

Italian Seasoning Mix

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Dried basil		1 ¼ cups 2 Tbsp	8 ½ oz	1 qt 1 ½ cups	1. Combine all ingredients. 2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)
Dried oregano		1 ¼ cups 2 Tbsp	8 oz	1 qt 1 ½ cups	
Dried marjoram		1 cup	4 oz	1 qt	
Dried thyme		¼ cup		1 cup	

Nutrients Per Serving *					
Calories	14	Saturated Fat	0.07 g	Iron	3.00 mg
Protein	0.63 g	Cholesterol	0 mg	Calcium	97 mg
Carbohydrate	3.21 g	Vitamin A	395 IU	Sodium	1 mg
Total Fat	0.37 g	Vitamin C	2.8 mg	Dietary Fiber	2.1 g
<i>* Nutrients are based upon 2 Tbsp of mix.</i>					

Mexican Seasoning Mix

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Chili powder	8 ¼ oz	1 ¾ cups	2 lb 5 ½ oz	1 qt 3 cups	1. Combine all ingredients. 2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)
Ground cumin	5 oz	1 ½ cups	1 lb 6 oz	1 qt 1 ⅓ cups	
Paprika		¼ cup 3 Tbsp	7 oz	1 ¾ cups	
Onion powder		¼ cup 3 Tbsp	7 ½ oz	1 ¾ cups	

Nutrients Per Serving *					
Calories	49	Saturated Fat	0.32 g	Iron	4.35 mg
Protein	2.05 g	Cholesterol	0 mg	Calcium	70 mg
Carbohydrate	7.99 g	Vitamin A	3444 IU	Sodium	82 mg
Total Fat	2.41 g	Vitamin C	6.2 mg	Dietary Fiber	3.3 g
<i>* Nutrients are based upon 2 Tbsp of mix.</i>					

Barbecue Sauce

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		½ cup 2 Tbsp		2 ½ cups	1. Simmer chicken stock and onions over medium heat for 5 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
*Fresh onions, chopped OR Dehydrated onions		¼ cup OR 2 Tbsp 1 tsp	6 oz OR 1 oz	1 cup OR ½ cup 1 Tbsp	
Catsup	1 lb 13 oz	2 ¾ cups 2 Tbsp (¼ No. 10 can)	7 lb 3 oz	2 qt 3 ½ cups (1 No. 10 can)	2. Add all other ingredients. Simmer for 15-20 minutes, stirring frequently. Use immediately.
Granulated garlic		½ tsp		2 tsp	
Brown sugar, packed	6 oz	¾ cup	1 lb 8 oz	3 ¼ cups	

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	1 Quart	1 Gallon
Mature onions	2 oz	8 oz

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart

1 Gallon: 128 2 Tbsp servings **1 Gallon:** about 1 gallon

Edited 2004

Barbecue Sauce

Nutrients Per Serving					
Calories	48	Saturated Fat	0.02 g	Iron	0.30 mg
Protein	0.45 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	12.48 g	Vitamin A	261 IU	Sodium	309 mg
Total Fat	0.10 g	Vitamin C	4.0 mg	Dietary Fiber	0.4 g

Brown Gravy

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	8 oz	1 cup	1. Melt margarine or butter in stock pot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.
Enriched all-purpose flour	2 ½ oz	¼ cup 3 ½ Tbsp	10 oz	1 ¾ cups 2 Tbsp	
Beef stock, non-MSG, hot		1 qt ¼ cup		1 gal 1 cup	2. Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Onion powder		1 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		¼ tsp		½ tsp	3. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart
	1 Gallon: 128 2 Tbsp servings	1 Gallon: about 1 gallon

Edited 2004

Special Tip:

Serve over mashed potatoes, noodles, rice, meat, or poultry.

Brown Gravy

Nutrients Per Serving

Calories	23	Saturated Fat	0.33 g	Iron	0.12 mg
Protein	0.36 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	1.97 g	Vitamin A	66 IU	Sodium	35 mg
Total Fat	1.54 g	Vitamin C	0.0 mg	Dietary Fiber	0.1 g

Chicken or Turkey Gravy

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	8 oz	1 cup	1. Melt margarine or butter in stock pot. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes.
Enriched all-purpose flour	2 ½ oz	¼ cup 3 ½ Tbsp	10 oz	1 ¾ cups 2 Tbsp	
Chicken or turkey stock, non-MSG, hot		1 qt ¼ cup		1 gal 1 cup	2. Slowly stir in chicken or turkey stock, poultry seasoning, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Poultry seasoning		½ tsp		2 tsp	
Onion powder		1 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		¼ tsp		½ tsp	3. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
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2 Tbsp (1 oz ladle).

