

Kentucky Department of Education

Recipe: 000363 Cottage Pie

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Pikeville High School

Number of Portions: 48
 Size of Portion: Servings

051372 POTATOES, FRESH, RUSSET (BAKING TYPE), BAKED,..... 001145 BUTTER,WITHOUT SALT..... 001102 MILK,CHOC,FLUID,COMM,WHL..... 001204 CHEESE,PARMESAN,DRY GRATED,RED FAT..... 011156 CHIVES,RAW.....	48 potato 2 CUP 4 CUP 2 CUP 1 CUP, chopped	Topping: Peel and quarter potatoes and place in al large pot andcover with cold water; season with salt. Bring to a 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 place the potatoes into a bowl. Add in the butter, cheese, chives and dashpepper. Stir until well mixed and butter is melted. Place potatoes in piping bag and pipe intoring molds. Bake in hot oven until the tops of potatoes are golden brown and slightly crispy.
007004 SAUSAGE BERLINER PORK BF..... 902040 Ground Beef..... 903195 Baking Soda..... 011294 Onions, chopped..... 011260 Mushroom, chopped..... 902408 TOMATO PASTE, CANNED, WITHOUT SALT ADDED..... 799939 GARLIC,RAW..... 902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 903224 Beef Broth low sodium..... 903052 Worcestershire Sauce..... 799978 THYME,FRSH..... 903225 Bay Leaf..... 011124 CARROTS,RAW..... 011090 Broccoli florets, fresh chopped..... 902980 Corn Starch..... 903224 Beef Broth low sodium..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK.....	8 LB 8 LB 4 TSP 8 medium 48 OZ 8 TBSP 24 Clove, minced 1 CUP 12 CUP 16 TSP 16 Sprig Chopped 8 Leaf 16 medium 8 CUP, chopped 16 TSP 16 TSP 12 TSP 8 TSP	Meat Mixture: Toss beef and sausage with 2 teaspoons water, 1 teaspoon salt, 1/4 teaspoon black pepper and baking soda in bowl and combine thoroughly. Setaside for 20 minutes.. Heat oil in skillet over medium heat then add onions, mushrooms, 1/2 teaspoon of salt and 1/4 teaspoon black pepper. Cook, stirring occasionally, until the vegetables are just starting to soften and dark bits from on the bottom of the skillet, about 4-6 minutes. Add teh tomato paste to the vegetable mixture. Stir in flour and cook for one minute. Add beef broth, Worcestershir sauce, thyme, bay leaf, garlic, and carrots; bring to a boil, scraping the bottom of the pan thoroughly. Redue heat to medium low, add the beef in small chunks and bring to a gentle simmer. Cover and cook until the beef is cooked through, 10-12 minutes, stirring and breaking up the meat chunks. Create slurry with the cornstarch and remaining beef broth. Stir mixture into the filling and continue to simmer for 30 seconds. Add broccoli and remove the thyme and bay leaf. Season to taste with salt and black pepper. To Serve: Place meat mixture in bowl and top with potato mixture,and garnish a s desired. CCP: Hold at 135 degrees.

*Nutrients are based upon 1 Portion Size (Servings)

Calories	622 kcal	Cholesterol	*110.44* mg	Sugars	*8.08* g	Calcium	*151.15* mg	40.84%	Calories from Total Fat
Total Fat	28.23 g	Sodium	2119.01 mg	Protein	35.64 g	Iron	*5.44* mg	*18.22%*	Calories from Saturated Fat
Saturated Fat	*12.60* g	Carbohydrates	57.78 g	Vitamin A	*3875.02* IU	Water ¹	*225.52* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*5.22* g	Vitamin C	*32.86* mg	Ash ¹	*8.30* g	37.15%	Calories from Carbohydrates
								22.92%	Calories from Protein

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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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.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 2.5 oz				? - Allergen 1
Grain..... oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... 1.25 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	051372	POTATOES, FRESH, RUSSET (BAKING TYPE),			
I	001145	BUTTER,WITHOUT SALT			
I	001102	MILK,CHOC,FLUID,COMM,WHL			
I	001204	CHEESE,PARMESAN,DRY GRATED,RED FAT			
I	011156	CHIVES,RAW			
I	007004	SAUSAGE BERLINER PORK BF			
I	902040	Ground Beef			
I	903195	Baking Soda			
I	011294	Onions, chopped			
I	011260	Mushroom, chopped			
I	902408	TOMATO PASTE, CANNED, WITHOUT SALT A			
I	799939	GARLIC,RAW			
I	902688	FLOUR, ALL PURPOSE, ENRICHED, WHITE, B			
I	903224	Beef Broth low sodium			
I	903052	Worcestershire Sauce			
I	799978	THYME,FRSH			
I	903225	Bay Leaf			
I	011124	CARROTS,RAW			
I	011090	Broccoli florets, fresh chopped			
I	902980	Corn Starch			
I	903224	Beef Broth low sodium			

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I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			

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