

eclipse™
ergonomic tilting
braising pans

culinary collection

 groen™



Welcome to the Unified Brands Culinary Collection.

We are pleased to present the Unified Brands Culinary Collection. This collection of application information, cook times, and recipes for Groen Eclipse™ Ergonomic Tilting Braising Pans will benefit all foodservice operations or service providers.

The first section of the Culinary Collection includes topics that directly affect every foodservice operation; food safety, event planning, calculation formulas, and charts to aid in determining the cost of shrinkage, cost of labor and volume sizing. The second section addresses how the ComboEase works along with offering great application ideas.

Since these collections are working documents, periodic updates will include timely application suggestions for current menu trends or food safety challenges along with recipes from Unified Brands Culinary Center or from users like you. A compilation of the Culinary Collection recipes for all Groen products; braising pans, steamers, combination Oven-Steamers, and kettles is available in PDF format in the Culinary Collection section of the Unified Brands website at unifiedbrands.net. The collection is also available on CD when requested through our literature department. Either format allows for simple printing of the new pages of interest which can be added to your Unified Brands Culinary Collection materials.

We know you'll find the Unified Brands Culinary Collection to be valuable when used in your foodservice operation!



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Are You In Compliance?

The 2001 Food Code will remain thru 2005, when it will be revised by the FDA. In 2003 an update was issued which brought several changes, including lowering the minimum hot holding from 140° to 135°F. Other changes include greater emphasis on the when, where and how of hand-washing.

Hand-Washing: Code revisions set the minimum temperature on hand-washing stations at 100°F. The code also clarifies and strictly enforces that hands must be washed for 20 seconds and only in an easily accessible hand-washing sink in the kitchen. No hand-washing should occur in food prep or three compartment sinks. Also, the code clarifies that hands must be washed before donning gloves, and alcohol gels are not suitable for proper hand-washing.

Bare Hand Contact: There is some confusion about gloves and bare hand contact. The regulation prohibits bare hand contact, but does not dictate gloves in all instances. The regulation reads: “Except when washing fruits and vegetables, food employees may not contact exposed ready-to-eat foods with their bare hands and shall use suitable utensils such as deli tissue, spatulas, tongs, single use gloves or dispensing equipment.” For example, a fry cook would not be required to wear gloves as gloves can become contaminated and lead to cross-contamination just as hands. Check with your local health department for regulations regarding bare hand contact.

Date Marking and Storage Time Limits: All potentially hazardous food prepared and held for more than 24 hours should be clearly marked to indicate the date or day by which the food shall be consumed or discarded. If the food is in a manufacturer’s sealed package, the manufacturer’s use-by date is sufficient. Once opened, that date must be replaced by a label with a date assigned by the kitchen. The maximum time shall be seven days if the food is kept at a temperature of 41°F or below the entire time. If food is taken in and out of the refrigerator, that time span must be shortened. You must not, however, exceed the manufacturer’s use by date. It is the manufacturer’s use-by date or up to seven days, whichever comes first. Day one of the seven-day period starts with the prep date of the oldest ingredient. For example, if you prepare potatoes for a salad on Sunday, but actually make the salad on Monday, day one would be Sunday.

Thermometers: The new regulations require you to have proper equipment to measure temperatures accurately. Calibrated bimetallic stem thermometers are good for certain applications but do not register temperatures instantly. Therefore, the use of thermocouples may be required in certain situations. Buffets, for example, must be checked at least every two hours and an instant reading thermocouple would be needed to accurately check each station. The code also requires a thin probe to measure items such as meat patties. Thin probes are available for use with certain thermocouples.

Time/Temperature Log Example:

Time/Temperature Log Must be recorded at least every two hours				
Date:				
Cold Foods: 41°F or lower				
Hot Foods: Reheat to 165°F /Hold 135°F or higher				
Time	Temp	Product	Comment/Action Taken	Initials

Planning A Successful Event

1. **List All Items Needed For A Job:** Recheck that list for items you may have overlooked.
2. **Use A Contract**
3. **Get A Deposit**
4. **Keep Your Eye On Inventory:** Don't use a lot of special items that you do not use in your business.
5. **Prep Certain Foods Ahead Of Time:** i.e. make toast rounds, blanch vegetables, pack dry goods and supplies.
6. **Use Labor Wisely:** Schedule labor for the appropriate times, stagger talent to hold down overtime.
7. **Schedule Deliveries:** Make sure supplies are ordered well in advance to avoid surprises, especially special items that are hard to find.
8. **Keep The Onsite Event Prep Simple:** Eliminate as much onsite cooking as possible.
9. **Do A Site Inspection In Advance:** Determine what facilities will be used and what is available to you. Be sure to check for Ice Machines and Garbage Disposal facilities.
10. **Use Alternating Colors And Shapes:** Use contrasting colors and shapes on trays; ex. cut and roll meats, layer cheeses and arrange in alternate colors. For the finishing touch, use fresh Green Leaf Lettuce Leaves to separate layers and add height to the tray.
11. **Keep Cold Foods Cold:** Save setting cold trays and garnishes until as close to serving time as needed. Most garnishes can be prepped ahead of time and kept in resealable bags.
12. **Keep Food Trays Fresh And Supplies Well Stocked:** Prepare spare or backup trays and hold them in the cooler. Never prepare trays at the table. Have staff prepared to quickly replace as needed. Be sure to have spare meats and garnishes ready for replenishment in prep area.
13. **Rent Early:** Reserve any equipment or linens in plenty of time before the event and confirm the week before the event.
14. **Be Creative But Know Your Limits:** Do not experiment on the actual event. Practice a recipe first and make sure you and others like it before you sell it. Sometimes recipes sound better than they taste.

15. **Taste Before You Serve:** To make sure the food meets your standards by personally tasting all items before you serve them. Have disposable spoons available for tasting.
16. **Calculate Your Costs:** When calculating event prices, make sure you categorize your costs. i.e. a) food b) labor c) equipment and linen rental d) facility rental.
17. **Food:** Markup can be calculated several ways, 3 x food cost will give you a 33%, 4 x food cost will give you 25%. Many restaurants find a happy medium between the two (usually 28%).

Food Calculation Cart: How to determine food cost/food cost percentage

Menu Item: _____ # Servings: _____ Estimated Prep Time: _____

Ingredient:	Recipe Amount:	Price:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total food cost for this recipe	\$ _____
Divided by the number of servings	/ _____
Subtotal of food cost per serving	= _____
Cost of seasonings per serving	\$ _____
Food cost per serving	= _____
Divided by menu price	/ _____
Food cost percentage	= _____

18. **Labor:** Your best estimate of how many hours it will take you and your staff to do all of the activities necessary to service your customers completely will do. This includes preparing the food, setting up the facility, working the actual party and time spent cleaning the facility after the event.

Labor Calculation Chart: The following table calculates the actual hourly cost of time for people at various income levels. The value of each of your hours, even each of your minutes, is something to bear in mind when you review your dietary record. Look at your time as money to invest. (all below values in dollars)

Salary -Year	Salary- Week	Benefits-40% Total Salary	Total Week	Value Per Hour	Value Per Minute
\$5,000	96	38	135	3	.06
\$6,000	115	46	162	4	.07
\$7,000	135	54	188	5	.08
\$8,000	154	62	215	5	.09
\$9,000	173	69	242	6	.10
\$10,000	192	77	269	7	.11
\$15,000	288	115	404	10	.17
\$20,000	385	154	538	13	.22
\$25,000	481	192	673	17	.28
\$30,000	577	231	808	20	.34
\$35,000	673	269	942	24	.39
\$40,000	769	308	1,077	27	.45
\$45,000	865	346	1,212	30	.50
\$50,000	962	385	1,346	34	.56
\$55,000	1,058	423	1,481	37	.62
\$60,000	1,154	462	1,615	40	.67

19. **Equipment And Linen Rental:** If you need any equipment, silverware, glassware, plates, bowls, etc., get firm prices on cost of rental ahead of time so it can be included in the contract.
20. **Facility Rental:** (if needed) Reserve the site well in advance and make sure it is included in the deposit section of the contract. This covers you in case of customer cancellation.
21. **Your Food Is Your Best Advertisement:** It is important, especially in the case of catering parties, that each item placed on a tray or in a display is given careful attention. All members of the party are prospective clients, they eat first with their eyes. Keep your business cards handy.
22. **Use Your Party Staff Wisely:** Assign select members of your staff to pick up plates, glasses, napkins, etc., keeping the serving area neat and tidy.

- 23. When Is Case Cost Not Usable Case Cost:** When working on your food cost, keep into account what your finished cost is going to be. As an example - shrimp (31-35 count) may cost \$6 per pound. After it is thawed, cooked, and peeled, the finished weight will decrease as much as 25% or up to 1/4 lb of shrimp which makes the cost increase to \$7.50 per lb. This is a strong consideration when preparing large amounts of shrimp. Considering waste, labor savings and ease of preparation, you might consider using pre-cooked shrimp.

Conversion Exercise (Scratch vs. Cooked, Pulled and Diced Chicken Meat):

10 Lbs of cooked boneless pulled chicken meat wanted. No skin, natural proportion of light and dark meat.

25% Cook Shrink – The fat cooks away when raw chicken is cooked; therefore, allowing meat shrinkage. The water that is added to fresh chicken during processing also cooks away. A minimum of 25% is lost.

+ 30% Bone Weight – 30% of the chicken’s weight is bone.

+ 15% Skin Weight – 15% of the chicken’s weight is skin.

+ 5% Unusable Carcass Meat – This accounts for any meat left on the carcass that is unusable for pulled or diced chicken meat.

= 75% Total Loss – There is only 25% usable meat on a raw bird.

