	WATER	1	Pint	1 1/3	Cup	(Unassigned)
3523	BREADCRUMBS PANKO 25 LB	1	Pint	8	Tbsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	6	Tbsp	2	tsp	(Unassigned)
1022	SPICE PEPPER BLK 18OZ	3	Tbsp	1	tsp	(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

Preparation Instructions

- 1) In a pot, bring the first listed stock (for the freekeh) to a boil. Add freekeh, reduce to a simmer and cook until grains are tender and liquid is absorbed, about 20 minutes. CCP - Cool quickly (per HACCP) to internal temperature of 40 degrees F. or below for use.
- 2) In a pot, bring the second listed stock (for the Black Forest Blend) to a boil. Add the blend, reduce to a simmer and cook until lentils are tender, 15 - 17 minutes. Drain any remaining liquid. CCP - Cool quickly (per HACCP) to internal temperature of 40 degrees F. or below for use.
- 3) Working in batches, place the mushrooms, onions and garlic in the bowl of a food processor and pulse until the mixture is finely chopped, but not too wet.
- 4) Heat the oil over medium heat in a pan large enough to hold the mushroom mixture.
- 5) Add mushroom mixture to the pan and cook, stirring occasionally, until the mixture has lost most of its moisture. (about 30 minutes)
- 6) Grind the flaxseed in a food processor and combine the ground flaxseed and warm water in a small bowl and let stand for 10 minutes to hydrate.



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- 7) Cool the mushrooms, then combine with the flaxseed mixture, nutritional yeast, breadcrumbs, salt and pepper.
- 8) Mix well, chill for 2 hours.
- 9) Form mixture into 5 ounce (by weight) patties.
- 10) Heat a non - stick griddle and cook the burgers until browned and cooked through, about 10 minutes per side

Serving Instructions

CCP - Minimum internal temperature should be at least 165 degrees F. (for 15 seconds). CCP - Hold hot (140 degrees F. or above) for service.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	14,898.8591	104.2909	148.9886		
Saturated Fat	g	67.4864	0.4724	0.6749	4.08	*
Sodium	mg	90,668.3394	634.6716	906.6834		*
Total Trans	g	27.3003	0.1911	0.2730		*
Total Fat	g	332.4607	2.3272	3.3246	20.08	*
Cholesterol	mg	0.0000	0.0000	0.0000		*
Carbohydrate	g	2,301.4960	16.1103	23.0150	61.79	
Total Dietary Fiber	g	608.6779	4.2607	6.0868		
Protein	g	861.4806	6.0303	8.6148	23.13	
Vitamin A (RE)	RE	3.9858	0.0279	0.0399		*
Vitamin A (IU)	IU	101.0868	0.7076	1.0109		*
Vitamin C	mg	192.0592	1.3444	1.9206		*
Calcium	mg	2,082.4651	14.5771	20.8247		*
Iron	mg	66.9007	0.4683	0.6690		*
Moisture	g	4,052.2861	28.3657	40.5229		*
Ash	g	166.6875	1.1668	1.6669		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
1013	BASE VEG NO MSG 6/1 LB	1.00	(Unassigned)	2	0.82	CONT (1 LB)	/
HK26	Freekeh, greenwheat	1.00	(Unassigned)	2	0.50	Pound	/
HK28	Black Forest Rice Lentil Blend	1.00	(Unassigned)	2	0.71	Pound	/
HK30	Flax Seed	1.00	(Unassigned)	0	0.62	Case	/
HK32	Nutritional Yeast	1.00	(Unassigned)	0	0.71	Case	/
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	2	0.54	LB	/
1013	BASE VEG NO MSG 6/1 LB	1.00	(Unassigned)	11	0.29	CONT (1 LB)	/
2572	MUSHROOM BUTTON 10 LB	1.00	(Unassigned)	5	0.00	LB	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.37	LB	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
3523	BREADCRUMBS PANKO 25 LB	1.00	(Unassigned)	0	0.60	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.09	BOX (3 LB)	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.74	OZ	/



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REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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