

Flank Steak w/ Orange Sauce-GH



Recipe Number: 2129
 Recipe Source: Custom

Category: *Entrees-Beef-GH
 Serving Size: 4.00 oz

Serving Utensil:
 Serving Temp: 155 F

Ingredient	Portions	4	0	5	0	6	0	7	0
Juice,Orange		3/4 cups		1 cups		1 cups		1 1/3 cups	
Honey		1/4 cups		1/3 cups		1/3 cups		1/2 cups	
Lime Juice		1 Tbsp		3 3/4 tsp		1 1/2 Tbsp		5 1/4 tsp	
Sauce,Soy		1 Tbsp		3 3/4 tsp		1 1/2 Tbsp		5 1/4 tsp	
Garlic minced		1 tsp		1 1/4 tsp		1 1/2 tsp		1 3/4 tsp	
Pepper,Black		1/2 tsp		2/3 tsp		3/4 tsp		3/4 tsp	

In a small bowl, combine orange juice, honey, lime juice, soy sauce, minced garlic and ground pepper.

Cover and refrigerate 1/2 Cup for serving.

Oil,Vegetable		1 Tbsp		3 3/4 tsp		1 1/2 Tbsp		5 1/4 tsp	
Ginger,Fresh minced		1 tsp		1 1/4 tsp		1 1/2 tsp		1 3/4 tsp	
Beef,Flank Steak		1 lb		1 1/4 lb		1 1/2 lb		1 3/4 lb	

Add oil and ginger to the remaining orange sauce; pour into a large resealable bag. Add the flank steak; seal bag and turn to coat. Refrigerate at least 1 hour or overnight. Drain and discard marinade. Place steak on a broiler pan. Broil 4-inches from the heat for 7-8 minutes on each side or until meat reaches 160 degree F.

While meat is cooking, in a small saucepan, warm reserved orange sauce until heated through.

Thinly slice steak across the grain; serve with sauce.

Apricot Glazed Baked Ham



Recipe Number: 15724

Category: Entrees-Pork

Serving Utensil: Tongs

Recipe Source: FF50

Serving Size: 3.00 oz

Serving Temp: 140F

Ingredient	Portions	50	0	55	0	60	0	65	0
Ham,Boneless Buffet Fully Cooked		15 lb		16 1/2 lb		18 lb		19 1/2 lb	
Place ham fat side up on a rack in roasting pan. Do not cover. Bake at 325°F for approximately 2-2½ hours.									
Cloves Whole		3 Tbsp		3 1/3 Tbsp		3 2/3 Tbsp		1/4 cups	
Remove ham from oven about 30 minutes before it is done. Drain off drippings. Score ham ¼ inch deep in diamond pattern. Stud with whole cloves. Cover with glaze.									
Jam,Apricot		1 cups		1 cups		1 1/4 cups		1 1/3 cups	
Juice,Pineapple or other fruit		1/4 cups		1/4 cups		1/3 cups		1/3 cups	

Combine ingredients for glaze.
Spoon over ham. Repeat if heavier glaze is desired.
(CCP) Heat to an internal temperature of 165F for 15 seconds.

Recipe Notes:

Notes:

Potentially hazardous food. Hold food for service at an internal temp above 140F. Do not mix old product with new. Cool leftover product quickly (~4 hours) to below 40F. Reheat leftover product quickly (~2 hours) to 165F. Reheat product only once: discard if not used. If using a whole cured ham, not precooked, increase cooking time to 4 - 4.5 hrs: or simmer 3-4 hrs in a kettle, then trim, glaze, and complete cooking in the oven.

Wash hands before handling food, after handling raw foods, and after interruption that may contaminate hands. Wash and sanitize all equipment and work surfaces before and after use.



Chicken Adobo

Recipe Number: 23138
Recipe Source: Momentum

Category: Entrees-Poultry
Serving Size: 4.43 oz

Serving Utensil: Tongs
Serving Temp: 140F+

Ingredient	Portions	250	0	265	0	280	0	300	0
Garlic		10 each		10 2/3 each		11 1/4 each		12 each	
Vinegar,White		5 cups		5 1/3 cups		5 2/3 cups		1 1/2 qt	
Sauce,Soy		5 cups		5 1/3 cups		5 2/3 cups		1 1/2 qt	
Salt		2 1/2 Tbsp		2 2/3 Tbsp		2 3/4 Tbsp		3 Tbsp	
Pepper,Black		2 1/2 Tbsp		2 2/3 Tbsp		2 3/4 Tbsp		3 Tbsp	
Bay Leaves		10 each		10 2/3 each		11 1/4 each		12 each	

1. Wash, peel and finely chop garlic.
2. Combine garlic, vinegar, soy sauce, salt and pepper.
3. Add bay leaf to sauce mixture - remember to remove after cooking.

Chicken,Thigh		250 each		265 each		280 each		300 each	
---------------	--	----------	--	----------	--	----------	--	----------	--

4. Place frozen chicken in 4" deep pan, pour marinate over chicken
5. Hold in refrigerator at 41F or below over night.
6. Simmer over medium high heat - 1 - 1 1/2 hours until chicken is done.
7. CCP - Cook to an internal temperature of 165F for 15 seconds.
8. CCP - Hold on steam table at 140F or above for up to 1 hour.
9. Serve 1 chicken thigh.
10. CCP - Place leftovers in 2" deep containers and chill to 41F or below.
11. CCP - Reheat leftovers to 165F for 15 seconds.
12. CCP - Hold leftovers on steam table at 140F or above for up to 1 hour.
13. Discard any product not served.

Recipe Notes:

May Use 1 Tbs Of Pepper Corn In Place Of Black Pepper Per 60 Portions.

Diabetic Exchange: 2 Meat

Mech Soft: Prepare Using Diced Leg Meat. 2 oz Per Serving.

Place In Food Processor And Grind To Desired Consistency

Reheat to 165F for 15 seconds.

Discard Any Product Not Served.