

# Country Fried Steak

Meat/Meat Alternate-Grains

Main Dishes

D-21

| Main   | 25 Servings       | 50 Servings                       | 100 Servings | Directions 25-50<br>Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation | Directions 50-100<br>Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation |   |   |   |
|--|-------------------|-----------------------------------|--------------|---|--|---|---|---|
| Ingredients:<br>Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked.<br>Describe: peeled, sliced, chopped, diced, grated, minced, and size. | Weight<br>Lbs+ oz | Measure<br>Largest unit           | Weight       | Measure   | Weight   | Measure                                     | Include CCP, pan sizes, Scoop size  | Include CCP, pan sizes, Scoop size  |
| Margarine, trans fat-free  | 2 oz              | ¼ cup                             | 4 oz         | ½ cup   | 8 oz   | 1 cup                                       | 1. Gravy: Melt margarine in a large stock pot.  | 1. Gravy: Melt margarine in a large stock pot.  |
| Whole-wheat flour  | 6 ½ oz            | 1 1/3 cups<br>1 Tbsp 2<br>2/3 tsp | 13 oz        | 2 2/3 cups<br>3 Tbsp 2<br>1/3 tsp   | 1 lb 10 oz   | 1 qt 1 ¾ cups<br>2<br>2/3 tsp               | 2. Add ½ cup 1 Tbsp (about 2 ½ oz) flour. Cook uncovered over medium heat for 8-10 minutes. Stir frequently until golden brown. Set remaining flour aside for step 8. Recommended to cook in batches of 25. | 2. Add ½ cup 1 Tbsp (about 2 ½ oz) flour. Cook uncovered over medium heat for 8-10 minutes. Stir frequently until golden brown. Set remaining flour aside for step 8. Recommended to cook in batches of 25. |
| *Fresh mushrooms, diced  | 2 oz              | ½ cup 1<br>Tbsp                   | 4 oz         | 1 cup 2<br>Tbsp   | 8 oz   | 2 ¼ cups                                    | 3. Add mushrooms, tomatoes, onion powder, ½ tsp pepper, and ½ tsp salt. Cook for 2 minutes.   | 3. Add mushrooms, tomatoes, onion powder, ½ tsp pepper, and ½ tsp salt. Cook for 2 minutes.   |
| Canned no-salt-added crushed tomatoes  | 4 oz              | ½ cup                             | 8 oz         | 1 cup   | 1 lb   | 2 cups<br><br>(approx.<br>1/8 No. 10<br>can |   |   |
| Onion powder   |                   | 1 tsp                             |              | 2 tsp   |  | 1 Tbsp 1<br>tsp                             |   |   |
| Ground black or white pepper   |                   | 1 ½ tsp                           |              | 1 Tbsp  |  | 2 Tbsp                                      |   |   |
| Salt   |                   | 2 ½ tsp                           |              | 1 Tbsp 2<br>tsp   |  | 3 Tbsp 1<br>tsp                             |   |   |
| Low-sodium chicken stock   |                   | 1 qt ¼ cup                        |              | 2 qt ½ cup  |  | 1 gal 1<br>cup                              | 4. Slowly add chicken stock, and bring to a boil. Reduce heat to medium.  | 4. Slowly add chicken stock, and bring to a boil. Reduce heat to medium.  |
| Dijon mustard  |                   | 1 Tbsp                            |              | 2 Tbsp  | 2 2/3 oz   | ¼ cup                                       | 5. Add dijon mustard, stirring constantly until thickened. Set aside for step 14.   | 5. Add dijon mustard, stirring constantly until thickened. Set aside for step 14.   |

