

Jambalaya (Calcasieu)

Recipe: 000089 JAMBALAYA
 Recipe Source: LCM CALCASIEU
 Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
 Number of Portions: 126
 Size of Portion: .667 cup

| | | |
|--|---|---|
| 007928 SAUSAGE CHICK BF PORK SKINLESS SMOKED..... 050452 RICE, LONG GRAIN, BROWN, DRY..... 005062 CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,R... 902964 GRAVY, COLORING LIQUID..... | 10 LB 11 LB + 8 OZ 10 LB 113 3/8 GRAM | 1. Brown diced chicken until no signs of pink remain. Drain fat and discard. Reserve sausage for step 2. |
| 011337 PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP..... 011143 CELERY,RAW,CHOPPED..... 011287 ONIONS,FRZ,CHOPD,UNPREP..... 014411 WATER,TAP,DRINKING..... | 1 LB + 12 OZ 2 LB 2 LB + 8 OZ 192 fl oz | 2. Add sausage, onions, peppers, and celery and simmer over low heat until vegetables are tender, about 10 minutes. |
| 002031 PEPPER,RED OR CAYENNE..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 002047 SALT,TABLE..... 002029 PARSLEY,DRIED..... | 1 TBSP + 1 TSP 1/4 CUP 2 TSP, ground 1 TBSP + 1 TSP 1/4 CUP | 3. Add water, gravy coloring, red pepper, black pepper, garlic powder and parsley flakes to the mixture. 4. Heat until boiling, then reduce heat, and cool for 5 min |
| | | 5. Stir in rice, bring to a boil again. Cover and reduce heat to a low simmer. Stir after 15 minutes and then continue to cook for another 15 minutes. <i>To retain vitamins, do not rinse rice before or drain after cooking. Carefully measure rice and adjust cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape</i> For 100, 1/2 cup servings, use 6 pounds and 4 ounces of brown long grain regular rice, 2 gallons plus 1.75 quarts of water. <i>CCP: Rice is potentially hazardous food. Hold hot jambalaya at 135 degrees or above for serving. If storing for later service, cool to 70 degrees within 2 hours and then from 70 degrees to 40 degrees within an additional 4 hours (6 hours total time). Store cold rice at 41 degrees or below.</i> |
| | | 7. Serve with a No. 6 scoop (2/3 cup). A 2/3 cup serving provides 2 oz lean cooked meat, 1/8 cup vegetable, and 1 serving of grains/bread. |

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*Nutrients are based upon 1 Portion Size (.667 cup)

| | | | | | | | | | | | | | |
|------------------------|--------|------|---------------|--------|----|-----------|--------|----|--------------------|--------|----|---------|-----------------------------|
| Calories | 283 | kcal | Cholesterol | 69.46 | mg | Sugars | *1.10* | g | Calcium | 55.10 | mg | 23.35% | Calories from Total Fat |
| Total Fat | 7.35 | g | Sodium | 475.82 | mg | Protein | 16.56 | g | Iron | 2.59 | mg | 6.94% | Calories from Saturated Fat |
| Saturated Fat | 2.19 | g | Carbohydrates | 36.92 | g | Vitamin A | 92.49 | IU | Water ¹ | 114.53 | g | *0.01%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* | g | Dietary Fiber | 1.88 | g | Vitamin C | 4.32 | mg | Ash ¹ | 2.02 | g | 52.09% | Calories from Carbohydrates |
| | | | | | | | | | | | | 23.36% | Calories from Protein |

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..... | 1.5 oz | | | N - Milk | |
| Grain..... | 0.75 oz | | | N - Egg | |
| Fruit..... | cup | | | N - Peanut | |
| Vegetable..... | 0.125 cup | | | N - Tree Nut | |
| Milk..... | cup | | | N - Fish | |
| <u>Moisture & Fat Change</u> | | | | N - Shellfish | |
| Moisture Change. | 0% | | | N - Soy | |
| Fat Change..... | 0% | | | N - Wheat | |
| Type of Fat..... | | | | | |

Production Specification

| I/R | Ing # | Ingredient or Sub-Recipe | Measure | Measure | Round |
|-----|--------|--------------------------------------|---------|---------|-------|
| I | 007928 | SAUSAGE CHICK BF PORK SKINLESS SMO | | | |
| I | 011337 | PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP | | | |
| I | 011143 | CELERY,RAW,CHOPPED | | | |
| I | 011287 | ONIONS,FRZ,CHOPD,UNPREP | | | |
| I | 014411 | WATER,TAP,DRINKING | | | |
| I | 002031 | PEPPER,RED OR CAYENNE | | | |
| I | 002020 | GARLIC POWDER | | | |
| I | 002030 | PEPPER,BLACK | | | |
| I | 002047 | SALT,TABLE | | | |
| I | 002029 | PARSLEY,DRIED | | | |
| I | 050452 | RICE, LONG GRAIN, BROWN, DRY | | | |
| I | 005062 | CHICKEN,BROILERS OR FRYERS,BREAST,ME | | | |
| I | 902964 | GRAVY, COLORING LIQUID | | | |

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Notes

Production Notes:

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

The 0.125 cup Vegetable is from the Other Vegetable Subgroup.

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