1. Cost per pound _____ x 40 pounds _____
(to yield 10 lbs, 40 is needed)

2. Labor rate per hour _____ x 1.3 hours _____
(based on 30 lbs/hour, an industry average)

3. Credit for fat and broth @ \$.30 per pound x 10 pounds _____
(current value approx. \$.30 per pound)
(when cooking chicken, 25% broth and fat are created)

For 10 lbs of pulled chicken, _____
meat prepared from scratch

For 10 lbs of pulled chicken, _____
meat prepared from frozen

Cooking Yield Of Raw Whole Turkey: Are you buying turkey the most economical way? Here are some facts that may surprise you (figures based on averages taken from independent tests on 20 lb turkeys).

Cost/Lb Raw Turkey	Cost of Servable Cooked Meat/Lb From Raw Turkey
.70	2.07
.72	2.13
.74	2.19
.76	2.25
.78	2.31
.80	2.37
.82	2.43
.84	2.49

In the left column find the price you most recently paid for your raw turkey. Compare that price with the price in the column at the right and you will see how much you actually paid per lb for the servable meat. Surprised? The difference between the price paid and the cost of the usable meat is made up from a combination of water loss, cooking loss, carcass, bones and unservable scrap. Only 33.8% of a frozen raw bird is available for serving. Usable cooked meat – 20.6% white, 13.2% dark, 33.8% total. Unusable part of bird – 5.2% giblets, 3.4% water on thawing, 27.1% cooking loss, 30.5% carcass and bones.

- 24. Avoid Confusion:** To eliminate as much miscommunication as possible between you and the customer, design a function sheet and contract. Have the customer sign the contract and share a copy with them. Changes can be made, just note them on the form and initial it. Don't leave anything to question.

This form should include:

- Customer name
- Name of function
- Person responsible for payment
- Number of guests expected
- Date and time (beginning and ending)
- Location
- Items and amounts to be served
- Equipment, smallwares and linens needed
- Labor needed (servers, carvers, bussers, bartenders, etc)
- Labor hours contracted (ending time for party is important for this)
- Party decor and person(s) responsible
- Cost of party
- Deposit required

25. **Plan Your Work:** Assemble your staff in advance and discuss an unpriced copy of the function sheet. This is your opportunity to assign duties, describe the party theme, and create an expectation of performance. Distribute a checklist to each department.
26. **Use An Inventory List:** Before the party have an inventory list of all items to be used (equipment, smallwares and linens). After the party, use this list to clean and repack to avoid loss. Catering equipment and linens can be expensive, loss could cost you the profits from your event.
27. **Confirm A Job Well Done:** Follow up with your customer a couple of days after the party to make sure they are satisfied and get their permission to use them as a reference for future business.
28. **Employee Feedback:** Encourage employees to give feedback on both good and not so good aspects of the process. Always work to improve yourself and your business, it pays big dividends.

Eclipse™ Ergonomic Tilting Braising Pans

The best is now even better. The Eclipse takes a great braising pan concept to a new level.

Features:

- Performance, water resistance and improved ergonomics in a streamlined design.
- Narrow-width and single point utility connections.
- Rounded-leg stands and one-piece covers are easier to clean.
- High performance—fast, high-capacity pan heats to 350°F in just 4 minutes.
- Faster cook times with more even cooking.
- Precision thermostat regulates temperature for accurate cooking.
- Water-resistant pan shell and control housing—less problems with splash back and spray.
- Center tilt design optimizes pour path and floor/aisle space.
- Smooth-action, quick-tilting body on manual and power tilt models.
- Counterbalanced cover design improves operation and cleaning.
- Easy to reach right-hand, left-hand, or rear faucet mounts.
- Easy-to-clean, 3-inch radius, rounded interiors—no tight corners to clean.
- Table top electric model braising pan features the same proven design as the larger floor models.

Eclipse Ergonomic Tilting Braising Pans From A Chef's Perspective

by Chef Michael Williams

The greatest chefs of the world have known for years that the most versatile piece of equipment in the kitchen is the braising pan, or some call it the “tilt skillet”. Regrettably, most foodservice operators do not realize their versatility. The best part of having a braising pan *is* the versatility. You can utilize the pan to make a few hundred flap jacks in the morning, cook salisbury steaks with gravy for lunch, and finally, make a great stir fry for dinner. Now that’s versatility!

I am often asked “just what is a braising pan used for, is it like a skillet?”. I relate it more to one of those electric skillets many of us had in our first apartment. It works in just about the same way. The pan has a heater coil attached to the outside of the bottom. When it is heated you can cook almost anything in a snap, and clean-up is a breeze.

When you first got the electric skillet and burned a few batches of chicken, you realized that this method of cooking was pretty efficient. It did not require everything to be cooked on “HIGH” because the heat source was part of the equipment and truly provided highly efficient conductive heat. During the life of this trusty friend you began to notice that some things, like cream or high sugar items, stuck or burned in the area around where the element was located, but the products in the middle of the pan were just right. This is because the element typically ran about 2 inches from the outside

edge of the pan and the element had to work hard to get energy to product in the middle of that thin pan. This uneven heating has been addressed in the design of the Eclipse Braising pan.

Commercial braising pans share many of the same principles as that handy home appliance. They both are heated from below, heat very quickly, and are easy to clean. But that's where the similarity ends. The commercial cousin has a 10, 30 or 40-gal stainless steel pan and is heated from below by either electric elements or gas burners. This pan is hinged on each side and tilts to dispense the cooked food. A hinged vented cover is attached to the back frame and covers the entire pan when closed.

The Eclipse Braising pan from Groen is considered by many to be the most durable and easy to use braising pan available on the market today. Even heat, excellent bi-metal cooking surface, 3" radius corners, and a highly water resistant tilted front control box make the Eclipse braising pan easy to use and a snap to clean. This workhorse can be used to produce mass quantities of food products, create meticulously prepared sauces, sear meats, pan fry chicken or fish, sauté, steam or be used as a Bain Marie. In almost any application the Eclipse Braising Pan provides excellent performance. Heater strips are bonded in pairs across the bottom of the electric Eclipse Braising pan. This provides very even and efficient conductive heating. Since the heater strip pairs are mounted across the entire surface, there is no need to burn in one area to heat up another. The gas models utilize a series of gas jets working in conjunction with fins welded directly to a portion of the back base of the pan. It combines radiant heat of the gas jets with conductive energy of the fins to carry the heat more efficiently into the entire cooking surface. Both electric and gas models will provide exceptional performance for years.

Most operators will go through a period of adjustment when first using this equipment. Like anything else, there is a measure of finesse involved in cooking delicate items. Some people experience some over caramelization with products high in sugar like carrots or onions. You guessed it, "over caramelization" means burnt and carbon bonded to the surface. This happens because the surface of the pan gets hot and stays hot. Moisture is cooked away quickly and the sugars melt to the surface and cause scorching. The best rule of thumb is to cook these items at or slightly below 300°F. You will have plenty of heat to caramelize any vegetable to perfection. When cooking items such as meats or sauces you should increase the temperature to between 350°F and 375°F. At this temperature, meats caramelize very evenly and give a wonderful color to any sauce.

Two options make a braising pan even more functional. The first option is a device called a TDO (Tangent Draw-Off), which really helps in the total operation of the equipment. The TDO is a wide mouth drain available with a 2" or 3" opening. The TDO is affixed to the front of the pan at a tangent to the bottom of the pan. This configuration allows the user to draw-off liquids and most solids from the bottom of the pan. The TDO option allows you to dispense soups or gravies directly into the serving container, when used with the strainer; liquids can be drained from ground beef or sausage as you cook it, water after cooking pasta. After all of that it can also be used to drain the wash water when you clean the equipment after use. As you can tell, this is a "must have" not really an option. Another handy option is the steamer insert. Two sizes are available, one to fit the 30-gal pan and one

for the 40-gal. You can fit two inserts per pan. These inserts allow the operator to use the braising pan as a steamer or Bain Marie (water bath). These inserts are constructed of stainless steel and hold a #200 pan for steaming and up to a #400 pan for water bath applications. Here is how it works for steaming. The operator fills the pan with about 3 inches of water, the insert is placed in the water, and the braising pan is heated to 300°F. When the water comes to a boil, a #200 perforated pan filled with the item to be steamed is placed in the insert. The operator closes the lid and allows the product to steam for the desired time. To use it as a Bain Marie, you follow the same steps but set the temperature to 250°F. When the water gets hot, place up to a #400 solid pan in the insert and place a flat pan lid on the individual pan. Reduce the temperature to the desired level and add water as needed.

After the cooking process and product is removed from the pan, spray out remaining debris. Clean with soap and water, then sanitize. I normally tilt the pan to the 90° and let it air dry.

Use the recipes contained in this section with what you have learned, then experiment with variations of others and enjoy.

NOTES:

Category: Breakfast Foods and Crepes
Recipe: Crepes
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 25 Servings

Flour	1 lb
Salt	1/4 tsp
Confectioner's sugar	6 oz
Milk	1 qt
Eggs, slightly beaten	10
Vanilla	1/2 oz
Oil	1/2 cup

1. Mix ingredients with a whip, heat pan, lubricate with oil and pour or ladle batter into 6 inch circles.
2. Cook over moderate heat 1 to 2 minutes or until underside is brown and bubbles have formed on top. Turn and cook half to one minute or until the other side is browned.
3. When each crepe is cooked, roll them up and place in shallow counter pan. Sprinkle with confectioner's sugar.
4. Keep them warm until sauce is completed.

Cooking Tip -

No flipping, crepes cook on one side only.

Category: Breakfast Foods and Crepes
Recipe: French Toast
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 48 Servings (1 slice/serving)

Slices of Bread	48 each
Butter or Margarine	1 cup
Eggs	24 each
Milk	2 cups
Maple Syrup	1/2 cups

1. Combine milk, eggs and Maple syrup. Mix until well blended.
2. Heat butter in braising pan at 325°F.
3. Dip bread in egg/milk mixture on both sides.
4. Lay in pan, when last slice is down, turn first. Remove first slice when last is turned.