|  |  |            |                     |            |               |             |                     |  |  |
|--|--|------------|---------------------|------------|---------------|-------------|---------------------|--|--|
|  |  |            |                     |            |               |             |                     | 6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.   | 6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.   |
|  |  |            |                     |            |               |             |                     | 7. Critical Control Point: Hold for hot service at 140 °F or higher.   | 7. Critical Control Point: Hold for hot service at 135 °F or higher.   |
|  |  |            |                     |            |               |             |                     | 8. Combine remaining flour, salt, and pepper in a small bowl. Stir well.   | 8. Combine remaining flour, salt, and pepper in a small bowl. Stir well.   |
| Dehydrated onions, chopped               |  | 3 oz       | ¾ cup 2 Tbsp        | 6 oz       | 1 ¾ cups      | 12 oz       | 3 ½ cups            | 9. Pour 1 ¾ cups (about 4 oz) seasoned flour, onions, ground turkey, and ground beef into a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 2 minutes. DO NOT OVERMIX.                               | 9. Pour 1 ¾ cups (about 4 oz) seasoned flour, onions, ground turkey, and ground beef into a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 2 minutes. DO NOT OVERMIX.                               |
| Raw ground turkey (no more than 15% fat) |  | 2 lb 11 oz | 1 qt 1 ¼ cup 2 Tbsp | 5 lb 6 oz  | 2 qt 2 ¾ cups | 10 lb 12 oz | 1 gal 1 qt 1 ½ cups |  |  |
| Raw ground beef (no more than 15% fat)   |  | 1lb 13 oz  | 3 ½ cups 2 Tbsp     | 3 lb 10 oz | 1 qt 3 ¼ cups | 7 lb 4 oz   | 3 qt 2 ½ cups       |  |  |
|  |  |            |                     |            |               |             |                     | 10. Using a No. 10 scoop, portion ¼ cup 3 Tbsp (about 4 oz) meat patties onto a sheet pan (18" x 26" x 1"). Flatten 25 meat patties into an oval shape in each pan. Sprinkle ½ tsp remaining seasoned flour evenly over each meat patty. | 10. Using a No. 10 scoop, portion ¼ cup 3 Tbsp (about 4 oz) meat patties onto a sheet pan (18" x 26" x 1"). Flatten 25 meat patties into an oval shape in each pan. Sprinkle ½ tsp remaining seasoned flour evenly over each meat patty. |
|  |  |            |                     |            |               |             |                     | For 25 servings, use 1 pan.<br>For 50 servings, use 2 pans.  | For 50 servings, use 2 pans.<br>For 100 servings, use 4 pans.  |
|  |  |            |                     |            |               |             |                     | 11. Bake:<br>Conventional oven: 350 °F for 25-30 minutes.<br>Convection oven: 300 °F for 15-25 minutes.  | 11. Bake:<br>Conventional oven: 350 °F for 25-30 minutes.<br>Convection oven: 300 °F for 15-25 minutes.  |
|  |  |            |                     |            |               |             |                     | 12. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  | 12. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  |
|  |  |            |                     |            |               |             |                     | 13. Transfer steaks to a steam table pan (12" x 20" x 2 ½").   | 13. Transfer steaks to a steam table pan (12" x 20" x 2 ½").   |

|  |  |  |  |  |  |  |  |   |   |
|--|--|--|--|--|--|--|--|---|---|
|  |  |  |  |  |  |  |  | For 25 servings, use 1 pan.<br>For 50 servings, use 2 pans.           | For 50 servings, use 2 pans.<br>For 100 servings, use 4 pans.         |
|  |  |  |  |  |  |  |  | 14. Pour 1 qt (about 1 lb 11 oz) gravy over each pan.                 | 14. Pour 1 qt (about 1 lb 11 oz) gravy over each pan.                 |
|  |  |  |  |  |  |  |  | 15. Critical Control Point: Hold for hot service at 140 °F or higher. | 15. Critical Control Point: Hold for hot service at 135 °F or higher. |
|  |  |  |  |  |  |  |  | 16. Serve one steak.  | 16. Serve one steak.  |

**Final Weights and Yields**

| 25   | 50   | 100  |
|--|--|--|
| Weight: 7 lb 1 ½ oz                          | Weight: 14 lb 3 oz                           | Weight: 28 lb 6 oz                           |
| Yield: 25                                    | Yield: 50                                    | Yield: 100                                   |
| Pans: 1 steam table pans (12" x 20" x 2 ½" ) | Pans: 2 steam table pans (12" x 20" x 2 ½" ) | Pans: 4 steam table pans (12" x 20" x 2 ½" ) |

**Notes:**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

**Serving**

NSLP/SBP Crediting Information: 1 steak provides 2 oz equivalent meat/meat alternate.

CACFP Crediting Information: 1 steak provides 2 oz meat/meat alternate.

**Marketing Guide for Selected Items**

|            | <b>Food as Purchased for</b> | <b>25 Servings</b> | <b>50 Servings</b> | <b>100 Servings</b> |
|------------|------------------------------|--------------------|--------------------|---------------------|
| Mushrooms  |                              |                    | 3 oz               | 6 oz 12 oz          |
| Ingredient |                              |                    | oz                 | oz oz               |
| Ingredient |                              |                    | oz                 | oz lb               |
| Ingredient |                              |                    | oz                 | lb lb               |

| Serving:  | Yield: (not to exceed 27, 54, 108)  | Volume:   |
|---|---|---|
| <p>NSLP/SBP Crediting Information: 1 steak provides 2 oz equivalent meat/meat alternate and .25 oz equivalent grains.</p> <p>CACFP Crediting Information: 1 steak provides 2 oz meat/meat alternate and .25 serving grains/bread.</p> | <p><b>25 Servings:</b> about 7 lb<br/>1 ½ oz</p> <p><b>50 Servings:</b> about 14<br/>lb 3 oz</p> <p><b>100 Servings:</b> about 28<br/>lb 6 oz</p> | <p><b>25 Servings:</b> about 3<br/>quarts 2 ¼ cups / 25<br/>steaks</p> <p><b>50 Servings:</b> about 1<br/>gallon 3 quarts 1/3 cup<br/>/ 50 steaks</p> <p><b>100 Servings:</b> about 3<br/>gallons 2 quarts ¾ cup<br/>/ 100 steaks</p> |

