

Kentucky Dept. of Education

001356 - Shepard's Pie w/Mini Muffins

Recipe HACCP Process: #2 Same Day Service

Source: Pikeville High
 Number of Portions: 48
 Size of Portion: Serving

Meat/Alt: 2 oz
 Grains: 2 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

050489 POTATOES, quartered..... 40 Medium 902822 MARGARINE..... 2 CUP 001077 MILK,WHL,3.25% MILKFAT..... 12 CUP 001032 CHEESE,PARMESAN,GRATED..... 2 CUP 011156 CHIVES,RAW..... 1 CUP, chopped	For topping: Place potatoes in large pot and cover with cold water; season with salt. Bring to boil and cook until tender about 25 minutes; drain. Place potatoes on baking sheet and heat in 350 degree oven for 5 minutes. Remove from oven, and mash in large bowl. Add in butter, cheese, chives and pepper. Stir until well mixed and butter is melted. Place potatoes in piping bag and pipe into ring molds. Bake in hot oven until tops are golden brown and slightly crispy.
903229 Ground Beef - USDA 85/15 8 1/2 LB 014429 WATER,MUNICIPAL..... 1 CUP 018372 LEAVENING AGENTS,BAKING SODA..... 4 TSP 011282 ONIONS,RAW..... 8 Medium, chopped 004582 VEGETABLE OIL,CANOLA..... 5 TBSP + 1 TSP 011260 MUSHROOMS,RAW..... 4 CUP, pieces 902819 Tomato Paste..... 1/2 CUP 799939 GARLIC,RAW..... 16 cloves, minced 050391 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED..... 1 CUP 799967 BROTH, BEEF, LOW SODIUM..... 10 CUP 902456 Worcestershire Sauce Chef's Companion..... 5 (1 TBSP) 799978 THYME,FRSH..... 16 Sprigs 002044 Bay Leaves..... 8 leaves 799938 CARROTS,RAW..... 16 Large chopped 011313 PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT..... 8 CUP	Meat Mixture: Toss beef with 1 cup water, 2 TBSP salt, 2 tsp black pepper and 4 tsp baking soda in large bowl. Set aside for 20 minutes. Heat oil in skillet over medium heat, add onions, mushrooms, 4 tsp salt and 2 tsp black pepper. Cook stirring occasionally, until vegetables are just starting to soften and dark bits form on bottom of skillet, about 4-6 minutes, then add tomato paste. Stir in flour and cook for 1 minute. Add beef broth, Worcestershire sauce, thyme, bay leaves, garlic and carrots, bring to a boil scraping bottom on pan thoroughly. Reduce heat to medium low add the beef in small chunks and bring to a gentle simmer. Cover and cook until beef is cooked through, 10-12 minutes, stirring and breaking up meat chunks. Create a slurry with 5 TBSP cornstarch and remaining beef broth. Stir mixture into the filling and continue to simmer for 30 seconds. Add peas and remove the thyme and bay leaves. Season to taste with salt and pepper.
019296 HONEY..... 2 CUP 903893 EGGS..... 16 Each 001088 MILK,BTTRMLK,FLUID,CULTURED,LOWFAT..... 8 CUP 004582 VEGETABLE OIL,CANOLA..... 2 CUP 050390 CORNMEAL, ENRICHED, YELLOW, DEGERMED..... 12 CUP 050400 FLOUR, WHOLE WHEAT..... 8 CUP 019335 SUGARS,GRANULATED..... 2 CUP 018369 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTING,NA..... 6 TBSP	Muffins: Heat oven 425 degrees. Coat muffin pan with cooking spray. Beat eggs in large bowl. Stir in buttermilk, oil, corn meal, flour, sugar, baking powder and salt until smooth. Batter should be creamy and pourable. If too thick add more milk. Pour into prepared pans. Bake 10-15 minutes or until golden brown. Top muffins with honey drizzle and allow to cool in pan before removing. To serve: Hold at 135 degrees or higher. Place 3/4 cup meat mixture on top of potato round and serve with 1 muffin.

*Nutrients are based upon 1 Portion Size (Serving)

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 optional 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 NUTRIKIDS® 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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Recipe Master List

Calories	835 kcal	Cholesterol	*12.15* mg	Sugars	*27.10* g	Calcium	*304.76* mg	38.84%	Calories from Total Fat
Total Fat	36.02 g	Sodium	693.77 mg	Protein	31.95 g	Iron	*4.42* mg	10.94%	Calories from Sat Fat
Saturated Fat	10.15 g	Carbohydrate	*99.74* g	Vitamin A	*5015.11* IU	Water ¹	*164.89* g	*2.33%*	Calories from Trans Fat
Trans Fat ²	*2.16* g	Dietary Fiber	*8.38* g	Vitamin C	*18.24* mg	Ash ¹	*3.07* g	*47.80%*	Calories from Carbohydrates
								15.31%	Calories from Protein

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