Food Safety Tip -

To avoid the "Temperature Danger Zone" place egg and milk pre-mixtures in the top rail of a Randell Raised Rail Prep Table.

Category: Breakfast Foods and Crepes
Recipe: Kaiser Schmarren Emperor's Pancakes Austrian - Style
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield:	10 Servings	30 Servings
Eggs	1 large	3 large
All Purpose Flour	1 cup	3 cups
Sugar	1 serving spoon (2 oz)	3 serving spoons (6 oz)
Raisins	2/3 cups	2 cups
Milk	1 cup	3 cups
Salt	pinch	3/4 tsp
Salad Oil	1 tsp	1 tbsp
Butter	1/4 cup (2 oz)	3/4 cups
Sugar	1 serving spoon (2 oz)	3 serving spoons (6 oz)
Butter	1/4 cup	3/4 cup (6 oz)
Cinnamon	pinch	3/4 tsp

1. Pre—heat braising pan at 250°F for four (4) minutes.
2. With a wire whip, combine eggs, flour, first amount of sugar, milk, salt and salad oil. Beat until smooth.
3. Add raisins.
4. Turn thermostat up to 400°F and add first amount of butter.
5. Pour approximately 3/4 quarts of batter into braising pan to make each pancake. Reduce heat to 350°F.
6. Brown and flip.
7. Tear each pancake apart with 2 large forks. Add 2 oz butter to each pancake.
9. Add 2 oz sugar and a pinch of cinnamon to each pancake.
10. Continue to tear.
11. Remove from braising pan (1 batch equals 30 pancakes).

Category: Breakfast Foods and Crepes
Recipe: Mushroom, Onion Omelets
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 12 Omelets

Fresh Eggs	2 doz, large
Milk	1 1/2 cups
Salt	1/4 tsp
Margarine	1 lb

1. Beat eggs, salt and milk together.
2. Melt margarine in the braising pan set at 375°F.
3. Pour 12 oz of mixture into the braising pan.
4. As the edges start to set, fold into center and continue this until egg is almost cooked thoroughly.
5. Add cooked or sautéed mushrooms and onions to the center of the omelet.
6. Fold in both edges of the omelet to the center.
7. Remove from heat.

Cooking Tip -

*Pan & grill oils or shortenings
work better than margarine
when coating a pan.*

Category: Breakfast Foods and Crepes
Recipe: Pancakes
For Product: Eclipse Braising Pan
Publish Date: 5/05

Complete Pancake Mix	5 lbs
Appropriate water for mixing	per package directions
Oil	3 cups

1. Heat oil in braising pan to 325°F.
2. Drop cup of batter into the braising pan for each pancake.
3. When the surface of the pancake is completely covered with bubbles, turn them over and cook three minutes longer.

Cooking Tip -

If using a spray pan coating make sure to use one that is made with oil, not water. Read the ingredient statement.

Category: Entree - Beef
Recipe: Beef and Macaroni
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 100 Servings

Butter	1/2 lb
Onions, sliced	1 1/2 lb
Green Peppers, chopped	1/2 lb
Ground Beef	17 1/2 lb
Salt	2 tbsp
Pepper	1 tsp
Elbow Macaroni	2 lbs
Water	3 gal
Salt	1/2 cup
Tomatoes	3 qts
Tomato Soup	(3) #5 cans

1. Bring water to a boil in braising pan. Add salt and macaroni and cook until almost tender.
2. Drain, reserve macaroni.
3. Melt butter; add onions, peppers, meat and pepper.
4. Sauté at 325°F until brown. Simmer mixture for 1/2 hour, stirring occasionally.
5. Add salt, tomatoes and tomato soup to meat mixture.
6. Add macaroni. Heat to simmering, serve with 6 oz ladle.

Food Safety Tip -
Safely chill unused portions in
a Randell Blast Chiller.

Category: Entree - Beef
Recipe: Beef Stroganoff
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 100 Servings

Beef Sirloin, cut in 1' cubes	20 lbs
Onions, sliced	2 lbs
Water, hot	1 gal
Mushrooms, fresh sliced	2 lbs
Salt	2 tbsp
Pepper	1 tbsp
Flour	1 lb
Water, cold	as needed to make a roux
Sherry	1 cup
Sour Cream	2 qts

1. Brown beef and onions at 325°F. Add water to cover and cook until meat is almost done (approx. 1 hour).
2. Add mushrooms, salt and pepper.
3. Stir in flour which has been dissolved in cold water.
4. When mixture thickens, add sherry and sour cream, turn off pan.
5. Serve over rice or noodles.

Prep Tip -

Use the SmartSteam to
prepare fluffy rice or perfect
pasta everytime!

Category: Entree - Beef
Recipe: Chalaupe Topping
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (100) 4 oz Servings

Pinto Beans, washed 1 gal
Salt 1/4 cup

1. Fill heated braising pan with 3" of water. Turn thermostat to 300°F, add beans and salt.
2. Cover pan & allow beans to boil.
3. Reduce heat to 250°F and simmer beans until tender (2 hrs).
4. Drain beans, saving liquid.
5. Put beans in a mixing bowl and mash, using a paddle. Add enough liquid to make beans the consistency of mashed potatoes.
6. Refrigerate until needed.

Ground Beef 10 lbs
Onions, chopped 2 cups
Chili Powder 1/2 cup
Cumin 1/4 cup
Garlic Powder 2 tbsp
Salt 2 tbsp
Cooked Beans 3 gals

1. Turn thermostat to 325°F & brown off ground beef & onions. Do not drain off fat.
2. Add chili powder, cumin, garlic powder, salt & mashed beans. Heat for 30 minutes.
3. Remove from pan.

Serve with nacho chips and top with mozzarella & american cheese.

Food Safety Tip -

After quick chilling the beans in a Randell Blast Chiller, store them in a Randell Reach-In Refrigerator.

Category: Entree - Beef
Recipe: Chopped Cheese Steak with Cheese Sauce
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 300 Servings

Chopped Beef	34 lbs
Onions, chopped	16 lbs
Margarine	1 lb
Salt	1/4 cup
Pepper	2 tbsp

1. Sauté onions in margarine until clear.
2. Brown beef slowly at 275°F to prevent shrinkage. Add seasonings and onions.
3. Add water plus beef extract if too thick or dry.
4. Serve with #16 scoop on club or steak roll.
5. Add cheese sauce.

Category: Entree - Beef
Recipe: Hamburgers
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (12) 4 oz Burgers

Ground beef or 1/4 lb pre-formed burgers 3 lbs

1. Place burgers in a 325°F heated braising pan.
2. Tilt the pan 2" so that accumulated fat drains to the front of the pan.
3. When hamburger juice appears on the top, turn over and cook half the time as the first side.

Cooking Tip -

For juicier burgers only flip the meat once. This helps keep them from drying out.

Category: Entree - Beef
Recipe: Italian Spaghetti & Meat Sauce
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 100 Servings

Chopped beef, veal or pork	17 1/2 lbs
Margarine	1 lb
Parsley, chopped fine	1/2 cup
Salt	1/2 cup
Pepper	2 tbsp
Garlic Salt	2 tbsp
Tomatoes, crushed	(2) #10 cans
Tomato Puree	(1) #10 can
Tomato Paste	1 1/2 qt
Water	1 1/2 qt
Oregano	1/4 cup
Pepper	2 tbsp

1. In a braising pan melt Margarine and brown meat at 350°F.
2. Add salt, pepper, garlic salt and chopped parsley.
3. Add crushed tomatoes, tomato puree, paste, water and the rest of the seasonings.
4. Simmer 1 - 2 hours.

Category: Entree - Beef
Recipe: Mexican Meatballs (Albondigas)
For Product: Eclipse Braising Pan
Publish Date: 5/05

This dish can be served as a main entree or prepared as an hors d'oeuvre. It needs to be made with the special sauce which is made in the kettle.

Yield: 150 Small Appetizer Size Meatballs

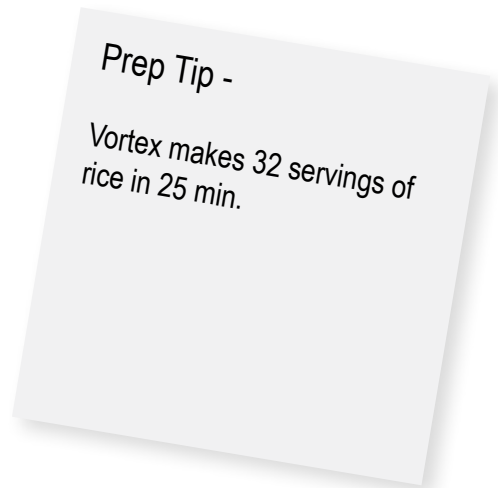
Ground Beef	2 lbs
Ground Pork	1 lb
Ground Ham	1/2 lb
Chopped Onions	1 cup
Dried bread	4 slices
Milk	1/2 cup
Eggs	2 individual
Salt	1 tbsp
Pepper	1/2 tsp
Diced, drained green chilies	(2) 4 oz cans
Chopped parsley	1/2 cup

1. Combine ground beef, pork, ham and onions.
2. Tear bread into chunks and soak in milk.
3. Slightly beat eggs and add salt, pepper and chilies.
4. Add egg mixture and bread/milk mixture to meat. Mix together well.
5. Form mixture into 1 1/2" meatballs.
6. Turn thermostat to 350°F & brown off meatballs in braising pan.
7. Reduce heat to 275°F.
8. Pour Mexican Meatball sauce into pan and simmer for 30 minutes.
9. Remove from pan and garnish with parsley.

