



Recipe Production

Recipe Number: SI660

Recipe Name: SIDE BALSAMIC BEETS

Hot: No

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1/2 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2554	BEETS 25 LB	41	Pound	1 1/2	Ounce	(Unassigned)
1205	HONEY 6/5 LB	8	Tbsp	2 3/4	tsp	(Unassigned)
1027	SUGAR BRN LGT 16/2 LB	4	Ounce	10 3/4	Gram	(Unassigned)
1029	VINEGAR BALSAMC 2/5 L	2	Quart	1 1/2	Pint	(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Yields:
 Beets: 73%.
 Wash, trim ends on beets, and sort beets to similar size.

Preparation Instructions

Steam beets in 6" deep perforated pans for 1 hour or until beets can be pierced easily with thin knife or stem thermometer, then peel. Alternatively, beets can be steamed on a stove top in pot or covered hotel pan in an oven with water and a cover in the oven.
 Most of skin will just slip off. Others need to be peeled.
 Using a large slicer blade on RoboCoupe, slice cooked beets.
 Combine in sauce pan honey, sugar, and balsamic vinegar.
 Cook to reduce sauce mixture (approx 65% reduction)
 It will thicken and become increasingly sweet.
 Put 9 lb cooked beets in a hotel pan.
 Add 12 fl oz sauce reduction to each pan.
 36 servings per hotel pan

Serving Instructions

Heat beets covered in convection oven til temp of 160.
 Hold on hot line. Each pan = 9lb
 Serve 1/2 cup portion from serving line.
 half cup serving will weigh approx 4 oz.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	8,603.6651	51.9589	86.0367		
Saturated Fat	g	0.0000	0.0000	0.0000	0.00	
Sodium	mg	10,647.9398	64.3046	106.4794		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	0.0000	0.0000	0.0000	0.00	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,104.6971	12.7106	21.0470	97.85	
Total Dietary Fiber	g	400.5856	2.4192	4.0059		
Protein	g	200.8227	1.2128	2.0082	9.34	
Vitamin A (RE)	RE	1,000.5367	6.0424	10.0054		
Vitamin A (IU)	IU	5,002.6834	30.2120	50.0268		
Vitamin C	mg	661.2841	3.9936	6.6128		
Calcium	mg	2,115.3443	12.7749	21.1534		
Iron	mg	109.7173	0.6626	1.0972		
Moisture	g	33.6636	0.2033	0.3366		*
Ash	g	0.9273	0.0056	0.0093		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2554	BEETS 25 LB	1.00	(Unassigned)	41	0.09	LB	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.08	JUG (5 LB)	/
1027	SUGAR BRN LGT 16/2 LB	1.00	(Unassigned)	0	0.14	BAG (2 LB)	/
1029	VINEGAR BALSAMC 2/5 L	1.00	(Unassigned)	3	0.12	CONT (5 L)	/

REPORT CRITERIA:

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Criteria Filter(s):

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