

# Broccoli and Carrots

**Number of students: 100**

Cases of Broccoli 1

Whole Carrots 5 lbs

**Prep:** Do not wash broccoli until just before cooking. Trim the stems as close to the bottom as you can. Cut the broccoli lengthwise into smaller sections. Then cut the floret about 1 ½ inches below the top. Cut the remaining stem into ½ inch long pieces.

Place all together in the big white buckets. Label, cover and store in the cooler until cooking time. Label clearly with number of buckets used “1 of 3, 2 of 3, etc”. Place prepped broccoli in labeled, covered buckets and store in the cooler until cooking time. Label clearly with number of buckets used “1 of 3, 2 of 3, etc”.

Clean and peel carrots. Slice, using the thicker slicing blade, in the robot-coup. Alternatively, cut into bite-sized pieces by hand.

**Wash:** Just before cooking, empty prepped buckets of broccoli into a large colander and rinse well in the veggie wash sink.

**Steam:** Start the cooking process by **10:20 am**.

**Steam the vegetables in separate trays, mixing together for serving.**

Fill the steamer with two gallons of water and turn knob to “stand-by”.

When the preheating light goes off, put up to seven shallow perforated hotel trays full of prepped vegetables into the steamer.

Close door fully, turn knob to “steam” setting and set the timer.

Cooking time is 5-6 minutes.

**Set the cooked vegetables into solid stainless steel hotel trays and cover; keep them warm in the oven (with oven off) until serving time.**