

Title: Korean Beef Bowl



Recipe Code No:

Category: Lunch Entrée

Cooking Process: #2 Same Day Service

120 Servings			Directions
Ingredients	Weight	Measure	
Beef, ground, grass-fed, 85/15, raw	20 lb		<ol style="list-style-type: none"> 1. Thaw beef on bottom shelf in the refrigerator. CCP: Hold at or below 41°F. 2. Prepare brown rice according to recipe and hold warm. CCP: Cook at or above 135°F. CCP: Hold hot for service at or above 135°F. 3. In a large bowl, prepare the brine by whisking together the sugar, vinegar, and water until the sugar dissolves. Mix the shredded carrots into the brine. To marinate, cover and hold in the refrigerator until service. This may be prepared a day in advance. CCP: No bare hand contact with ready to eat food. CCP: Hold at or below 41°F. 4. Rinse cucumbers under running water and drain in colander. Cut cucumbers into ¼" slices. Hold in the refrigerator until service. CCP: No bare hand contact with ready to eat food. CCP: Hold at or below 41°F.
Rice, brown, <u>cooked</u>		120 cups	
Sugar, granulated		2 qt	
Vinegar, white		2 qt	
Water		1 qt	
Carrots, shredded, precut	8 lb		
Cucumber, fresh	9 lb 10 oz		

Mayonnaise	1 qt + 3 cups
Sriracha sauce	¼ cup
Cayenne pepper	½ tsp
Soy sauce, reduced sodium	1 qt + 1 cup
Water	1 cup
Cornstarch	2 Tbsp
Sugar, brown, packed	2 cups
Garlic, fresh, minced	½ cup
Ginger, ground	1 Tbsp + 1 tsp
Red pepper flakes	1 Tbsp + 1 tsp

5. Prepare the garnish - In another bowl, combine the mayonnaise, Sriracha and cayenne. Cover and hold in the refrigerator until service.
CCP: No bare hand contact with ready to eat food.
CCP: Hold at or below 41°F.
6. Prepare the sauce - In another bowl, whisk together soy sauce, water, and cornstarch. Stir to remove lumps.
7. Add brown sugar, garlic, ginger, and red pepper flakes. Set aside.
Note: May substitute 2 Tbsp granulated garlic.
8. Preheat the tilt skillet to medium heat. Add ground beef and break into small pieces. Cook beef approximately 6 minutes. Drain fat.
CCP: Cook to a minimum internal temperature at or above 155°F.
9. Add sauce to beef and simmer for 2-3 minutes.
CCP: Heat to minimum internal temperature at or above 135°F.
CCP: Hold for hot service at or above 135°F.
10. To serve, place 1 cup rice in bowl or on tray and top with 3/8 cup (~2.5 oz) Korean beef using a no.12 disher*. Place ¼ cup pickled carrots on one side of beef using a no.16 disher and ¼ cup cucumber slices on the other side. Drizzle with 1 Tbsp Sriracha mayo. Carrots and cucumbers can also be offered as an optional side.
CCP: No bare hand contact with ready to eat food.

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Meal Components: 2 oz Meat/Meat Alternate, 2 oz eq WGR Grain, ¼ cup Red/Orange Vegetable, ¼ cup Other Vegetable

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Food as Purchased for	120 Servings

Serving

1 serving provides 2 oz Meat/Meat Alternate, 2 oz eq WGR Grain, ¼ cup Red/Orange Vegetable, and ¼ cup Other Vegetable.

Serving Size	1 Serving Provides	Yield
K-8: 1 bowl 9-AD: 1 bowl	K-8: 2 oz Meat/Meat Alternate 9-AD: 2 oz Meat/Meat Alternate	120 servings 120 servings

Nutrients Per Serving:

Calories	533 cal	Sat Fat	4.5 g	Iron	2.5 mg
Protein	20 g	Chol	54 mg	Calcium	53.4 mg
Carb	67 g	Vit A	5132 IU	Sodium	549 mg
Total Fat	20.5 g	Vit C	3.2 mg	Dietary Fiber	4.7 g