

Recipe: 000384 Jamaican Jerk Pineapple Wings

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Boyle County HS
 Caribbean Carnival

Number of Portions: 48
 Size of Portion: Servings

005352 CHICKEN,BROILERS OR FRYERS,WING,MEAT & SKN,CK... 011282 Onions, red raw finely diced..... 799946 PEPPERS,JALAPENO,RAW..... 799939 GARLIC,RAW..... 902959 Extra Virgin Olive Oil..... 902958 Soy Sauce, lite..... 009159 LIMES,RAW..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK..... 901530 SUGARS,BROWN,LIGHT..... 002021 GINGER,GROUND..... 002010 CINNAMON,GROUND..... 002001 ALLSPICE,GROUND..... 002025 NUTMEG,GROUND..... 799906 THYME LEAF,DRIED.....	12 LB 3 CUP, chopped 6 Pepper minced 24 Clove, minced 3/4 CUP 6 TBSP 6 fruit (2" dia) 8 TSP 12 TSP, ground 1 CUP, packed + 2 TBSP, packed 6 TBSP 3 TBSP 3 TBSP 3 TSP 3 TSP, ground	Preheat oven to 400 degrees. Pat chicken dry with a paper towel. Place red onion, jalapenos, garlic, olive oil, soy sauce, juice from limes, salt, pepper, brown sugar, ginger, cinnamon, allspice, nutmet, thyme in a food processor and pulse until smooth. Divide wings and discard tips. Rub marinade on prepared wings. Place on baking racks on top of a foil covered baking sheet. Bake for 15-20 minute and prepare glaze while its baking.
902942 Margarine..... 011282 Onions, red raw finely diced..... 011821 Peppers, red sweet chopped..... 002048 Vinegar, white wine..... 901530 SUGARS,BROWN,LIGHT..... 002031 Red Pepper (or flakes)..... 903236 Pineapple Preserves.....	12 TBSP 3 CUP, chopped 1 CUP, chopped + 2 TSP, chopped 3/4 CUP 3/4 CUP, packed 3 TSP 60 OZ	Glaze: Saute butter, diced onion and red pepper until softened. Add pineapple preserves, apple cider vinegar, brown sugar and red pepper flakes. Simmer for 10 minutes or until sauce has reduced. Remove chicken from oven, and flip wings. Baste with glaze and return to the oven for 10-15 minutes. Check internal temperature is 165 degrees. CCP: Hold at 135 degrees

*Nutrients are based upon 1 Portion Size (Servings)

Calories	708 kcal	Cholesterol	*158.76* mg	Sugars	*1.24* g	Calcium	*63.66* mg	35.28%	Calories from Total Fat
Total Fat	27.76 g	Sodium	1177.17 mg	Protein	28.35 g	Iron	*1.68* mg	8.80%	Calories from Saturated Fat
Saturated Fat	6.93 g	Carbohydrates	90.66 g	Vitamin A	*280.47* IU	Water ¹	*97.29* g	*0.32%*	Calories from Trans Fat
Trans Fat ²	*0.25* g	Dietary Fiber	*1.39* g	Vitamin C	*10.89* mg	Ash ¹	*3.94* g	51.21%	Calories from Carbohydrates
								16.02%	Calories from Protein

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz					? - Allergen 1
Grain..... oz					? - Allergen 2
Fruit..... cup					? - Allergen 3
Vegetable..... cup					? - Allergen 4
Milk..... cup					? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change. 0%					? - Allergen 7
Fat Change..... 0%					? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	005352	CHICKEN,BROILERS OR FRYERS,WING,MEAT			
I	011282	Onions, red raw finely diced			
I	799946	PEPPERS,JALAPENO,RAW			
I	799939	GARLIC,RAW			
I	902959	Extra Virgin Olive Oil			
I	902958	Soy Sauce, lite			
I	009159	LIMES,RAW			
I	002047	SALT, TABLE			
I	002030	PEPPER,BLACK			
I	901530	SUGARS,BROWN,LIGHT			
I	002021	GINGER,GROUND			
I	002010	CINNAMON,GROUND			
I	002001	ALLSPICE,GROUND			
I	002025	NUTMEG,GROUND			
I	799906	THYME LEAF,DRIED			
I	902942	Margarine			
I	011282	Onions, red raw finely diced			
I	011821	Peppers, red sweet chopped			
I	002048	Vinegar, white wine			
I	901530	SUGARS,BROWN,LIGHT			
I	002031	Red Pepper (or flakes)			
I	903236	Pineapple Preserves			

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Recipe: 000385 Sweet Potato Blk Bean Sld

Recipe Source: Jr Chef
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 48
 Size of Portion: Servings

