

Sautéed Zucchini/Summer Squash

No. of People: 25

Mixed Zucch/Summer Squash	10 lb
Olive Oil, (approx.)	¼ cup
Italian Seasoning (approx.)	½ tbs
Salt (approx.) or to taste	1 tbs
Pepper (approx.) or to taste	1 tbs

Directions:

1. Quarter the squashes lengthwise (you may cut the thinner ends in half only), and then cut each section into one inch pieces. Put in plastic buckets, label "Squash 1 of 2, 2 of 2" and store in the walk-in.
2. Use the large rondeau pots, labeled #1. Those are the largest, low-sided stainless steel pots. Work in batches of 15 to 20 lbs at a time. Heat part of the olive oil in a pot and add a batch of mixed (or not) squashes. Sprinkle with a judicial amount of salt and pepper and the Italian Seasoning. Stir fry on high heat for several minutes. At no time cover the pots with lids. Stir often to assure even cooking. Hold one of the pot handles with a mitt or a dry towel while stirring.
3. The squashes must be cooked but not mushy. A little browning may occur and that's desired.
4. Transfer to deep hotel pans and work with additional batches. Do NOT cover the hotel pans after they've been filled. This will cause the squashes to overcook.