Category: Entree - Beef
Recipe: Pepper Steak
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (50) 6 oz Servings

Oil	1 cup
Tenderloin Tips	10 lbs
Salt	3 tbsp
Pepper	1 tsp
Ginger, ground	2 tsp
Paprika	1 tbsp
Onions, raw and sliced	2 lbs
Garlic, minced	1 tsp
Hot stock (Brown)	as needed
Soy Sauce	1/2 cup
Red Wine	1 cup
Water	1 cup
Flour	2 cups
Cornstarch	2 cups
Green Peppers, cut into strips	3 lbs
Mushroom, sliced	3 cups



1. Beat oil in braising pan at 325°F.
2. Season beef with salt, pepper and paprika. Sauté for 10-20 minutes.
3. Add sliced onions and minced garlic.
4. Continue braising until meat is almost done. Keep moist to prevent scorching.
5. Add enough brown stock to cover meat evenly and let come to a boil.
6. Combine and blend soy sauce, wine, water, ginger, flour and cornstarch. Strain and stir into boiling meat.
7. Simmer and stir 5 minutes. Turn off heat.
8. Fold in the cut green peppers and cooked mushrooms.
9. Close cover of pan and let set for 5 minutes.
10. Serve over rice or noodles.

Category: Entree - Beef
Recipe: Pizzialo
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 48 Servings

Top Round Steak, 1" thick	12 lbs
Vegetable Oil	3 cups
Onions, thinly sliced	12 medium
Green & Red Peppers, cut 1/4 strips	18 medium
Tomatoes, seeded and chopped	12 medium (4 lbs)
Salt	3 tsp
Basil	3 tsp
Italian Seasoning	3 tsp
Oregano	3/4 tsp
Red Wine Vinegar	3 tsp
Water	1 1/2 cups
Pitted Whole Ripe Olives	1/2 cups

1. Heat oil in braising pan at 350°F.
2. Cut meat into thin strips. Stir fry beef strips in hot oil until no pink remains. Set aside meat.
3. Reduce heat to 300°F. Add onions and peppers. Sauté 2 minutes.
4. Add tomatoes, salt, pepper, basil, Italian seasoning and oregano. Sauté 1 minute.
5. Add vinegar and water. Cover and simmer 1 minute.
6. Add cooked meat and olives. Stir fry until done.
7. Serve over spiral noodles.

Cooking Tip -

Cook pasta in a Groen Convection Steamer by adding the desired amount of pasta to a solid 2 1/2 inch pan, cover with cold water and add 1 tsp salt. Steam for 12 - 14 minutes, drain and serve.

Category: Entree - Beef
Recipe: Salisbury Steak
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (100) 5 oz Servings

Ground Beef	28 lbs
Bread Crumbs, fresh	2 lbs
Eggs, frozen or fresh, slightly beaten	2 lbs
Salt	4 oz
Pepper	2 tbsp

1. Mix ground beef with bread crumbs, eggs and salt using dough hook on medium speed. Add a small amount of water if mixture is too dry. Do not over-mix.
2. Shape into 5 oz patties, oval-shaped.
3. Set temperature at 350°F. Brown patties on each side.
4. Reduce heat to 275°F. Cover with onion gravy and simmer 15-30 minutes.

Category: Entree - Beef
Recipe: "Surf & Turf" Stir Fry
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (75) 6 oz Portions

Whole and broken shrimp	7 lbs
Top Sirloin (strips)	7 lbs
Onions, Oriental cut	4 lbs
Green pepper (strips)	4 lbs
Broccoli Crowns	2 1/2 lb
Teriyaki Sauce	2 cups
Cornstarch	1/4 cups
Salt	as desired
Pepper, white	as desired
Carrots, cut in julienne	2 lbs
Salad or sesame oil	2 cups
Mushrooms	2 lbs

1. Preheat braising pan to 250°F for 4 - 5 minutes.
2. Increase heat to 375°F and add oil. Allow to heat for approximately 2 minutes.
3. Stir fry beef into hot oil. Push to side when browned.
4. Stir fry shrimp. After totally cooked, push to side also.
5. In this order, stir fry carrots, broccoli, onions, mushrooms and green pepper.
6. Add vegetables into beef and shrimp. Add Teriyaki Sauce and rest of ingredients.
7. Lower temperature of the pan and allow to simmer until serving.

Category: Entree - Beef
Recipe: Szechwan Beef (Mongolian Beef)
For Product: Eclipse Braising Pan
Publish Date: 5/05
Page: 1 of 2

Yield: (25) 6 oz Servings

Flank steak, sirloin steak, cut 1" x 1/2" x 1/2" diagonal strips	5 lbs
Egg Whites	12 ea
Salt	2 tsp
Cornstarch	6 oz (15 tbsp)
Salad Oil	12 oz
Bamboo Shoots	12 oz
Green Onions, diagonally cut 1/2" pieces	5 cups (3 bunches)
Mushrooms, sliced	1 lb
Broccoli Flowerets	3 lb
Water chestnuts, sliced	1 cup

Sauce:

Hoisin Sauce	1/2 cup (5 1/2 oz)
Soy Sauce	1/2 cup
Chicken Stock, cooled	1 qt
Sugar	2 tsp
Cornstarch	2 tbsp (1/4 oz)
Chili Paste with Garlic	6 oz
Sherry (optional)	

1. With a wire whip, mix egg whites, salt and cornstarch into a moderately thin paste.
2. Coat beef with the paste.
3. Pre - heat the braising pan at 250°F for 4-5 minutes, then turn the thermostat to 325°F and pour in oil (the oil should totally coat the surface of the braising pan). Heat oil.
4. Stir-fry beef, until browned, and push to the side.
5. Reduce heat to 275°F.
6. Combine cooled stock and cornstarch, blend thoroughly.
7. Pour the stock mixture, soy sauce, sugar, Hoisin sauce and chili paste into the braising pan and start stirring immediately.

Category: Entree - Beef
Recipe: Szechwan Beef (Mongolian Beef)
For Product: Eclipse Braising Pan
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8. Add the browned meat to the sauce.
9. Add and thoroughly stir in each of the following before adding the next: water chestnuts bamboo shoots, broccoli mushrooms and green onions.
10. Reduce heat to 250°F and continue to stir for 5 minutes.
11. Serve over rice or chow mein noodles.

If scorching occurs, add more stock and rapidly stir

Cooking Tip -

Avoid lumps in your gravy, be sure to add cold liquids to hot roux. Hot liquids will set the starch and form lumps.

Category: Entree - Beef
Recipe: Taco Meat
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 400 Tacos

Ground Meat	20 lb
Chili Powder	16 oz
Salt	1/4 cup
Black Pepper	1/8 cup
Garlic Powder	3 tbsp
Cumin	4 tbsp
Onions, chopped	2 lbs
Tomato Paste	1 qt
Water	2 gal
Flour	3 lb

1. Brown meat in braising pan at 325°F.
2. Add all ingredients.
3. Simmer about 1 hour at moderate heat.

Food Safety Tip -

Extend the life of prepared
taco meat by quick chilling in a
Randell Blast Chiller.

Category: Entree – Non-Meat
Recipe: Bread Dressing
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield:	(100) 3 oz Servings	(300) 3 oz Servings
Bacon fat	1 1/3 cup	1 qt
Onions, finely chopped	2 large	7 large
Celery, chopped	12 oz	2 lbs
Chicken Base	5 oz	1 lb
Sage	2 tbsp	1/4 cup
Thyme	1 tbsp	3 tbsp
Marjoram	1 tbsp	3 tbsp
Garlic Powder	1 tbsp	3 tbsp
Salt	to taste	1 tsp
Oregano	1 tbsp	3 tbsp
Pepper	to taste	1 tsp
Season Salt	to taste	1 tsp
Bay Leaf	1 tbsp	3 tbsp
Worcestershire Sauce	2/3 oz	2 oz
Dried (French) Bread, chopped	5 lb	15 lbs
Water	1 gal	3 gal

1. Pre-heat braising pan for 4 minutes at 250°F.
2. Increase heat to 325°F and heat bacon fat.
3. Sauté onions and celery.
4. Add chicken base and water.
5. Add seasoning and mix.
6. Add bread and mix vigorously.
7. Reduce heat to 250°F and heat for 10-15 minutes with the cover closed. Lift lid and stir occasionally. Keep the vent open when lid is closed.

Category: Entree – Non-Meat
Recipe: Pasta Primavera with Cheeses
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 50 Servings

Pasta, dry (rotini)	10 lbs
Sesame Oil, toasted	(2) 6 oz bottles
Leeks, fresh	4 each, sliced
Garlic, fresh	1 lg bulb or 7 cloves
Wax Beans, fresh	2 lbs cut and trimmed
Red Pepper, fresh	6 large, cut into strips
Broccoli, fresh	3 heads, cut into florets
Carrots, fresh	3 lbs, cut into slices or strips
Salt Free Seasoning	3 tbsp
Garlic Salt	2 tbsp
Parsley Flakes, dehydrated	3/4 cup
Mozzarella Cheese, shredded	(2) 1 lb bags

Choose from variations with or without black pepper

1. Cook pasta in kettle with water, oil and salt. Drain. Rinse with cold water. Set aside.
2. Heat oil in braising pan at 375°F.
3. Sauté leeks and garlic until transparent.
4. Add carrots, wax beans and red peppers. Cook for 5 minutes and then add broccoli florets. Cook until crisply tender but not mushy, about 10 minutes.
5. Add Salt Free Seasoning, garlic salt and parsley flakes and mix thoroughly.
6. Pour into two 12" X 20" X 2 1/2" solid steamer pans.
7. Sprinkle each pan with 1 package of cheese to cover thoroughly. Set into steam table or chafing dish.

Prep Tip -

Prepare the pasta ahead of time in a Groen Convection Steamer.