902949 Sweet Potatoes.....	12 Each (medium)	Preheat oven to 400 degrees. Add diced sweet potatoes to boiling water for 3-5 minutes. Drain water and combine sweet potatoes and corn. Combine olive oil, mustard, honey, red pepper, cinnamon, cumin and salt. Toss sweet potatoes and corn in sauce. Line baking sheets with parchment paper and pour sweet potato corn mixture out in single layers. Roast for 15-20 minutes. Remove from oven and toss with black beans, garlic and green onions. CCP: Hold at 41 degees or below.
011179 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,W...	6 Ear	
902959 Extra Virgin Olive Oil.....	3 CUP	
903237 Dijon Mustard.....	2 TBSP	
900683 CUMIN,GROUND.....	2 TBSP	
900814 HONEY,RAW.....	4 TBSP	
002010 CINNAMON,GROUND.....	2 TBSP	
903200 Pepper, Red.....	1 1/2 TSP	
002047 SALT,TABLE.....	4 TSP	
051529 Black Beans, drained and rinsed.....	90 OZ	
011291 Green onions, finely chopped.....	12 medium (4-1/8" long)	
799939 GARLIC,RAW.....	12 Clove, minced	

*Nutrients are based upon 1 Portion Size (Servings)

Calories	215 kcal	Cholesterol	*0.00* mg	Sugars	*0.40* g	Calcium	*27.50* mg	59.24%	Calories from Total Fat
Total Fat	14.15 g	Sodium	282.58 mg	Protein	4.04 g	Iron	*1.49* mg	8.44%	Calories from Saturated Fat
Saturated Fat	2.02 g	Carbohydrates	19.91 g	Vitamin A	*60.96* IU	Water ¹	*11.87* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*4.09* g	Vitamin C	*1.33* mg	Ash ¹	*0.62* g	37.06%	Calories from Carbohydrates
								7.51%	Calories from Protein

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.750 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

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I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902949	Sweet Potatoes			
I	011179	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BL			
I	902959	Extra Virgin Olive Oil			
I	903237	Dijon Mustard			
I	900683	CUMIN,GROUND			
I	900814	HONEY,RAW			
I	002010	CINNAMON,GROUND			
I	903200	Pepper, Red			
I	002047	SALT, TABLE			
I	051529	Black Beans, drained and rinsed			
I	011291	Green onions, finely chopped			
I	799939	GARLIC,RAW			

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Kentucky Department of Education

Recipe: 000387 Chimichurri Sauce

Recipe HACCP Process: #1 No Cook

Recipe Source: Jr Chef
 Recipe Group: SAUCE

Alternate Recipe Name: Boyle County HS

Number of Portions: 48
 Size of Portion: Portions

799968 CILANTRO..... 903229 Parsley..... 011282 Onions, red raw finely diced... 799939 GARLIC, RAW..... 903200 Pepper, Red..... 002068 Vinegar, balsamic..... 009160 LIME JUICE, RAW..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 902959 Extra Virgin Olive Oil.....	6 CUP 4 PINT 3 CUP, chopped 12 TBSP, MINCED 6 TSP 3/4 CUP 12 TBSP 3 TSP 3 TSP, ground 4 CUP	Add cilantro, parsley, garlic and red onion to food processor. Add vinegar, lime juice and pulse a few times. Ren processor and slowly stream olive oil in until just combined. Remove sauce and add salt and pepper until just combined Funnel into sauce bottle and refrigerate. CCP: Hold at 41 degrees or below.
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*Nutrients are based upon 1 Portion Size (Portions)

Calories	169 kcal	Cholesterol	*0.00* mg	Sugars	*0.49* g	Calcium	*67.63* mg	99.45%	Calories from Total Fat
Total Fat	18.69 g	Sodium	146.51 mg	Protein	0.28 g	Iron	*0.09* mg	14.23%	Calories from Saturated Fat
Saturated Fat	2.67 g	Carbohydrates	2.06 g	Vitamin A	*3.07* IU	Water ¹	*17.13* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*0.27* g	Vitamin C	*2.56* mg	Ash ¹	*0.47* g	4.86%	Calories from Carbohydrates
								0.66%	Calories from Protein

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Kentucky Department of Education

Miscellaneous			Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz					? - Allergen 1
Grain.....	oz					? - Allergen 2
Fruit.....	cup					? - Allergen 3
Vegetable.....	cup					? - Allergen 4
Milk.....	cup					? - Allergen 5
Moisture & Fat Change						? - Allergen 6
Moisture Change.	0%					? - Allergen 7
Fat Change.....	0%					? - Allergen 8
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	799968	CILANTRO			
I	903229	Parsley			
I	011282	Onions, red raw finely diced			
I	799939	GARLIC,RAW			
I	903200	Pepper, Red			
I	002068	Vinegar, balsamic			
I	009160	LIME JUICE,RAW			
I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			
I	902959	Extra Virgin Olive Oil			

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Recipe: 000388 Cilantro Lime Crema