1 Quart: 32 2 Tbsp servings

1 Quart: about 1 quart

1 Gallon: 128 2 Tbsp servings

1 Gallon: about 1 gallon

Edited 2004

Special Tip:

Serve over mashed potatoes, noodles, rice, meat, or poultry.

Chicken or Turkey Gravy

Sauces, Gravies, and Seasoning Mixes

G-03A

Nutrients Per Serving

Calories	23	Saturated Fat	0.31 g	Iron	0.12 mg
Protein	0.38 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	1.99 g	Vitamin A	64 IU	Sodium	35 mg
Total Fat	1.50 g	Vitamin C	0.1 mg	Dietary Fiber	0.1 g

Cream Gravy

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter		2 ½ Tbsp	5 oz	½ cup 2 Tbsp	1. Melt margarine or butter in stock pot. Blend in flour and cook on medium heat, stirring frequently until light brown, 5 minutes.
Enriched all-purpose flour		¼ cup 2 Tbsp	6 oz	1 ½ cups	
Instant nonfat dry milk, reconstituted, hot		1 qt ¼ cup		1 gal 1 cup	2. Slowly stir in reconstituted dry milk, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer on medium heat, stirring constantly until thickened, 6-8 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Onion powder		1 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		¼ tsp		½ tsp	3. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
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2 Tbsp (1 oz ladle).

1 Quart: 32 2 Tbsp servings

1 Quart: about 1 quart

1 Gallon: 128 2 Tbsp servings

1 Gallon: about 1 gallon

Edited 2004

Special Tip:

Serve over mashed potatoes, noodles, rice, meat, or poultry.

Cream Gravy

Sauces, Gravies, and Seasoning Mixes

G-03B

Nutrients Per Serving

Calories	25	Saturated Fat	0.20 g	Iron	0.08 mg
Protein	1.35 g	Cholesterol	1 mg	Calcium	43 mg
Carbohydrate	2.80 g	Vitamin A	41 IU	Sodium	29 mg
Total Fat	0.93 g	Vitamin C	0.2 mg	Dietary Fiber	0.0 g

Nacho Cheese Sauce

Meat/Meat Alternate

Sauces, Gravies, and Seasoning Mixes

G-04

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups	1. Combine milk, cheese, margarine or butter, and seasonings (optional). Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes. 2. Add green chili peppers (optional). Stir to combine. 3. To maintain smooth consistency, serve immediately or keep warm. (If sauce becomes too thick, add a small amount of milk, as needed, stirring well after each addition.) 4. Portion 1 ½ oz ladle (3 Tbsp). CCP: Hold for hot service at 135° F or higher.
Cheese blend of American and skim milk cheeses, shredded	3 lb 6 oz	3 qt 1 ½ cups	6 lb 12 oz	1 gal 2 ¾ qt	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
†Seasonings (optional) Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
Canned green chili peppers, chopped (optional)	2 oz	¼ cup	4 oz	½ cup	

Comments:

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

SERVING:	YIELD:	VOLUME:
3 Tbsp (1 ½ oz ladle) provides 1 oz equivalent meat/meat alternate.	50 Servings: about 4 lb 8 oz	50 Servings: about 2 quarts 1 ½ cups
	100 Servings: about 9 lb	100 Servings: about 1 gallon 3 cups

Nacho Cheese Sauce

Meat/Meat Alternate

Sauces, Gravies, and Seasoning Mixes

G-04

Tested 2004

Special Tip:

Serve over taco shell pieces, baked potato, broccoli, cauliflower, or other vegetables.

Nutrients Per Serving

Calories	99	Saturated Fat	3.63 g	Iron	0.19 mg
Protein	8.21 g	Cholesterol	16 mg	Calcium	239 mg
Carbohydrate	3.30 g	Vitamin A	512 IU	Sodium	476 mg
Total Fat	6.26 g	Vitamin C	0.4 mg	Dietary Fiber	0.1 g

