



Sweet Apples and Carrots

Carrot and apple blended in a sweet sauce offers up an attractive side dish.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Michigan Department of Education

Preparation Time: 1 hour

Cook Time: 55 minutes

NSLP/SBP crediting information:

¾ cup provides ¼ cup fruit, ⅜ cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Carrots, washed, pared for blemishes, peeled	7 lbs	1 gal 2 qt	14 lbs	3 gal	<ol style="list-style-type: none"> 1. Slice carrots on the bias in ¼ inch slices. 2. Preheat convection oven to 350 °F or conventional oven to 375 °F. 3. To blanch the carrots, prepare a large pot of boiling water. Use 1 gallon of water per pound of carrots. Prepare an ice water bath (60 °F or below) of equal volume for shocking the carrots following the blanching step. 4. Slice apples in ¼ inch slices. Place in a large mixing bowl and cover. Critical Control Point: Hold prepared apples at 41 °F or below until carrots have been blanched and shocked. 5. Place 1 lb of sliced carrots in boiling water, return water
*Apples, Granny Smith, peeled, and cored	4 lbs 11 oz	1 gal	9 lb 6 oz	2 gal	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>to boiling. Time for 2 minutes. Remove the carrots using a wire mesh skimmer and immediately place them in the ice water bath to stop the cooking process. Time for 2 minutes. Remove carrots from the ice water bath with a wire mesh skimmer and drain excess liquid by placing them in a colander.</p> <p>6. Combine blanched and shocked carrots with sliced apples.</p> <p>Critical Control Point: Hold mixture at 41 °F or below until sauce is prepared.</p> <p>7. Prepare 4-inch deep half steam table pans by spraying them with cooking spray.</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
Butter, unsalted	½ oz	1 Tbsp	1 oz	2 Tbsp	8. In a medium saucepan or small steam jacketed kettle, prepare the sauce. Melt butter over medium heat. Add brown sugar and spices, stirring constantly until sugar is dissolved, about 1-2 minutes. Whisk in vanilla, buttermilk, and apple juice. Remove from heat.
Brown sugar, packed		½ cup		1 cup	9. Divide carrot and apple mixture between prepared pans placing about 1 gal 1 qt 1 cup in each pan. Fold an equal amount of sauce into each pan making sure all carrots and apples are coated.
Cinnamon, ground		2 tsp		1 Tbsp 1 tsp	10. Cover with parchment paper and foil. Bake in preheated oven for 55 minutes until heated through, and bubbly and tender. Use a fork to test carrots and apples for desired doneness.
Nutmeg, ground		1 tsp		2 tsp	Critical Control Point: Heat to 170 °F or higher for at least 15 seconds.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cloves, ground		½ tsp		1 tsp	11. Remove from oven and hold covered. Critical Control Point: Hold for hot service at 135 °F or higher.
Ginger, ground		½ tsp		1 tsp	12. Portion ¾ cup with 6 fl oz spoodle.
Vanilla		2 Tbsp		¼ cup	
Buttermilk		1 ½ cups		3 cups	
Apple juice		1 ½ cups		3 cups	



**SWEET APPLES AND CARROTS
NUTRITION INFORMATION**

For ¾ cup (6 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	65
<hr/>	
Total Fat	<1 g
Saturated Fat	<1 g
Cholesterol	<1 mg
Sodium	56 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	N/A
Protein	<1 g
<hr/>	
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	35 mg
Iron	<1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Carrots, fresh, without tops	8 lb 7 oz	16 lb 14 oz
Apples, Granny Smith, fresh, 125-138 count	6 lb	12 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 12 lb	About 24 lb
About 2 gal 2 qt 1 cup/2 half size steam table pans (12" x 10" x 4")	About 5 gal 2 cup/4 half size steam table pans (12" x 10" x 4")

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

