

# ISD #347

000159 - CORN ON THE COB, FRESH : FS Recipes	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 EAR EACH Alternate Recipe Name: Corn on the Cob, F2S				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011167 CORN,SWEET,YELLOW,RAW...	50 ear, medium	1. After corn is shucked, if needed, run your hand down each ear to remove extra silk. Cut each ear in 1/2. Place cleaned and shucked Corn-on-the-Cob in perforated steamtable pans that are no more than 2 inches deep. For uniform cooking of fresh vegetables, fill steamer pans not more than 4 inches deep.  Steamers are either 5 lb. pressure or high speed (15 lb. pressure) type. When food is steamed at 5 lb. pressure, the internal temperature of the steamer is 225-228°F. At 15 lb. pressure, the temperature is 245-250°F.  If cooking in a steam-jacketed kettle or stock pot, add water to cover. Boil. Add shucked corn-on-the-cob; bring water back to a boil. Cover, cook for 5 to 10 minutes or until vegetable is just tender. Drain; reserving 2 cups of cooking liquid for each steamtable pan needed for service. Place vegetables in shallow steamtable pans.
110933 MARGARINE..... 014429 WATER,MUNICIPAL.....	2 cups 2 cups	2. Optional: Melt margarine and combine with reserved cooking liquid or water; pour an equal amount over vegetables in each steamtable pan. Toss.  3. Schedule completion of cooking of fresh vegetables as near serving time as possible, never more than 20 minutes before serving.  4. Optional: 3 Tbsp. of salt can be added for each 100 portions.  5. Serve at an internal cooking temperature of 140°F. or higher.

Calories.....	71	Iron.....	0.23 mg	Protein.....	1.45 g	Protein.....	8.20%
Cholesterol..	0 mg	Calcium....	1.07 mg	Carbohydrates	8.56 g	Carbohydrates.	48.42%
Sodium.....	44 mg	Vitamin A..	253 IU	Total Fat....	4.05 g	Total Fat.....	51.57%
Dietary Fiber	1.22 g	Vitamin C..	3.1 mg	Saturated Fat	0.72 g	Saturated Fat.	9.17%
				Trans Fat....	0.00* g	Trans Fat.....	0.00%

\* - Denotes Missing Nutrient Values