Sweet and Sour Sauce

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 ½ cups 2 Tbsp		1 qt 2 ½ cups	1. Combine stock, vinegar, brown sugar, soy sauce, tomato paste, and pineapple juice. Bring to boil. Reduce heat to simmer. CCP: Heat to 165° F or higher for at least 15 seconds.
White vinegar		½ cup		2 cups	
Brown sugar, packed	2 oz	¼ cup 1 ½ Tbsp	8 oz	1 cup 2 Tbsp	
Low-sodium soy sauce		¼ cup		1 cup	
Canned tomato paste	2 ½ oz	¼ cup	9 ¼ oz	1 cup	
Pineapple juice		1 ¼ cups		1 qt 1 cup	
Cornstarch		¼ cup 1 ½ Tbsp	6 oz	1 ¼ cups 2 Tbsp	2. Combine cornstarch and water. Mix until smooth.
Water, cold		¼ cup		1 cup	3. Add to simmering mixture. Stir occasionally and cook over medium heat until thickened, 6-8 minutes. Use immediately.

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart
	1 Gallon: 128 2 Tbsp servings	1 Gallon: about 1 gallon

Edited 2004

Sweet and Sour Sauce

Nutrients Per Serving					
Calories	21	Saturated Fat	0.01 g	Iron	0.16 mg
Protein	0.27 g	Cholesterol	0 mg	Calcium	5 mg
Carbohydrate	5.18 g	Vitamin A	52 IU	Sodium	83 mg
Total Fat	0.03 g	Vitamin C	2.3 mg	Dietary Fiber	0.1 g

Tartar Sauce

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 5 oz	2 ½ cups 2 Tbsp	5 lb 4 oz	2 qt 2 ½ cups	1. Combine all ingredients. Blend well. 2. Cover. Refrigerate until ready to use. 3. Serve with fish sandwiches, fish portions, or fish sticks.
Sweet pickle relish, undrained, chilled	11 ¼ oz	1 ¼ cups 1 Tbsp	2 lb 13 oz	1 qt 1 ¼ cups	
Dehydrated onions	¼ oz	2 Tbsp	1 oz	½ cup	
Dried parsley		¼ cup		1 cup	
Dry mustard		½ tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart
	1 Gallon: 128 2 Tbsp servings	1 Gallon: about 1 gallon

Edited 2004

Tartar Sauce

Nutrients Per Serving

Calories	63	Saturated Fat	0.58 g	Iron	0.36 mg
Protein	0.23 g	Cholesterol	8 mg	Calcium	5 mg
Carbohydrate	7.94 g	Vitamin A	63 IU	Sodium	246 mg
Total Fat	3.59 g	Vitamin C	0.4 mg	Dietary Fiber	0.4 g

Tomato Sauce (Meatless)

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 ¼ tsp		3 Tbsp	1. Heat oil. Add onions and cook approximately 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	13 ½ oz OR 2 ½ oz	2 ¼ cups OR 1 ¼ cups	
Canned tomato paste	9 ¼ oz	1 cup	2 lb 5 oz	1qt (⅓ No. 10 can)	2. Add tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. CCP: Heat to 140° F or higher.
Canned diced tomatoes, with juice	1 lb 9 ½ oz	3 cups 1 Tbsp (¼ No. 10 can)	6 lb 6 oz	3 qt ¼ cup (1 No. 10 can)	
Water		½ cup		2 cups	
Ground black or white pepper		⅓ tsp		½ tsp	
Dried parsley		1 Tbsp		¼ cup	
Granulated garlic		2 ¼ tsp		1 Tbsp	
†Seasonings Dried basil Dried oregano Dried marjoram Dried thyme		¼ tsp ¼ tsp ⅓ tsp pinch		1 tsp 1 tsp ¾ tsp ¼ tsp	
					3. CCP: Hold for hot service at 135° F or higher. Serve over Meat Loaf (see D-27), Meat Balls (see D- 27A), or Salisbury Steak (see D-33).

Comments:

*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 quart, use ¾ tsp Italian Seasoning Mix. For 1 gallon, use 1 Tbsp Italian Seasoning Mix.

