



Blueberry Delight



Blueberry Delight—Quick Scratch Preparation

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1/2 cup Fruit

Recipe HACCP Process: #3 Complex

Portion Size: 1 square

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Pan-release spray	As needed		As needed		1. Preheat oven. 2. Coat a 12 X 20 X 2 inch full size steamtable pan with pan release. (One pan for 24 servings; two pans for 48 servings).
Oats, quick cooking	24 oz.	1 quart + 3 1/2 cups	48 oz.	2 quarts + 7 cups	3. In a bowl combine oats, yogurt, and brown sugar. Using gloved hands mix well. (See photo #1) 4. Place ~3 lbs. (2 1/2 quarts—not packed down) of oat mixture into each prepared pan. 5. Press out oat mixture evenly in bottom of pan. (See photo #2)
Greek yogurt, vanilla, fat free	16 oz.	2 cups	32 oz.	4 cups	
Brown sugar	12 oz.	1 1/2 cups	24 oz.	3 cups	
Eggs, liquid	6 oz.	3/4 cups (3 shell eggs)	12 oz.	1 1/2 cups (6 shell eggs)	6. Pour eggs into a large mixing bowl and add cornstarch and sugar. 7. Using a stiff whisk, blend until smooth. (See photo #3) Note: Floor mixer may be necessary for large batches. 8. Add Greek yogurt and stir until blended.
Cornstarch	2 oz.	1/3 cup + 2 Tbsp.	4 oz.	3/4 cup + 1 Tbsp.	
Sugar, granulated	12 oz.	1 1/2 cups	24 oz.	3 cups	
Greek yogurt, vanilla, fat free	96 oz.	3 quarts	192 oz.	1 gal. + 2 quarts	9. Place frozen blueberries in full size steamtable pan. Toss with flour. Note: Keep berries frozen until ready to use. 10. Gently fold 1 1/2 quarts of blueberries into yogurt mixture; pour approximately 1 gal + 2 cups evenly over crust. (See photo #4) 11. Bake at 325°F for 1 hour and 30 minutes in a conventional oven, or 300°F for 1 hour and 10 minutes in a convection oven. Edges should be slightly brown, while middle will not be set. Note: Put blower on low. CCP: Minimum internal temperature should reach 165°F. 12. Remove the pan from oven and cover with foil, being sure to fully seal edges of the foil around pan. (This will prevent hot air from entering, which can lead to excess browning.) Bake for another 30 minutes. 13. Cool immediately to 41° F. CCP: Cool to 70°F within 2 hours; then to below 41°F within 4 additional hours . Best if prepared 24 hours in advance.
Blueberries, individually quick frozen	3 lbs. 2 oz. (50 oz.)	1 1/2 quarts	6 lbs. 4 oz. (100 oz.)	3 quarts	
Flour, All Purpose		2 – 3 Tbsp.		4 – 6 Tbsp.	

Blueberry Delight—Quick Scratch Preparation

Meal Pattern Crediting (1 serving): 1 Dairy M/MA, 1 Grain, 1/2 cup Fruit

Recipe HACCP Process: #3 Complex

Portion Size: 1 square

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Blueberries, individually quick frozen or fresh as garnish	2 lbs.	1 quart	4 lbs.	2 quarts	Post-Bake 14. Cut pan 4 x 6 into 24 squares. CCP: No bare hand contact with ready-to-eat food. 15. Garnish each piece with 1/4 cup blueberries using 2 oz. spoodle or #16 disher. CCP: Hold and serve at 41°F or below.

Comments
Tossing the blueberries in flour reduces bleeding during the baking process.
Any individually-quick-frozen berries, mixed berries or cherries can be substituted.
Whole eggs may be used in place of liquid egg. Six whole eggs = 1 1/2 cup of liquid egg. Three whole eggs = 3/4 cup liquid egg.
A fruit sauce can be used in place of plain fruit as a topping for this dish. Instructions (24 servings): Combine remaining blueberries (or other fruit) and 1 cup of sugar in a small saucepot. Cook on low heat for 10 minutes, just until blueberries have burst and sauce begins to thicken. Remove from heat and let cool. Top each portion of Blueberry Delight with 1/4 cup fruit sauce.
Tip: Add 1/2 teaspoon of ground cinnamon to oatmeal, sugar, yogurt crust.
Tip: Add 2 teaspoons of vanilla extract to yogurt filling mixture.

Nutrients Per Serving—Analyzed using NutriKids software			
Calories	406	Saturated Fat 0.58 g	Iron 1.71 mg
Protein	16.13 g	Cholesterol 32.24 mg	Calcium 155.37 mg
Carbohydrate	77.89 g	Vitamin A 85.97 IU	Sodium 58.13 mg
Total Fat	2.99 g	Vitamin C 5.18 mg	Dietary Fiber 5.45 g

Blueberry Delight—Quick Scratch Preparation

Photo #1



Photo #2



Photo #3

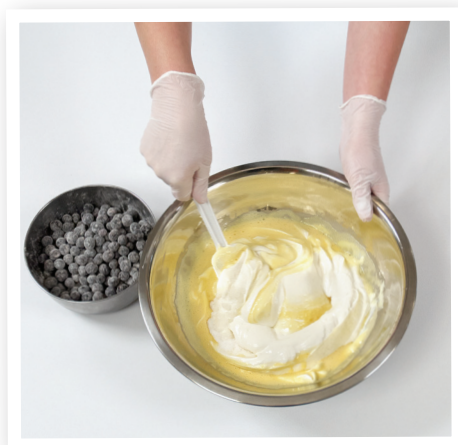


Photo #4

