



Stir-Fry Sauce

USDA Recipe for Schools

Our Stir-Fry Sauce features low-sodium soy sauce combined with fresh ginger, vegetable stock, scallions, sesame oil, lime juice, and apple cider vinegar.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar	8 oz	1 cup	1 lb	2 cup	1 In a medium stock pot, add sugar, sesame oil, soy sauce, ginger, garlic, pepper, stock, apple cider vinegar, lime juice, and onions. Heat uncovered over medium-high heat for 2–3 minutes until sauce comes to a simmer. Stir constantly.
Sesame oil		¼ cup		½ cup	
Low-sodium soy sauce		1 cup		2 cup	
Fresh ginger, grated		¼ cup		½ cup	
Fresh garlic, minced	2 ¼ oz	3 Tbsp	4 ½ oz	¼ cup 2 Tbsp	
Ground black pepper		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vegetable stock		1 qt 2 cups		3 qt	
Apple cider vinegar		1 cup		2 cups	
Lime juice		¼ cup		½ cup	
*Fresh green onions, diced	4 oz	2 cups	8 oz	1 qt	
Cornstarch	4 oz	2/3 cup 2 Tbsp 2 ½ tsp	8 oz	1 ½ cup 2 Tbsp ½ tsp	2 Add cornstarch and water to thicken sauce. Simmer uncovered over medium-high heat for 1 minute, stirring constantly.
Water		2 cups			
					3 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					4 Pour 1 qt 1¾ cups (about 3 lb 1.5 oz) stir fry sauce into a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pan. For 100 servings, use 4 pans.
					5 Critical Control Point: Hold for hot service at 135 °F or higher.
					6 Portion with 2 fl oz ladle (¼ cup).



NUTRITION INFORMATION

For ¼ cup (2 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	44
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	244 mg
Total Carbohydrate	7 g
Dietary Fiber	0 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	5 mg
Iron	0 mg
Potassium	34 mg

N/A=no data available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Green onions	6 oz	12 oz

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.

YIELD/VOLUME

50 Servings	100 Servings
About 6 lb 3 oz	About 12 lb 6 oz
About 3 qt 1/3 cup/2 steam table pans (12" x 20" x 2½")	About 1 gal 2 qt ¾ cup/4 steam table pans (12" x 20" x 2½")