Category: Entree – Non-Meat
Recipe: Swiss Cheese Croquettes
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 60 Servings (2/person)

Margarine	1 lb 2 oz
Flour	1 lb 11 oz
Salt	1/2 tsp
Cayenne Pepper	1/4 tsp
Eggs, beaten	1 lb 5 oz
Milk, hot	1 qt 1/2 cup
Swiss Cheese, shredded	9 lbs
Salad Oil	4 gal*

Breading:	
Flour	6 oz
Eggs, beaten	3 3/4 cups
Bread Crumbs	1 3/4 qts

Storage Tip -

Randell Reach-Ins and Side Mount Compressor Prep Tables have the storage capacity to store full sized pans and containers for maximum storage capacity.

1. Set your braising pan temperature to 250°F and melt margarine. Add flour, salt and pepper and combine thoroughly. Cook for 5 minutes, stirring frequently.
2. Remove from braising pan.
3. Temper beaten eggs with small amounts of hot milk until fully combined.
4. Add mixture from braising pan and beat for 8 minutes.
5. Add cheese and blend thoroughly.
6. To shape croquette, weigh mixture into 2 oz. portions and shape in 2 2/3" long x 1 1/2" wide cylinders. Place on sheet pans, cover and refrigerate overnight.
7. To bread croquettes, roll them in flour (shake off excess). Dip in beaten eggs and coat with bread crumbs (keep cold until ready to fry).
8. Add oil to braising pan and set thermostat at 375°F.
9. When oil is hot, deep fat fry croquettes for 2 minutes until croquettes are golden brown.

Serving Suggestion: Top with tomato sauce

*Add enough oil to fill braising pan with 3" of oil

Category: Entree – Pork
Recipe: Bacon
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 10 lb

Sliced Bacon, medium thickness (18) 22 ct per pound

1. Preheat braising pan to 300°F.
2. Increase temperature to 325°F, lay bacon in single layers.
3. Brown on both sides (only turn once).
4. Remove from pan.
5. Drain on absorbent paper.

Cooking Tip -

Use the TDO option to draw off fat while cooking.

Category: Entree – Pork
Recipe: Pork Paprika
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 50 Servings

Pork, cut in one inch cubes	10 lb
Chopped Onions	3 qts
Sliced Mushrooms	6 lbs
Butter	1 1/2 cups
Oil	1 1/2 cups
Flour	3/4 cups
Tomato Paste	1 qt
Beef or Chicken Stock	2 1/4 qts
Heavy Cream	1 1/2 qts
White Wine	3 cups
Salt	to taste
Pepper	to taste
Paprika	1/4 cup

1. Sauté onions at 325°F in butter - oil combination until transparent.
2. Add pork cubes and sauté until brown. Add flour and blend well.
3. Add tomato paste, paprika, stock, wine and mushrooms. Season and let simmer with closed lid over low heat for 35 - 40 minutes or until tender.
4. Add cream to pork mixture, heat thoroughly and spoon onto a bed of rice. Garnish with parsley and serve.

Side Dish Idea -

Don't forget that all Groen Convection steamers do a great job cooking side items such as rice. Add chopped parsley just before serving.

Category: Entree – Pork
Recipe: Sausage Patties
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 10 lbs

Pork or Beef ground sausage patties 80 2 oz patties

1. Preheat braising pan to 300°F.
2. Increase temperature to 325°F, lay sausage patties in a single layer.
3. Tilt the pan 2" so that accumulated fat drains to the front of the pan.
4. When sausage juice appears on the top, turn over and cook half the time as the first side.
5. Remove from pan.
6. Drain on absorbent paper.

Cooking Tip -

Use the TDO option to draw off fat while cooking.

Category: Entree – Pork
Recipe: Southern Style Pork Steaks
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield:	8	24	40
Boneless Pork steaks, 6 1/2 oz ea	8	24	40
Salt	2 tbsp	2 tbsp	3 tbsp
Pepper	1/8 tsp	3/8 tsp	1 tsp
Bacon, 1/2" pcs	2 oz	6 oz	10 oz
Green peppers, 1/4 x 1/4 x 2" pcs	6 oz	1 lb 2 oz	1 lb 14 oz
Sweet red peppers, 1/4 x 1/4 x 2" pcs	6 oz	1 lb 2 oz	1 lb 14 oz
Pimentos, 1/4 x 1/4 x 2" pcs	3 oz	9 oz	15 oz
Onions, sliced 1/4" thick	8 oz	1 lb 8 oz	2 lb 8 oz
Garlic clove, minced fine	1	3	5
Crushed dried red pepper	1/2 tsp	1 tsp	1 1/2 tsp
Chicken broth	cup	1 cups	2 1/2 cups
Canned tomatoes, chopped 1/4 — 1/2" pcs	1 cup	3 cups	1 1/4 qts
Ripe olives, sliced 1/8'	2 1/2 oz	7 1/2 oz	12 1/2 oz

1. Combine salt and pepper. Sprinkle seasonings over pork steaks, allowing 1/4 tsp per steak. Allow to stand 15 minutes.
2. Sauté bacon on 350° in braising pan till crisp. Remove from fat.
3. Sauté pork steaks in bacon fat until they are an even brown on both sides.
4. Push pork to side of braising pan.
5. Add peppers, onions, pimentos, garlic and crushed red pepper to braising pan. Sauté 2 - 3 minutes, until vegetables just begin to lose their crispness. Place over pork steaks.
6. Combine chicken broth and tomatoes and add to pork steaks.
7. Sprinkle 1 oz cooked bacon over steaks.
8. Simmer for 20 minutes.
9. Remove from pan and sprinkle olives over pork.

Category: Entree – Pork
Recipe: Stir-Fry Sweet n Sour Pork
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (1) 1/2 gals

Pork cubes	8 lb
Salt	2 tbsp & 1 1/2 tsp
Pepper	1/2 tsp
Butter or margarine	8 oz
Onion, sliced 1/8 thick	2 lb
Brown Sugar	12 oz
Cornstarch	8 oz
Salt	1 tbsp
Cider Vinegar	2 3/4 cups
Canned Pineapple juice	1/2 gal
Soy Sauce	1/2 cup
Green Pepper, Julienne Cut	1 lb
Pineapple Chunks	1 qt

1. Preheat braising pan for 4 minutes @ 250°F.
2. Turn thermostat to 350°F and add pork, salt and pepper. Stir constantly until browned, push aside.
3. Melt butter in braising pan and stir-fry onions into pan. Push aside.
4. Reduce heat to 250°F.
5. Sift brown sugar, cornstarch, and second amount of salt together. Set aside.
6. Mix vinegar, pineapple juice and soy sauce together. Add to braising pan.
7. Gradually add cornstarch — brown sugar mixture to the braising pan, stirring constantly until it thickens.
8. Combine remaining ingredients together and simmer 20 minutes.

Category: Entree – Chicken
Recipe: Breast of Chicken L'Orange
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 25 Servings

Boneless Chicken Breasts	25 each
Butter	1 lb
Flour	2 lb
Non - whipped, whipping cream	2 qt
Paprika, powdered	2 tbsp
Oranges (juice only)	8 each
Orange Rind	2 tbsp

1. Coat each Chicken breast in flour.
2. Melt butter in braising pan. Brown floured chicken in butter at 300°F on both sides.
3. Move chicken breasts to one side. Add orange juice and whipping cream, lower temperature to 200°F. Add orange rind and paprika.
4. Combine chicken and sauce, close the lid and simmer for 10 - 15 minutes.

Category: Entree – Chicken
Recipe: Breast of Chicken “Marengo”
For Product: Eclipse Braising Pan
Publish Date: 5/05
Page: 1 of 2

Yield: 50 Servings

Chicken Breasts, boneless	(50) 5 oz pieces
Mushrooms, raw	3 lbs
Pearl Onions, frozen	2 1/2 lbs
Black Olives, pitted (med. or large)	(1/2) of #10 can
Tomatoes, diced	(1/2) of #10 can
Brown Sauce	1 1/2 gals
Sauterne Wine	3 cups
Marsala Wine	1 cup
Flour	1 1/2 lbs
Cooking Oil	1 qt
Butter or Margarine	2 lbs
Dried Sage, whole	1 1/2 tsp
Dried Tarragon, whole	1/2 tsp
Fresh Parsley	1 bunch
Salt	to taste
Pepper	to taste
Minors Beef Base	3 tsp
Espagnole Base	3 tsp
Carrots, frozen (sliced or whole)	7 1/2 lbs
Broccoli Crowns	7 1/2 lbs
Fettuccine, fresh (or regular)	6 lbs

1. Trim chicken breasts of all loose fat and skin.
2. Use 1/2 lb. of flour and season with salt, pepper, dried sage and tarragon. Place chicken in flour and dust heavily.
3. In braising pan, heat 1/2 quart of oil. When about 350°F, place chicken breasts in hot oil and sauté gently.
4. While this is cooking, place 1 1/2 gals of water in pan and add the bases. Bring to a boil and then turn down to simmer.

Category: Entree – Chicken
Recipe: Breast of Chicken “Marengo”
For Product: Eclipse Braising Pan
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5. Make a roux from 1 lb. of flour and 1 lb. butter or margarine. Thicken beef stock with roux for your sauce.
6. Slice mushrooms fairly thick and sprinkle over chicken when almost done. Braise with lid closed for several minutes.
7. Add wines and close lid again for 2 minutes.
8. Add pearl onions, olives, tomatoes and brown sauce. Close lid and simmer for another 3-4 minutes at about 300° to 325°F.
9. While all this is cooking, place 6 lbs of fresh fettuccine in a #400 pan with water covering the noodles.
10. Add salt and place in a Smart Steam Boilerless convection steamer for 10 minutes.
11. Drain, butter lightly and serve approximately 4 oz per person.
12. Also steam the carrots for 6 - 10 minutes (depending on their shape) from frozen state in a #400 pan.
13. The broccoli requires 6 - 8 minutes from frozen state. Place in #400 pan with lightly salted water. When done, drain, butter and serve.
14. Sprinkle chopped parsley on top of chicken breasts.