Recipe Source: Jr Chef
 Recipe Group: SAUCE

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name: Boyle County HS

Number of Portions: 48
 Size of Portion: Portions

001178 SOUR CREAM,REDUCED FAT.....	4 CUP	Whisk all ingredients together in a bowl funnel into a sauce bottle and refrigerate. CCP: Hold at 41 degrees or below
075003 MAYONNAISE,LoFat,No Cholesterol....	1 1/2 CUP	
799968 CILANTRO.....	1 1/2 CUP	
009160 LIME JUICE,RAW.....	6 lime yields	

*Nutrients are based upon 1 Portion Size (Portions)

Calories	53 kcal	Cholesterol	5.60 mg	Sugars	*0.14* g	Calcium	38.33 mg	72.56%	Calories from Total Fat
Total Fat	4.26 g	Sodium	76.31 mg	Protein	1.14 g	Iron	0.01 mg	27.98%	Calories from Saturated Fat
Saturated Fat	1.64 g	Carbohydrates	2.58 g	Vitamin A	72.51 IU	Water ¹	*16.35* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.02 g	Vitamin C	1.79 mg	Ash ¹	*0.16* g	19.56%	Calories from Carbohydrates
								8.65%	Calories from Protein

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	001178	SOUR CREAM,REDUCED FAT			
I	075003	MAYONNAISE,LoFat,No Cholesterol			
I	799968	CILANTRO			
I	009160	LIME JUICE,RAW			

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Kentucky Department of Education

Recipe: 000386 Confetti Rice

Recipe Source: Jr Chef
 Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Boyle County HS

Number of Portions: 48
 Size of Portion: Serving

020036 RICE,BROWN,LONG-GRAIN,RAW..... 012118 COCONUT MILK,CND (LIQ EXPRESSED FROM GRATED M... 799939 GARLIC,RAW..... 002047 SALT,TABLE..... 002001 ALLSPICE,GROUND..... 903200 Pepper, Red..... 902942 Margarine..... 011821 Peppers, red sweet chopped..... 011333 Peppers, green sweet chopped..... 011951 Peppers, orange sweet chopped..... 799946 PEPPERS,JALAPENO,RAW..... 011282 Onions, red raw finely diced..... 009354 PINEAPPLE,CND,JUC PK,DRND..... 011980 PEPPERS,CHILI,GRN,CND.....	12 CUP 84 OZ 12 Clove, minced 8 TSP 3 TSP 1 1/2 TSP 6 TBSP 6 medium (2-3/4" x 2-1/2") 6 medium (2-3/4" x 2-1/2") 6 medium 6 Pepper minced 3 CUP, chopped 90 OZ 27 OZ	Soak rice and rinse until water runs clear. Combine spices, coconut milk, pineapple juice and 15 ounces of water to a stock pot. Stir well. Set over medium heat and cover. Bring to a boil, then stir and lower heat. Cover and allow the rice to cook until the liquid is absorbed and air hdes form in the surface of the rice. 15-20 minutes. Remove from heat. Mealwhile, add the butter to large deep skillet and set over medium heat. Add the diced bell pwppers, and onions. Saute fro 2-3 minutes, to just barely soften. Then remove from heat and add the pineapple tidbits, green chilies, andjalapenos. CCP: Hold at 135 degrees.
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*Nutrients are based upon 1 Portion Size (Serving)

Calories	334 kcal	Cholesterol	*0.00* mg	Sugars	*9.29* g	Calcium	*36.96* mg	36.85%	Calories from Total Fat
Total Fat	13.68 g	Sodium	472.92 mg	Protein	5.53 g	Iron	*2.85* mg	27.29%	Calories from Saturated Fat
Saturated Fat	10.13 g	Carbohydrates	49.90 g	Vitamin A	*627.22* IU	Water ¹	*157.93* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*3.63* g	Vitamin C	*81.70* mg	Ash ¹	*2.70* g	59.73%	Calories from Carbohydrates
								6.62%	Calories from Protein

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Allergen 1
Grain.....	1.000 oz				? - Allergen 2
Fruit.....	0.250 cup				? - Allergen 3
Vegetable.....	0.250 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	020036	RICE,BROWN,LONG-GRAIN,RAW			
I	012118	COCONUT MILK,CND (LIQ EXPRESSED FROM			
I	799939	GARLIC,RAW			
I	002047	SALT, TABLE			
I	002001	ALLSPICE,GROUND			
I	903200	Pepper, Red			
I	902942	Margarine			
I	011821	Peppers, red sweet chopped			
I	011333	Peppers, green sweet chopped			
I	011951	Peppers, orange sweet chopped			
I	799946	PEPPERS,JALAPENO,RAW			
I	011282	Onions, red raw finely diced			
I	009354	PINEAPPLE,CND,JUC PK,DRND			
I	011980	PEPPERS,CHILI,GRN,CND			

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