Marketing Guide for Selected Items		
Food as Purchased for	1 Quart	1 Gallon
Mature onions	4 oz	1 lb

Tomato Sauce (Meatless)

Sauces, Gravies, and Seasoning Mixes

G-07

SERVING:

2 Tbsp (1 oz ladle).

YIELD:

1 Quart: 32 2 Tbsp servings

VOLUME:

1 Quart: about 1 quart

1 Gallon: 128 2 Tbsp servings

1 Gallon: about 1 gallon

Tested 2004

Nutrients Per Serving

Calories	16	Saturated Fat	0.05 g	Iron	0.36 mg
Protein	0.56 g	Cholesterol	0 mg	Calcium	11 mg
Carbohydrate	3.01 g	Vitamin A	347 IU	Sodium	37 mg
Total Fat	0.38 g	Vitamin C	8.1 mg	Dietary Fiber	0.7 g

White Sauce

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
THIN WHITE SAUCE:					
Margarine or butter	1 oz	2 Tbsp	4 oz	½ cup	1. Melt margarine or butter. Add flour and salt. Stir until smooth. Cook 5 minutes.
Enriched all-purpose flour		¼ cup 1 Tbsp	4 ½ oz	1 cup 2 Tbsp	
Salt		½ tsp		2 tsp	
Instant nonfat dry milk, reconstituted, hot		1 qt		1 gal	2. Add milk gradually, stirring constantly.
					3. Cook, stirring frequently, until smooth and thick, 12-15 minutes. Use immediately.
					CCP: Hold for hot service at 135° F or higher.
MEDIUM WHITE SAUCE:					
Margarine or butter	2 oz	¼ cup	8 oz	1 cup	
Enriched all-purpose flour	2 ¼ oz	½ cup 1 ½ tsp	9 oz	2 cups 2 Tbsp	
Salt		½ tsp		2 tsp	
Instant nonfat dry milk, reconstituted, hot		1 qt		1 gal	
THICK WHITE SAUCE:					
Margarine or butter	3 oz	¼ cup 2 Tbsp	12 oz	1 ½ cups	
Enriched all-purpose flour	3 ½ oz	¾ cup 1 ½ tsp	13 ½ oz	3 cups 2 Tbsp	
Salt		½ tsp		2 tsp	
Instant nonfat dry milk, reconstituted, hot		1 qt		1 gal	

SUGGESTED USES

THIN WHITE SAUCE: Cream soup; gravy; creamed and scalloped vegetables, eggs, fish, meat.

MEDIUM WHITE SAUCE: Gravy; creamed and scalloped vegetables, eggs, fish, meat.

THICK WHITE SAUCE: Binder for soufflés, croquettes.

White Sauce

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	1 Quart: 32 2 Tbsp servings	1 Quart: about 1 quart
	1 Gallon: 128 2 Tbsp servings	1 Gallon: about 1 gallon

Tested 2004

Nutrients are based on MEDIUM WHITE SAUCE.

Nutrients Per Serving					
Calories	31	Saturated Fat	0.31 g	Iron	0.11 mg
Protein	1.34 g	Cholesterol	1 mg	Calcium	40 mg
Carbohydrate	3.15 g	Vitamin A	64 IU	Sodium	70 mg
Total Fat	1.47 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g

Cheese Sauce

Meat/Meat Alternate

Sauces, Gravies, and Seasoning Mixes

G-08A

Ingredients	1 Quart		1 Gallon		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter		3 Tbsp 1 ½ tsp	7 oz	¾ cup 2 Tbsp	1. Melt margarine or butter. Add flour and salt. Stir until smooth.
Enriched all-purpose flour	2 oz	½ cup	8 oz	1 ¾ cups	
Salt		¼ tsp		1 tsp	
Instant nonfat dry milk, reconstituted, hot		3 ¼ cups		3 qt 1 cup	2. Add milk gradually, stirring constantly.
Cheese blend of American and skim milk cheeses, shredded	10 oz	2 ½ cups	2 ½ lb	2 qt 2 cups	3. Add shredded American cheese. Cook for 12-15 minutes, stirring frequently, until smooth and thick.
CCP: Hold for hot service at 135° F or higher.					

SERVING:	YIELD:	VOLUME:
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2 Tbsp (1 oz ladle) provides ¼ oz equivalent meat/meat alternate.

1 Quart: 32 2 Tbsp servings

1 Quart: about 1 quart

1 Gallon: 128 2 Tbsp servings

1 Gallon: about 1 gallon

Tested 2004

Cheese Sauce

Meat/Meat Alternate

Sauces, Gravies, and Seasoning Mixes

G-08A

Nutrients Per Serving

Calories	49	Saturated Fat	1.21 g	Iron	0.09 mg
Protein	3.30 g	Cholesterol	5 mg	Calcium	95 mg
Carbohydrate	3.30 g	Vitamin A	138 IU	Sodium	175 mg
Total Fat	2.53 g	Vitamin C	0.2 mg	Dietary Fiber	0.1 g