Prep Tip -

*Remember to use cool liquids
when adding to hot Roux.*

Category: Entree – Chicken
Recipe: Chicken a la King
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 200 Servings

Chicken, cocked, diced	20 lbs
Chicken Stock, hot	4 gal
Butter or Margarine	3 lbs
Onions, chopped	10 oz
Celery, cut fine	4 lbs
Green Peppers	(1) #4 can
Pimentos	(1) #4 can
Milk, hot	1 gal
Salt	4 oz

1. Melt fat in braising pan.
2. Sauté onions and celery at 325°F until tender but not brown.
3. Add flour and stir until smooth. Add hot milk, stirring occasionally.
4. Add hot chicken, green peppers, pimentos and salt. Simmer for 15 - 18 minutes or until chicken is tender.

Category: Entree – Chicken
Recipe: Chicken Strips Vienna
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield:	75
Chicken breast, skinless, boneless	24 lbs
Eggs	1 dozen
Flour	3 lbs
Cracker crumbs	5 lbs
Oil, salad	1 quart
Water	1 pint
Butter	3 lbs
Lemons	6 each
Salt and pepper	as needed
Chopped parsley	as needed

1. Chicken, cut in strips, season, roll in flour, dip in beaten eggs, water added; roll in cracker crumbs.
2. Heat skillet to 250°F and add oil. Increase temperature to 350°F. When oil temperature reaches 350°F add chicken and brown on all sides.
3. Remove initial batch and do second batch if necessary.
4. Drain oil and clean pan of debris. Add butter to pan and reheat to 300°F. When melted, add lemon juice and chopped parsley.
5. Remove sauce from pan and sprinkle over chicken.

Category: Entree – Chicken
Recipe: Chicken with Rice (Arroz Con Pollo)
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 50 Servings

Chicken, 1' pieces	15 lbs
Salad Oil	3 cups
Onions, chopped	1 Lb
Garlic, minced	1 oz
Tomatoes, diced	3 lbs
Water	1 gal
Rice, uncooked	6 cups
Parsley, minced	1 oz
Salt	4 tbsp
Paprika	1 tbsp
Pepper	1 1/2 tsp
Saffron	1 1/2 tsp
Bay Leaf	1 1/2 tsp
Peas (defrosted) or Artichoke Hearts	3 lbs
Pimentos, sliced	6 oz jar

1. Add oil and set temperature at 375°F.
2. When oil is hot, add onions and garlic. Cook until tender and push to the side.
3. Add Chicken to the braising pan and brown.
4. Add tomatoes, water, rice, parsley, dry ingredients and peas (or artichokes).
5. Lower the pan cover and slightly open the vent,
6. Reduce heat to 250°F and simmer for 30 minutes.

Category: Entree – Chicken
Recipe: Fried Chicken I
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 50 Servings

Chicken, legs, thighs & breast	50 pieces
whole eggs	18 large
flour	2 lb
shortening	17 lb
salt	to taste

1. Wash and drain chicken; dip into egg wash and drain.
2. Pass to seasoned flour and coat well.
3. Preheat braising pan with shortening to 375°F.
4. Place chicken in shortening.
5. Fry 10 minutes or until desired brownness is obtained.
6. Turn only once.
7. Close lid and cook for 10 minutes.
8. Remove and drain.

Cooking Tip -

For less greasy chicken, turn only once.

Category: Entree – Chicken
Recipe: Fried Chicken II
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 125 Servings

Chicken Legs, thighs & split breast	125 pieces
Whole Eggs	1 dozen
Flour, all purpose	4 lbs
Vegetable Shortening	4 gal
Salt	1/3 cup
Pepper	2 tbsp
Paprika	1 tbsp
Evaporated Milk	1 cup

1. Preheat braising pan 4 minutes at 250°F.
2. Wash and drain chicken.
3. Combine beaten eggs and milk.
4. Coat chicken parts with egg mixture.
5. Add shortening to the braising pan and heat to 375°F.
6. Season flour with salt, pepper and paprika. Dip each piece of chicken into seasoned flour and shake off excess.
2. Place chicken in hot fat. Fry 15 minutes, flip and continue until desired brownness is obtained.

Cooking Tip -

For less greasy chicken, turn only once. For a spicy flavor, a Creole seasoning mixture can be applied immediately after removing the chicken from the pan. This helps to "set" the seasoning and makes the flavor really come through.

Category: Entree – Chicken
Recipe: Stir Fry Pineapple Chicken with Sweet & Sour Sauce
For Product: Eclipse Braising Pan
Publish Date: 5/05
Page: 1 of 2

Yield: (Two 12" X 20" X 2 1/2" solid pans) (50) 7 oz Servings

Sesame Oil	1 cup
Vegetable Oil	1 cup + extra in reserve
Onions, diced (fresh or frozen)	3 lbs
Green or red bell peppers, cut into 1/2" strips	1 dozen (reds for color)
Celery, diced	2 bunches
Chicken, skinned and diced into 1" pieces	12 lbs
Pineapple Chunks, drained	#10 can

Sweet & Sour Sauce:

Cornstarch	3/4 cup
Water, cold	1 1/2 cups
Chicken Broth	1 1/2 qt
Pineapple Juice	3 cups
White Wine	3 cups
Vinegar	3/4 cup
Orange Marmalade	1 1/2 cups
Soy Sauce	3/4 cup
Ginger, ground powder	2 tbsp

Topping:

Sesame Seeds, toasted	3/4 cup
Green onions, diced (scallions)	3 bunches

1. Prepare this ahead: Thoroughly dissolve the cornstarch in the cold water. Add remainder of sauce ingredients to the cornstarch mixture. Reserve it for later use.
2. Pour oil in braising pan and heat at 350°F.
3. Stir - fry onions, green peppers and celery for 2 - 4 minutes. Push aside. Reduce heat to 325°F; add enough oil to keep chicken from sticking in next step.
4. Add chicken to the braising pan and stir—fry for 5 minutes, until golden brown.
5. Return green peppers to the chicken and add pineapple (drain and save juice).

Category: Entree – Chicken
Recipe: Stir Fry Pineapple Chicken with Sweet & Sour Sauce
For Product: Eclipse Braising Pan
Publish Date: 5/05
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6. Add sauce mixture from above; stir until sauce thickens. Increase temperature to make mixture bubble if needed. This will thicken sauce.
7. Pour into the 12" X 20" X 2 1/2" pans. Garnish with green onion first, then sesame seeds. Toast in Combo, 350°F for 8 - 12 min.
8. Serve over rice or with chow mein noodles.

Prep Tip -

To avoid costly time delays,
have the corn starch dissolved
ahead of time.

Category: Entree – Turkey
Recipe: Cranberry Turkey Stir-Fry
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 50 Servings

Jellied cranberry sauce	3 qts
Dry sherry	4 cups (optional)
Soy sauce	3 cups
Vinegar	3 cups
Water	3 cups
Cornstarch	1 1/2 cups
Cooking oil	1 qt
Fresh garlic, minced	2 tbsp
Carrots, oriental sliced	7 lbs
Zucchini, julienne slices	7 lbs
Turkey, 1/2" cubes	10 lbs

1. Mix cranberry sauce, soy sauce, vinegar, water, cornstarch and sherry until smooth.
2. Pre-heat braising pan at 250°F for 4 minutes.
3. Increase heat to 350°F and add oil.
4. When oil is hot, add garlic and stir-fry.
5. Stir-fry carrots into braising pan.
6. Add turkey and zucchini.
7. Pour cranberry mixture into braising pan and stir-fry.
8. Reduce heat to 225°F and simmer.

Category: Entree – Sandwich
Recipe: Grilled Ruben Sandwiches
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 6 Sandwiches

Thousand Island Dressing	1/2 cup
Slices of Rye Bread	12
Thinly Sliced Corned Beef	2 lbs
Sliced Swiss Cheese	1/2 lbs
Margarine	1/2 lbs
Sauerkraut	1 cup

1. Spread each slice of bread with 1 tablespoon of dressing.
2. Pile 4 oz of sliced corned beef on every other slice of bread.
3. Spread 1 tablespoon of sauerkraut on top of corned beef.
4. Top with one slice of Swiss cheese and remaining slice of bread.
5. Melt margarine in braising pan. Place sandwiches in braising pan and grill on both sides.

When using a TD/FPC, grill sandwiches in half the amount of margarine.

Cooking Tip -

For better production, use pan
& grill oil instead of margarine.

Category: Entree – Sandwich
Recipe: Pizza Burger
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 32 Patties

Ground Beef	8 lbs
Cheddar cheese, grated	14 oz
Onion, chopped	5 oz
Salt	1 1/3 tbsp
Pepper	to taste
Oregano	1 1/3 tbsp
Basil	1 tbsp
Tarragon leaves	1 tbsp
Tomato Paste	1 lb 8 oz
Mozzarella cheese, sliced	32 slices

1. Preheat braising pan for 4 minutes at 250°F.
2. Combine ground beef, cheddar cheese, onion, salt, pepper, oregano, basil, tarragon and tomato paste.
3. Form into 4 oz patties.
4. Turn thermostat to 325°F and place patties into pan in the fashion that you would read a book, top left to right.
5. Tilt pan 2" so that accumulated grease drains to the front of the pan.
6. When hamburger juice appears on the top of the patty, flip and cook for half the time as the first side. Flip only once.
7. Top with Mozzarella cheese. Remove from pan.

Cooking Tip -
Remember to flip patties
only once.

Category: Entree – Sandwich
Recipe: Tuna Melt
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 4 Sandwiches

Tuna drained well	6 1/2 oz
Onions, chopped	1/4 cups
Mayonnaise	1/2 cup
Cheddar cheese, sliced	1/2 lb
Bread	8 Slices
Margarine	1/2 lb

1. Mix tuna, onions and mayonnaise together.
2. Spread mixture on 4 slices of bread. Top with 2 oz of cheese.
3. Cover with remaining bread.
4. Melt margarine in a 325°F braising pan.
5. Place sandwiches in braising pan and grill on both sides.

