

Broccoli

Number of students: 100

Cases of broccoli 1

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 (into so-called “spears”).

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, for ex., “1 of 3, 2 of 3, etc”.

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 **10:10 am**

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 10 minutes. We want it cooked but not mushy and not crunchy.

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