



Kale Rumbledethumps

An “ooey” gooey gratin of potatoes, root vegetables, and kale.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction on behalf of Orcas Island School District

Preparation Time: 1 hour
Cook Time: 1 hour 30 minutes

NSLP/SBP crediting information:
 ½ cup (4 oz spoodle) provides ¼ cup starchy vegetable, ⅛ cup dark green vegetable, ⅛ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Potatoes, Yukon Gold, fresh, whole	6 lb 8 oz		13 lb		<ol style="list-style-type: none"> 1. Peel and dice potatoes, rutabaga, and turnips. 2. Steam potatoes, rutabaga, and turnips in commercial steamer until very tender, about 25-30 minutes. Can also cook in pot of water at light boil until tender, about 35-40 minutes. 3. Finely chop kale. 4. Steam kale until tender in commercial steamer or blanche in boiling water, about 5-10 minutes.
*Rutabaga, fresh, whole	1 lb 8 oz		3 lb		
*Turnip, fresh, whole, without tops	1 lb		2 lb		
*Kale, fresh, trimmed, without stems	2 lb 8 oz		5 lb		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil, extra virgin		1 cup		2 cups	5. Preheat oven to 400 °F.
Salt, kosher		1 ½ Tbsp		3 Tbsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	6. Combine potatoes, rutabaga, turnips, olive oil, salt, and pepper in bowl of a stand mixer. Mix on low for 1 minute, then medium for 5 minutes until mixture is a smashed potato consistency. 7. Add kale to mixer, and mix on low until well combined. Transfer potato mixture to 2 inch full-size hotel pans (12" x 20" x 2") and spread evenly in pan.
Cheddar cheese, shredded	4 oz	1 cup	8 oz	2 cups	8. Sprinkle cheddar cheese evenly over potato mixture. 9. Bake in 400 °F oven until golden and bubbly, about 1 ½ hours. Critical Control Point: Bake until internal temperature reaches 165 °F or higher for at least 15 seconds. 10. Critical Control Point: Hold for hot service at 135 °F or higher, or Chill for later use in pans with no more than 2" depth of food. Cool to 70 °F within 2 hours and 40 °F or lower within 4 hours. Reheat to minimum of 165 °F or higher for at least 15 seconds. 11. Portion with 4 oz spoodle (½ cup).



**KALE RUMBLEDETHUMPS
NUTRITION INFORMATION**

For ½ cup (4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	108
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Total Fat	5 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	179 mg
Total Carbohydrate	13 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	3 g
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Vitamin A	337 mcg RAE
Vitamin C	38 mg
Vitamin D	0 IU
Calcium	89 mg
Iron	1 mg
Potassium	390 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Kale, fresh, with stem	3 lb 8 oz	6 lb 14 oz
Potatoes, Yukon Gold, fresh, whole	6 lb 8 oz	13 lb
Rutabaga, fresh, whole	1 lb 8 oz	3 lb
Turnip, fresh, whole, without tops	1 lb	2 lb

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 1 gal 1 qt About 11 lb 1 full-size 2" hotel pan (12" x 20" x 2")	About 2 gal 2 qt About 22 lb 1 full-size 4" hotel pan (12" x 20" x 4")

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