Category: Entree – Seafood
Recipe: Bayou Catfish
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 25 Servings

Catfish fillets (4 oz ea)	7 lbs
Prepared mustard	3/4 qt
Worcestershire sauce	1/3 cup
Lemon juice	1/3 cup
Cayenne Pepper	1/2 tsp
Tabasco sauce	1/3 tsp
Salt	1/3 tsp
Black pepper	1/3 tsp
Cornmeal	2 2/3 cup
Flour	2 2/3 cup
Salt	1 tsp
Vegetable Oil	1/2 gal

1. In a large bowl, combine mustard, Worcestershire sauce, lemon juice, cayenne pepper, Tabasco sauce, salt (1/3 tsp) and pepper. Marinate fillets in this marinade for at least 8 hours.
2. In another bowl, mix cornmeal and flour and 1 tsp salt. Dredge fillets in flour/cornmeal mixture.
3. Turn heat indicator to 350°F and add oil. When oil is hot, fry fillets until golden brown and tender.

Cooking Tip -

Peanut oil works great for pan frying.

Category: Entree – Seafood
Recipe: Pan Fried Cod
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (50) 4 oz Servings

Cod Fish Fillets (4 oz)	12 lb 8 oz
Salt	1/2 cup
Ground Black Pepper	2 tbsp
Eggs, lightly beaten	2 doz
Milk	1 qt
Dry Bread Crumbs	1 gal
Butter	3 lb 2 oz
Oil	3 cups

1. Season bread crumbs with salt and pepper.
2. Combine eggs and milk, dip fish into mixture.
3. Heat butter and oil in braising pan at 350°F.
4. Coat fish fillets with bread crumbs.
5. Pan fry in shortening over moderate heat, turning carefully to brown both sides, until fish is flaky.
6. Drain and serve immediately, garnish with lemon.

Prep Tip -

Prepare egg/milk mixture in advance, store sealed container in a Randell Raised Rail Prep Table. This will keep the mixture out of the "temperature danger zone" and the storage location provides easy access.

Category: Entree – Seafood
Recipe: Pan Fried Sole
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (50) 4 oz Servings

Fillets of Sole (5 oz fillets)	12 lbs 8 oz
Salt	1/2 cup
Ground Black Pepper	2 tbsp
Eggs, Lightly beaten	2 doz
Milk	1 qt
Dry Bread crumbs	1 gal
Butter	3 lbs 2 oz
Oil	3 cups
Lemon Juice	to taste

1. Season fish fillets with salt and pepper.
2. Combine egg and milk, dip fish into the mixture.
3. Heat butter and oil in braising pan at 350°F.
4. Coat fish fillets with bread crumbs.
5. Pan fry in shortening over moderate heat, turning carefully to brown on both sides, until fish is flaky.
6. Drain and serve immediately.

Category: Entree – Seafood
Recipe: Red Snapper Vera Cruz
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 50 Servings

Tomatoes, Peeled, seeded, chopped	5 each
Onions, chopped	1 cup
Green Pepper, chopped	1 cup
Butter	1 cup
Mushrooms, sliced (pre sauté)	1 cup
Chili Sauce	1 cup
Lemon Juice	2/3 cup
Parsley, chopped	1/3 cup
Garlic	1/2 tsp
Thyme, Dried	3 tbsp
Salt	1 tsp
Red Snapper Filets	10 lbs
Shrimp, bay sized pre cooked	1 lb
White Wine	1 cup

1. Combine ingredients except for fish, shrimp and wine.
2. Cook 10 min in braising pan set at 325°F.
3. Stir in shrimp and wine. Dredge snapper filets in flour.
4. Place filets on top of mixture.
5. Spoon some of the sauce over the fish.
6. Cover and continue cooking for 4 minutes or until fish flakes.

Category: Entree – Seafood
Recipe: Scallops with Saffron
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 50 Servings

Sea scallops	10 lb
Butter	1 lb
Green Onions, chopped	1 cup
Powered Saffron	1 tsp
Salt	to taste
Pepper	to taste
Cognac	1/4 cup
Dry Vermouth	1/4 cup
Large Tomatoes (Fresh, peeled, seeded and coarsely chopped)	6 each
Mushrooms (fresh, thinly sliced)	1 lb
Heavy Cream	1 qt

1. Turn the thermostat to 325°F. Melt the butter in the pan, add the green onions and sauté until the whites are transparent.
2. Add the scallops and saffron and season with salt. Cover and stew for 3 minutes at 250°F.
3. Add the cognac and vermouth, then the tomatoes, mushrooms and cream. Cover and stew for additional 8 minutes.
4. Prior to service, cook the sauce, uncovered, over Medium heat until it thickens slightly.
5. Serve with rice.

Category: Entree – Seafood
Recipe: Steamed Shrimp, Crab and Lobster Tails
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (25) 6 oz Servings

Shrimp	3 lb
Crab Legs	5 lb
Lobster Tails, frozen	4 - 8 oz tails

1. Add 5 gals of water and steamer inserts to braising pan. Close the lid and bring the water to a rolling boil.
2. Place shrimp, crab legs, and frozen lobster tails in one 12" x 20" x 2 1/2" deep perforated pan.
3. Set the pan in the steamer insert. Close the lid, partially open the lid vent and steam for 15 - 18 minutes.

Category: Vegetable
Recipe: Bavarian Kraut
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield:	(50) 6 oz Servings	(150) 6 oz Servings
Sauerkraut	(1) #10 cans	(3) #10 cans
Bay Leaves	3 ea	10 ea
White Pepper	to taste	to taste
Salt	to taste	to taste
Ham Base	1 1/3 oz	4 oz
Water	1 1/4 qt	1 gal
Cooked diced Tomatoes	3 lb 5 qt	10 lb
Butter	4 oz	1 lb
Bratwurst	4 lb 2 oz	12 lb 8 oz

1. Preheat braising pan for 4 minutes at 250°F.
2. Increase thermostat to 375°F and melt butter.
3. Brown onions, potatoes and Bratwurst in butter.
4. Reduce heat to 250°F and add kraut, bay leaves, salt, pepper and ham stock (ham base and water). Close lid partially, open vent and simmer 8 -10 minutes.

Cooking Tip -

For better sauce color, sear sausage first.

Category: Vegetable
Recipe: Boiled New Potatoes
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 25 Servings

New Potatoes 5 lbs
Salt 1 tsp

1. Preheat braising pan to 250°F for 4 minutes.
2. Fill braising pan with 3" of water.
3. Turn thermostat to 350°F cover the braising pan and allow water to boil.
4. Place potatoes in boiling water and close cover.
5. Allow to boil for 20 minutes or until desired degree of doneness is reached.

Category: Vegetable
Recipe: Hash Brown Potatoes
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (25) 1/3 cup Servings

Hash Brown Potatoes	2 1/2 lb
Butter	1/2 lb
Salt	2 tbsp

1. Melt butter in braising pan at 350°F.
2. Place frozen potatoes in pan, allow to brown well and turn over and brown well on the other side.

Category: Vegetable
Recipe: Steamed Asparagus
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (20) 1 oz Servings

Fresh asparagus spears 5 lb

1. Preheat Braising Pan to 250°F for 4 minutes.
2. Place asparagus in a 20" x 12" x 2 1/2 perforated steam table pan.
3. Fill braising pan with 2" water and turn thermostat to 300°F.
4. Place steam table pan in REJ steamer insert and place in braising pan.
5. Cover lid and steam 12 minutes. Check for doneness.

Category: Soup
Recipe: Herbed Vegetable Chowder
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield:	2 gals
Celery, chopped	4 lbs
Onions, chopped	2 lbs 8 oz
Green Pepper, diced	1 lb
Tomatoes, diced	2 lbs 8 oz
Butter	1lb
Flour	4 cups
Salt	3 tbsp
White Ground Pepper	1 tbsp
Milk	2 gals
Basil	2 tbsp
Sage	2 tbsp
Rosemary	2 tbsp
Garlic Salt	1 tsp

1. Pre heat braising pan to 250°F for 4 minutes.
2. Turn thermostat to 300°F and melt butter.
3. Blend flour and spices to make a roux.
4. Gradually add milk, stirring vigorously until smooth.
5. Add vegetables and stir. Reduce heat to 225°F, close lid and vent and simmer for 1 hour.

Category: Soup
Recipe: Vegetable Rice Soup with Beef
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (50) 6 oz Servings

Carrots, raw (diced)	1 lb 8 oz
Celery, raw (diced)	1 lb 3 oz
Onion, raw (diced)	1 lb
Peas, frozen	1 lb
Beans, frozen (cut)	1 lb
Tomatoes (diced)	(1/4) of #10 can
Chicken Base	1 heaping tsp
Beef Base	1 heaping tsp
Round Steak (diced fine)	2 lb
White Rice (raw)	1 lb
Cooking Oil	2 tsp
Water	1 3/4 gal
Worcestershire Sauce	to taste
Salt	to taste
Pepper	to taste

1. Place oil in braising pan set at 350°F and sauté beef until almost done.
2. Add raw vegetables and sauté very briefly.
3. Add water and bases.
4. Bring to a boil and then add rice.
5. When rice is cooked, add remaining vegetables and bring to a boil once.
6. Adjust flavor with Worcestershire sauce and add salt, pepper.
7. Cooking time is approximately 25 minutes.

Category: Sauce
Recipe: Cheese Sauce
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield:	2 gals
Margarine	2 lbs
Flour	1 lb
Milk	1 1/2 gal
Salt	1/4 cup
White Pepper	1 tsp
Dry Mustard	2 tbsp
Paprika	2 tbsp
Worcestershire Sauce	1/4 cup
American Cheese, grated	4 lbs

1. Melt Margarine. Combine all remaining ingredients except cheese.
2. Add to melted margarine, cook at 325°F until thickened.
3. Add cheese and cook until melted, stirring occasionally.