Spiced Apple Topping

Fruit

Sauces, Gravies, and Seasoning Mixes

G-09

Ingredients	1 Gallon		2 Gallon		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	1. Melt margarine or butter and honey in stock pot or steam-jacketed kettle.
Honey	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	
Apple juice		1 qt 1 ½ cups		2 qt 3 cups	2. Dissolve cornstarch in apple juice. Add cinnamon and nutmeg.
Cornstarch	2 ¼ oz	½ cup	4 ½ oz	1 cup	
Ground cinnamon		1 Tbsp		2 Tbsp	3. Add apple juice mixture to honey and margarine. Stir constantly until it comes to a boil and the mixture is thickened and smooth.
Ground nutmeg		1 ½ tsp		1 Tbsp	
Vanilla		2 tsp		1 Tbsp 1 tsp	4. Add drained apples and vanilla to mixture and simmer for 10 minutes to develop flavor.
Canned, unsweetened, sliced apples, drained	4 lb 2 oz	2 qt (⅔ No. 10 can)	8 lb 4 oz	1 gal (1 ⅓ No. 10 cans)	

SERVING:	YIELD:	VOLUME:
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⅓ cup (No. 12 scoop) provides ¼ cup of fruit.

1 Gallon: about 8 lb 6 oz

1 Gallon: about 1 gallon

2 Gallons: about 16 lb 12 oz

2 Gallons: about 2 gallons

Edited 2004

Special Tips:

1.) For each 1 gallon, add 1 cup of raisins to the apples for a more flavorful topping.

2.) Serve over waffles, pancakes, or ice cream.

Spiced Apple Topping

Fruit

Sauces, Gravies, and Seasoning Mixes

G-09

Nutrients Per Serving

Calories	92	Saturated Fat	0.24 g	Iron	0.30 mg
Protein	0.20 g	Cholesterol	0 mg	Calcium	7 mg
Carbohydrate	21.70 g	Vitamin A	60 IU	Sodium	13 mg
Total Fat	1.17 g	Vitamin C	0.5 mg	Dietary Fiber	1.1 g

Honey Barbecue Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated onions	¼ oz	2 Tbsp	½ oz	¼ cup	1. Reconstitute onions in an equal amount of hot water. Do not drain.
Water, hot		2 Tbsp		¼ cup	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	2. Add remaining ingredients and allow to simmer, uncovered, for 20-30 minutes.
Honey	2 lb	1 qt	4 lb	2 qt	
Ground black or white pepper		1 Tbsp		2 Tbsp	3. CCP: Hold for hot service at 135° F or higher.
Paprika		2 Tbsp		¼ cup	
Prepared yellow mustard		1 Tbsp		2 Tbsp	
Worcestershire sauce		2 Tbsp		¼ cup	
Catsup	1 lb 13 oz	2 ¾ cups (¼ No. 10 can)	3 lb 10 oz	1 qt 1 ¼ cups (½ No. 10 can)	
Granulated garlic		1 tsp		2 tsp	
White vinegar		½ cup		1 cup	
Canned tomato paste	8 oz	¾ cup 2 Tbsp	1 lb	1 ¾ cups	

SERVING:	YIELD:	VOLUME:
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2 Tbsp (1 oz ladle).

50 Servings: about 4 lb 6 oz

50 Servings: about 1 quart 2 ¼ cups

100 Servings: about 8 lb 12 oz

100 Servings: about 3 quarts ½ cup

Edited 2004

Special Tip:

Use to baste chicken or meat during cooking, or use as a dipping sauce for chicken and fish nuggets.

Honey Barbecue Sauce

Nutrients Per Serving

Calories	103	Saturated Fat	0.57 g	Iron	0.39 mg
Protein	0.58 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	20.91 g	Vitamin A	554 IU	Sodium	242 mg
Total Fat	2.86 g	Vitamin C	5.5 mg	Dietary Fiber	0.6 g

Stir-Fry Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1 cup		2 cups	1. Dissolve cornstarch in soy sauce. Add ginger, granulated garlic, pepper, and sesame oil (optional) to this mixture.
Cornstarch	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ cups	
Ground ginger		½ tsp		1 tsp	
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Sesame oil (optional)		¼ cup		½ cup	
Beef, chicken, or vegetable stock, non-MSG		2 qt		1 gal	2. Heat beef, chicken, or vegetable stock in pot to the boiling point. CCP: Heat to 165° F or higher for at least 15 seconds.
					3. Slowly stir in cornstarch-soy sauce mixture and return to boil. Continue cooking until sauce is smooth and thickened. Remove from heat. Use immediately. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
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3 Tbsp (1 ½ oz ladle).

