

Sesame Broccoli

Vegetable

Vegetables

I-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 ½ cups		3 cups	1. In a pot, bring chicken stock, ginger, sugar, and soy sauce to a boil. Reduce heat and simmer for 5 minutes. CCP: Heat to 165° F or higher.
Ground ginger		⅛ tsp		¼ tsp	
Sugar		2 Tbsp		¼ cup	2. Dissolve cornstarch in cold water. Add to stock and cook for 3 minutes, stirring occasionally, until slightly thickened.
Low-sodium soy sauce		2 Tbsp		¼ cup	
Cornstarch		1 Tbsp		2 Tbsp	
Water, cold		2 Tbsp		¼ cup	
Sesame oil		2 Tbsp		¼ cup	3. Remove sauce from heat and slowly whisk in sesame oil.
*Fresh broccoli florets OR Frozen chopped broccoli	2 lb 2 oz OR 2 lb 10 oz	1 gal	4 lb 4 oz OR 5 lb 4 oz	2 gal	4. Steam or boil broccoli for 5 minutes. Drain.
					5. Pour sauce over broccoli and stir to coat.
					6. CCP: Hold for hot service at 140° F or warmer.
					Portion with No. 16 scoop (¼ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Broccoli	2 lb 10 oz	5 lb 4 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	25 Servings: 2 lb 12 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 5 lb 8 oz	50 Servings: 3 quarts ½ cup
	Edited 2014	

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Nutrients Per Serving

Calories	30	Saturated Fat	0.19 g	Iron	0.29 mg
Protein	1.05 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	4.39 g	Vitamin A	758 IU	Sodium	73 mg
Total Fat	1.26 g	Vitamin C	25.0 mg	Dietary Fiber	1.3 g