Category: Sauce
Recipe: Chili Con Carne
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: (100) 5 oz Servings

Ground Beef	10 lbs
Onions, chopped	1 lbs
Tomato Puree	4 oz
Kidney Beans, cooked	5 lbs
Bean Liquid & Water	1 gal
Salt	4 oz
Chili Powder	1/3 cups
Flour, all purpose	4 oz
Water	1 cup

1. Brown beef at 350°F in the braising pan.
2. Add onions and cook until they are clear in appearance, not brown.
3. Add puree and liquids, and simmer until beef is tender.
4. Make a paste of flour and water and add to the beef mixture, stirring constantly.
5. Add beans and seasonings.
6. Cover and cook 1 to 1 1/2 hours.

Cooking Tip -

Blast Chill remaining chili after service. To get the quickest retherm turn time, use 2 1/2" pans. Any Groen Steamer is an excellent choice for retherming chili.

Category: Dessert
Recipe: Churros (Cejew-rooes)
For Product: Eclipse Braising Pan
Publish Date: 5/05

Churros are long, string like, crisp deep fried pastries. They are frequently sold by street vendors at fairs & are rolled in sugar. Limes or lemons are added to the frying oil, which gives Churros a distinctive flavor.

Yield:	4 dozen
Salad Oil (for frying)	enough to cover well of pan
Lemons or limes, quartered	4 - 5
Water	1 qt
Granulated sugar	4 tbsp
Salt	1 1/3 tbsp
All Purpose Flour	6 cups
Eggs, large	4
Granulated sugar	as needed

1. Preheat braising pan for 4 minutes at 250°F.
2. Combine water, sugar and salt. In a steam jacketed kettle or braising pan, heat mixture to a boil.
3. Remove from heat & beat in flour until smooth.
4. Combine egg and beat until smooth.
5. Increase thermostat to 350°F and add oil to the braising pan.
6. Add lemons or limes. When oil is hot remove lemons and limes.
7. Pour batter through a pastry bag into the hot oil (should be about 3" long).
8. Fry until golden brown.
9. Remove from fat and drain on paper towels.
10. Roll in granulated sugar.

Category: Dessert
Recipe: Cherry Blintzes
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 12 Servings

Crepes:

Flour	1 1/2 cups
Sugar	1 tbsp
Baking Powder	1/2 tsp
Salt	1/2 tsp
Milk	2 cups
Eggs	2 ea
Vanilla	1/2 tsp
Salad Oil	as needed

1. Preheat braising pan to 250°F for 4 minutes.
2. Mix flour, sugar, baking powder and salt together.
3. Stir in milk, eggs and vanilla. Beat until smooth.
4. Turn thermostat to 325°F and pour in enough oil to thinly coat the bottom of the braising pan.
5. Pour enough batter to yield an 8" circle.
6. Cook until golden brown.
7. Run a spatula around the edges and loosen. Remove. Repeat until all batter is used.

Filling:

Cottage Cheese	1 cup
Sour Cream	1/2 cup
Sugar	2 tbsp
Vanilla	1 tsp
Lemon Peel, grated	1/2 tsp

1. Mix all ingredients together.
2. Spoon 1 1/2 tbsp of filling onto the Browned side of each crepe
3. Fold sides of crepe over filling and roll it up.
4. If necessary, add more salad oil to braising pan.
5. Place blintzes, seam-side down and cook until golden brown. Flip and brown the other side. Remove.

Serving Suggestion: Top with sour cream and cherry pie filling

Category: Dessert
Recipe: Fritters
For Product: Eclipse Braising Pan
Publish Date: 5/05

Yield: 100 orders, (2) 1 oz. Fritters per order

Oil	4 gal
Flour	4 lb
Salt	1 tbsp
Baking Powder	4 oz
Sugar	2 oz
Eggs, beaten	12 each
Milk	2 qts
Fat, melted	6 oz
Corn or	2 qts
Apples or	2 lb
Fruit (wet)	1 1/2 qt

1. Preheat braising pan for 4 - 5 minutes at 250°F.
2. Heat oil in braising pan to 375°F.
3. Sift dry ingredients together.
4. Add eggs, milk and fat and blend well.
5. Add corn (or fruit) to mixture and blend well.
6. Using a #40 or #24 scoop, drop into hot fat. Brown on both sides.
7. Drain on absorbent paper.
8. Serve hot with maple syrup.



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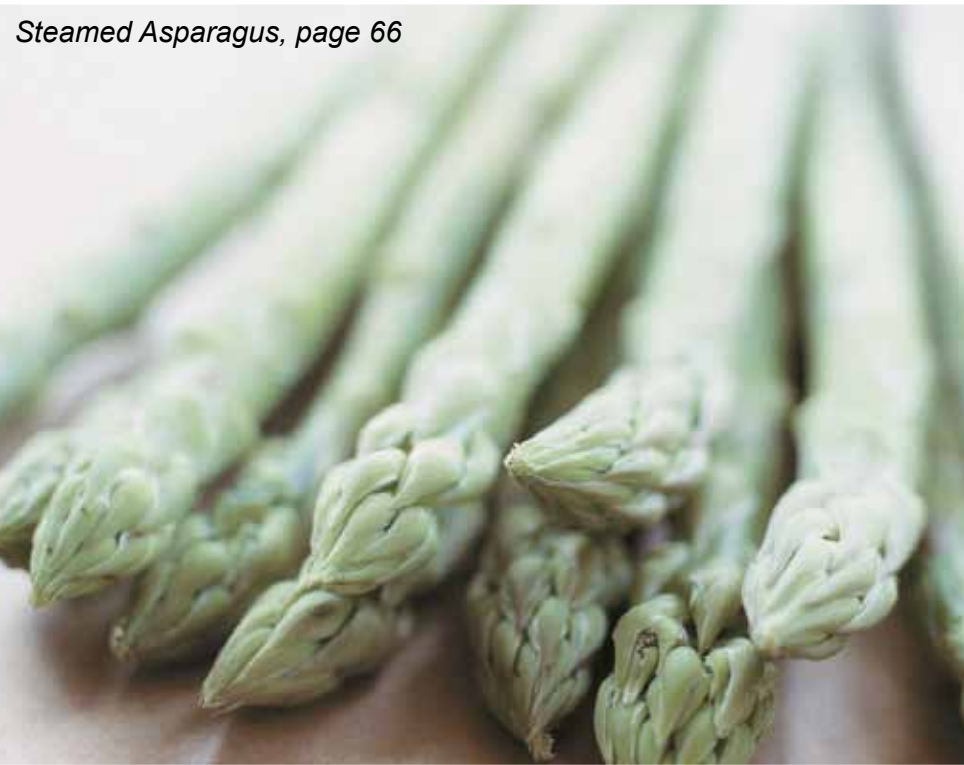
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proportion charts

Yield Proportion Chart

1 tbsp	3 tsp liquid	1/2 fl oz
1/8 cup	2 tbsp liquid	1 fl oz
1/4 cup	4 tbsp liquid	2 fl oz
1/3 cup	5 tbsp + 1 tsp	
1/2 cup	8 tbsp liquid	4 fl oz
2/3 cup	10 tbsp + 2 tsp	
3/4 cup	12 tbsp liquid	6 fl oz
1 cup	16 tbsp liquid	8 fl oz
1 pt	2 cups liquid	16 fl oz
1 qt	4 cups liquid	32 fl oz
1/2 gal	8 cups liquid	64 fl oz
1 gal	16 cups liquid	128 fl oz
1 lb	16 oz	

Insert Your Own Proportion Chart

Servings Per Gallon Chart

Svgs/Gallon	1	2	3	4	5	6	7	8	9	10
0.5 oz	256	512	768	1024	1280	1536	1792	2048	2304	2560
1 oz	128	256	384	512	640	768	896	1024	1152	1280
2 oz	64	128	192	256	320	384	448	512	576	640
3 oz	42.6	85.2	127.8	170.4	213	255.6	298.2	340.8	383.4	426
4 oz	32	64	96	128	160	192	224	256	288	320
5 oz	25.6	51.2	76.8	102.4	128	153.6	179.2	204.8	230.4	256
6 oz	21.3	42.6	63.9	85.2	106.5	127.8	149.1	170.4	191.7	213
7 oz	18.3	36.6	54.9	73.2	91.5	109.8	128.1	146.4	164.7	183
8 oz	16	32	48	64	80	96	112	128	144	160

Gallons Needed to Serve Large Groups

	Svgs / Gallon	100	200	300	400	500	600	700	800	900	1000
0.5 oz	256	0.4	0.8	1.2	1.6	2.0	2.3	2.7	3.1	3.5	3.9
1 oz	128	0.8	1.6	2.3	3.1	3.9	4.7	5.5	6.3	7.0	7.8
2 oz	64	1.6	3.1	4.7	6.3	7.8	9.4	10.9	12.5	14.1	15.6
3 oz	42.6	2.3	4.7	7.0	9.4	11.7	14.1	16.4	18.8	21.1	23.5
4 oz	32	3.1	6.3	9.4	12.5	15.6	18.8	21.9	25.0	28.1	31.3
5 oz	25.6	3.9	7.8	11.7	15.6	19.5	23.4	27.3	31.3	35.2	39.1
6 oz	21.3	4.7	9.4	14.1	18.8	23.5	28.2	32.9	37.6	42.3	46.9
7 oz	18.3	5.5	10.9	16.4	21.9	27.3	32.8	38.3	43.7	49.2	54.6
8 oz	16	6.3	12.5	18.8	25.0	31.3	37.5	43.8	50.0	56.3	62.5



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