

Recipe Prep Sheet

American Dairy Association North East



990180 - Cheesy Yuca Mash

Recipe HACCP Process: #2 Same Day Service

Source: ADANE

Number of Portions: 50

Portion Size: 1 cup

Ingredient #	Ingredient Name	Measurements	Instructions
011134	CASSAVA,RAW	12 1/2 LB	No Instructions Assigned
799987	FINE SEA SALT	2 tbsp + 2 tsp	
001175	MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D	2 quart	
001145	BUTTER,WITHOUT SALT	1/2 CUP	
051559	Cheese, Mozzarella, Low Moisture Part Skim ,	3 LB + 8 OZ	

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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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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			<p>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.</p> <p>If using frozen yuca may skip this step.</p> <p>Using a large sharp knife,trim off the ends of the yuca root. Then cut the root crosswise into three pieces.</p> <p>Set each piece of yuca cut side up. Use a paring knife to score the peel,including the waxy outer brown skin and the inner pink layer. Carefully wedge the knife between the pink layer and the yuca flesh and remove the skin from the yuca flesh. Repeat with the remaining pieces and cut all pieces into halves lengthwise. Rinse yuca root under cool running water.</p> <p>In a medium pot over medium-high heat,add yuca,salt,and enough water to cover the yuca by about an inch.</p> <p>Boil until the yuca is soft and can easily be pierced with a knife,approximately 25 to 35 minutes.</p> <p>In the last 5 minutes of cooking time,warm the milk in a small saucepan over medium-high heat. Once warm,set it aside.</p> <p>Reserve 1 cup of water and drain remaining liquid. Set the reserved cup aside.</p> <p>Transfer the yuca to a large bowl. If any of the yuca pieces have a fibrous stem in the middle,remove it.</p> <p>Mash yuca and add butter and milk. If mash becomes too thick,add a little of the reserved water the yuca was boiled in.</p> <p>Stir in cheese and serve.</p> <p>CCP: Hold for hot service at 135° F or higher</p>

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

Calories ¹	316.179 kcal	Total Fat	10.477 g	Total Dietary Fiber	2.041 g	Vitamin C	*23.360* mg	29.822% Calories from Total Fat
Saturated Fat ¹	7.148 g	Trans Fat ²	*0.000* g	Protein	10.815 g	Iron	*0.318* mg	20.347% Calories from Sat Fat
Sodium ¹	231.278 mg	Cholesterol	29.514 mg	Vitamin A	*89.868* IU	Water	*103.148* g	*0.000%* Calories from Trans Fat
Total Sugars	*3.959* g	Carbohydrate	45.109 g	Calcium	*67.489* mg	Ash	*0.998* g	57.067% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			13.682% Calories from Protein
Type of Fat	-							

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

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