

Recipe Prep Sheet

American Dairy Association North East



990155 - Haitian Beef Porridge w/Apple & Herb Yogurt

Recipe HACCP Process: #3 Complex Food Preparation

Source:

Number of Portions: 50

Portion Size: 1 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
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902040	Ground Beef	10 LB	No Instructions Assigned
002074	SEASONING MIX, DRY, SAZON, CORIANDER & ANNATTO	5 TSP	
R-990154	EPIS SEASONING	1 (1 CUP)	
002020	GARLIC POWDER	3 1/2 TBSP	
011352	POTATO, FLESH & SKN, RAW	20 Pota medium (2 1/4" 3 1/4")	
011333	PEPPERS, SWEET, GREEN, RAW	2 1/2 CUP, sliced	
011978	PEPPERS, ANCHO, DRIED	2 oz	
011821	PEPPERS, SWEET, RED, RAW	2 1/2 CUP, sliced	
011282	ONIONS, RAW	2 1/2 CUP, sliced	
011124	CARROTS, RAW	1 1/4 CUP, strips/slices	
011143	CELERY, RAW	1 1/4 cup chopped	
008402	CEREALS, QUAKER, QUICK OATS, DRY	5 CUP	
014429	WATER	2 1/2 qt	
042307	MARGARINE-LIKE, BUTTER-MARGARINE BLEND, 80% FAT	7 TBSP	
002042	SPICES, THYME, DRIED	3 1/2 tbsp, ground	
002029	PARSLEY, DRIED	3 1/2 TBSP	
011156	CHIVES, RAW	3 1/2 tbsp, chopped	
011291	ONIONS, SPRING OR SCALLIONS (INCL TOPS & BULB), RAW	5 medium (4-1/8" long)	
001308	YOGURT, GREEK, WHL, PLN,	2 1/2 LB	
051448	APPLES, GALA, FRESH, WITH SKIN	20 medium (3" dia)	
009160	LIME JUICE, RAW	3 1/2 tbsp	
002029	PARSLEY, DRIED	3 1/2 TBSP	
002042	SPICES, THYME, DRIED	3 1/2 tbsp, leaves	

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R-990154	EPIS SEASONING	1/4 (1 CUP)	
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Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.

CCP: Heat to 165° F or higher for at least 15 seconds

CCP: Hold for hot service at 135° F or higher

Read recipe for steps and ingredient preparation.

*****EPIS seasoning is a sub category recipe attached to this - follow instruction on preparation and ingredient listing*****

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Method for Filling: (Scallions will be used for garnish only)

1. Slice Green Peppers,Red Peppers,and Onion
2. Prepare Epis Recipe and add one cup of finished seasoning to your raw vegetables.
3. Small dice your potatoes - Yukon Gold Potatoes work very well in this recipe.
4. In braising pan or tilt skillet add your beef,Epis and seasonings and place on medium high heat. Stir while heating to incorporate all the seasonings and allow the meat to release its liquid.
5. While meat mixture is cooking,place diced potatoes on sheet tray and season potatoes with salt,pepper,and oil and place in oven at 400 degrees for 25 minutes. Cook them until golden brown. Set aside
6. After the meat mixture has started to brown,add green and red peppers,sliced onions,(not the scallions),sliced carrots,sliced celery,and Epis seasoning,and cook until tender.
7. Add the quick oats to the pan,stir to coat and then add the water. Cook until the water evaporates then add the margarine and roasted potatoes.
8. Taste and adjust the seasoning to add salt and pepper to taste.

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Ingredients for Yogurt topping: (mix these together)

1. Place diced gala apples on sheet tray and add 1tsp salt,1 tsp pepper,and toss with 1/2 cup oil - bake at 400 degrees for 20-25 minutes until golden brown. Let cool
2. In large bowl add: Plain Greek Yogurt,Gala apples diced small,Epis seasoning,Lime Juice,parsley,and thyme. (Salt and Pepper to taste)
3. set this aside

Portion -

1. Place 1 cup of the meat mixture on serving plate
2. Top with 1/4 cup of the Greek Yogurt Mixture and sprinkle of sliced scallions to garnish

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories ¹	319.931 kcal	Total Fat	10.456 g	Total Dietary Fiber	*5.618* g	Vitamin C	*35.523* mg	29.414% Calories from Total Fat
Saturated Fat ¹	3.893 g	Trans Fat ²	*0.057* g	Protein	22.926 g	Iron	*4.273* mg	10.952% Calories from Sat Fat
Sodium ¹	409.971 mg	Cholesterol	*64.094* mg	Vitamin A	1262.104 IU	Water	*227.082* g	*0.160%* Calories from Trans Fat
Sugars	*1.785* g	Carbohydrate	34.716 g	Calcium	*76.707* mg	Ash	*N/A* g	43.404% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			28.664% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2.25 oz eq	Grain	1 oz eq	Fruit	.25 cup	Vegetable	.5 cup	Milk	cup
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