

Broccoli Soufflé

Vegetable

Vegetables

I-07

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	<p>1. White sauce: Melt margarine or butter in a saucepan. Add flour and salt and stir until smooth. Cook over low heat for 3 minutes. Do not brown.</p> <p>2. Using a wire whip, slowly add hot milk to flour mixture. Cook until white sauce is thickened and smooth, about 10 minutes.</p> <p>3. Beat egg yolks until blended, using a whip. Slowly add egg yolks to white sauce, whisking to blend.</p> <p>4. Cook fresh broccoli: Simmer: Place broccoli in boiling water. After water boils again, reduce heat to simmer and cook for 15 minutes. Steam: Place broccoli in steamtable pan (12" x 20" x 2"). Cook in compartment steamer for 10 minutes.</p> <p>5. Spread broccoli into shallow pans and cool. For 24 servings, use 2 pans. For 48 servings, use 4 pans.</p> <p>CCP: Refrigerate within 1 hour. Hold at 40° F or colder.</p> <p>6. Add cooled broccoli (or thawed drained, frozen broccoli), onions, bread crumbs, and lemon juice to white sauce.</p> <p>7. Beat egg whites until stiff, but not dry. Fold egg whites into the white sauce.</p>
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Lowfat 1% milk, hot		1 qt		2 qt	
Egg yolks	6 oz	8 each	12 oz	16 each	
*Fresh broccoli, chopped OR Frozen chopped broccoli	2 lb OR 2 lb 15 oz	1 qt ⅞ cup OR 1 ¾ qt 1 Tbsp	4 lb OR 5 lb 14 oz	2 qt 1 ¾ cups OR 3 qt 2 ⅞ cups	
*Fresh onions, grated		2 Tbsp		¼ cup	
Enriched soft bread crumbs	4 oz	1 cup	8 oz	2 cups	
Lemon juice		1 Tbsp		2 Tbsp	
Egg whites	12 oz	12 each	1 lb 8 oz	24 each	

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	<p>8. Place 3 lb (1 qt 3 ½ cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 24 servings, use 2 pans. For 48 servings, use 4 pans.</p> <p>9. Bake until knife inserted in center comes out clean. Conventional oven: 325° F for 30 minutes Convection oven: 350° F for 20 minutes</p> <p>CCP: Heat to 160° F or higher.</p> <p>Allow to cool for 10 minutes.</p> <p>10. CCP: Hold at 140° F or warmer.</p> <p>Cut each pan 3 x 4 (12 pieces).</p>
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* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	24 Servings	48 Servings
Broccoli	2 lb 8 oz	5 lb
Mature onions	1 oz	2 oz

SERVING:	YIELD:	VOLUME:
1 piece provides ¼ cup of vegetable.	<p>24 Servings: 5 lb 10 oz</p> <p>48 Servings: 11 lb 4 oz</p>	<p>24 Servings: 2 pans</p> <p>48 Servings: 4 pans</p>
	Edited 2014	

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Nutrients Per Serving

Calories	149	Saturated Fat	2.17 g	Iron	0.90 mg
Protein	6.15 g	Cholesterol	92 mg	Calcium	84 mg
Carbohydrate	12.05 g	Vitamin A	1219 IU	Sodium	448 mg
Total Fat	8.65 g	Vitamin C	25.3 mg	Dietary Fiber	1.6 g