

# Whole Grain Apple Crisp

Dessert

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour, enriched	13 ½ oz	3 cups			<ol style="list-style-type: none"> <li>For topping: Combine flours, rolled oats or rolled wheat, brown sugar, cinnamon, nutmeg (optional), salt, and margarine. Mix until crumbly. Set aside for step 6.</li> <li>For filling: Drain apples, reserving juice. For 100 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for step 5.</li> <li>Place 5 lb 9 oz (2 qt 3 ¾ c) apples into each steam table pan (12" x 20" x 2 ½"). For 100 servings, use 2 pans.</li> <li>Sprinkle 1 lb. sugar, 1 Tbsp cornstarch, 1 ½ tsp cinnamon, and ¼ c lemon juice over apples in each pan. Stir to combine.</li> </ol>
Whole wheat flour	14 ½ oz	3 ½ cup			
Rolled oats	1 lb 2 oz	1 qt 2 ¼ cups			
Or	Or	Or			
Rolled wheat	1 lb 2 oz	1 qt 2 cups			
Brown sugar	1 lb 14 oz	1 qt			
Ground cinnamon		3 Tbsp			
Ground nutmeg (optional)		3 Tbsp			
Salt		1 tsp			
Margarine	2 lb	1 qt			
Apples, canned, unsweetened, sliced, solid, packed in water	11 lb 2 oz	1 gal 2 ½ qt (2 No.10 can)			
Water, as needed					
Sugar	2 lbs	1 qt			
Cornstarch		2 Tbsp			
Ground cinnamon		1 Tbsp			

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Whole Grain Apple Crisp continued

Frozen lemon juice concentrate, reconstituted		½ cup			<p>5. Pour 1 ½ c liquid over apples in each pan.          6. Sprinkle 3 lb 6 oz (approximately 2 qt 1 c) topping evenly over apples in each steam table pan.          7. Bake until topping is browned and crisp and filling is bubbling around edges:          Conventional oven: 425°F for 35-45 min;          Convection oven: 350°F for 25-35 min</p> <p>8. Cut each pan 5 x 10 (50 pieces per pan).</p> <p>Total weight cooking: 9 lb 15 oz/pan</p>
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Serving Size	1 Serving Provides	Yield
1 piece	¼ c of fruit. For Enhanced Meal Pattern only: 1 piece also provides ¼ serving grains/breads.	About 20 lb, 12 oz or 2 steam table pans; 100 Servings

**Nutrients Per Serving**

Calories	200	Vitamin A	325 IU	Iron	1 mg
Protein	2 g	Vitamin C	0.9 mg	Calcium	20 mg
Carbohydrate	32 g	Dietary Fiber	2 g	Cholesterol	0 mg
Fat	7.5 g	% Fat	34 %	Sodium	100 mg
Saturated Fat	1.4 g	% Saturated Fat	6 %		