

Recipe Name: Asian Pasta Salad with Beef and Broccoli

Recipe Category: Lunch Entrée

Portion Size: 1 ½ cup

Ingredients: Yields: 50 servings

Ingredients	Notes:
Soy-Ginger Dressing:	
3 tablespoons garlic cloves	Wash, peel and mince
2 cups light soy sauce	
¾ cup rice wine vinegar	
¼ cup sugar	
¼ cup sesame oil	
2 tablespoons ground ginger	
1 tablespoon hot red pepper flakes (optional)	
½ cup light mayonnaise	
1 ½ cup vegetable oil	
Pasta Salad:	
6 pounds pasta	May use whole grain
3 lbs. broccoli florets	Wash, trim and cut
6-7 pounds rare deli roast beef	Sliced 1/8 inch thick and cut into bite-size strips
2 lbs. carrots	Wash, peel and shred
1 lb. red bell pepper	Wash, trim and shred
1 lb. green onions	Wash, trim and thinly slice
3 cups chopped unsalted roasted (or honey-roasted) peanuts	
1 ½ cup chopped fresh cilantro	Wash, trim and chop fine

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Mix garlic, soy sauce, vinegar, sugar, sesame oil, ginger, and pepper flakes in a bowl.	
2	Whisk in mayonnaise until smooth, then in a slow steady stream, whisk in oil to make an emulsified dressing	Keep chilled until ready to toss with salad
3	Bring water to boil in a large stock pot	
4	Add pasta and, using package times as a guide, boil, stirring frequently and adding broccoli the last 1 minute, cook until just tender	
5	Drain thoroughly (do not rinse) Set aside while preparing remaining salad ingredients	
6	In a large bowl add pasta, roast beef, carrots and red bell pepper.	
7	Add dressing and toss to coat	
8	Serve on individual plates and top with green onions, peanuts and cilantro	

Time Temperature Sensitive food. Food safety Standards: Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Cold holding at 41°F or colder or using time alone (less than four hours).

Texture Modified Diets: Tip: Use pasta in correct particle size.

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½” particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: peanuts and green onions. Cook carrots, broccoli and peppers to soften

Chopped: Food particle size ¼ inch (~ ½ width of standard fork) Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: peanuts and green onions. Cook carrots, broccoli and peppers to soften

Minced and Moist:(aka Minced/Mechanical Soft/Ground) Food particle size 1/8 inch (fits through prongs of standard fork) Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Moisten with broth as needed. Foods that do not process well should be omitted. Omit: peanuts and green onions. Cook carrots, broccoli and peppers to soften

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: peanuts and green onions. Cook carrots, broccoli and peppers to soften. Serve ½ c. meat, ½ c. puree noodles and ½ c. puree cooked broccoli separately.

Therapeutic Modified Diets:

Lowfat: Omit peanuts

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: omit garlic, red pepper, broccoli, red pepper flakes, green onions, cilantro and peanuts

Liberal House Renal: Omit soy ginger sauce. Toss with sesame oil and rice vinegar

No Added Salt: Omit soy ginger sauce. Toss with sesame oil and rice vinegar.

2 Gram Sodium: omit soy ginger sauce. Toss with sesame oil and rice vinegar

Gluten Free: Use gluten free pasta and soy sauce. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X		X		X	X	

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free