50 Servings: about 4 lb 14 oz

50 Servings: about 2 quarts 1 ½ cups

100 Servings: about 9 lb 12 oz

100 Servings: about 1 gallon 3 cups

Edited 2004

Special Tip:
Makes an excellent dressing for a vegetable stir-fry. Use 1 qt of sauce for each 12 lb of vegetables.

Stir-Fry Sauce

Nutrients Per Serving

Calories	15	Saturated Fat	0.02 g	Iron	0.18 mg
Protein	0.47 g	Cholesterol	0 mg	Calcium	2 mg
Carbohydrate	3.12 g	Vitamin A	2 IU	Sodium	204 mg
Total Fat	0.07 g	Vitamin C	0.1 mg	Dietary Fiber	0.1 g

Teriyaki Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown sugar, packed	4 oz	½ cup	8 oz	1 cup	1. Mix all dry ingredients in a bowl.
Granulated garlic		2 ½ tsp		1 Tbsp 2 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	2. Add Worcestershire sauce, catsup, cider vinegar, and soy sauce to the dry ingredients. Mix with wire whip until well mixed.
Ground ginger	1 oz	1 ½ tsp	2 oz	1 Tbsp	
Worcestershire sauce		2 Tbsp		¼ cup	
Catsup	2 lb 8 oz	1 qt	5 lb	2 qt	3. Cover and place in refrigerator overnight to develop flavors.
Cider vinegar		½ cup		1 cup	
Low-sodium soy sauce		1 cup		2 cups	

SERVING:	YIELD:	VOLUME:
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2 Tbsp (1 oz ladle).

50 Servings: about 3 lb 12 oz

50 Servings: about 1 quart 2 ½ cups

100 Servings: about 7 lb 8 oz

100 Servings: about 3 quarts 1 cup

Edited 2004

Special Tip:

Use to baste chicken or meat during cooking, or as a dipping sauce for chicken and fish nuggets.

Teriyaki Sauce

Nutrients Per Serving

Calories	39	Saturated Fat	0.02 g	Iron	0.40 mg
Protein	0.73 g	Cholesterol	0 mg	Calcium	8 mg
Carbohydrate	9.58 g	Vitamin A	231 IU	Sodium	531 mg
Total Fat	0.12 g	Vitamin C	3.5 mg	Dietary Fiber	0.4 g

Cucumber Sauce

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh cucumbers, peeled, seeded	1 lb 10 oz		3 lb 4 oz		1. Grate cucumbers using a food processor or a grater. Place grated cucumbers in colander, and press to remove juice. 2. In a separate bowl, mix together the rest of the ingredients.
*Fresh onions, minced	2 oz	1/3 cup	4 oz	2/3 cup	
Reduced calorie salad dressing OR Lowfat mayonnaise	8 oz OR 8 oz	1 cup OR 1 cup	1 lb OR 1 lb	2 cups OR 2 cups	
White vinegar		2 Tbsp		1 tsp	
Lowfat plain yogurt	1 lb	2 cups	2 lb	1 qt	
Dried parsley		2 Tbsp		1/4 cup	
Salt		1/4 tsp		1/2 tsp	
Ground black or white pepper		1/4 tsp		1/2 tsp	
					3. Fold cucumbers into mixture.
					4. Chill at least 2 hours before serving.

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Cucumbers	2 lb 1 oz	4 lb 2 oz
Mature onions	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
2 Tbsp (1 oz ladle).	50 Servings: about 3 lb 2 oz	50 Servings: about 1 quart 2 1/2 cups

100 Servings: about 6 lb 4 oz

100 Servings: about 3 quarts 1 cup

Tested 2004

Cucumber Sauce

Special Tips:

1) For a quick Cucumber Sauce, add 1 lb 10 oz grated cucumbers to 3 cups of Ranch Dressing (E-19) for 50 servings. For 100 servings, add 3 lb 4 oz grated cucumbers to 1 qt 2 cups of Ranch Dressing.

2) For best results, to develop flavor, prepare the night before.

Nutrients Per Serving					
Calories	20	Saturated Fat	0.24 g	Iron	0.12 mg
Protein	0.62 g	Cholesterol	2 mg	Calcium	20 mg
Carbohydrate	2.19 g	Vitamin A	31 IU	Sodium	58 mg
Total Fat	1.03 g	Vitamin C	0.6 mg	Dietary Fiber	0.2 g