



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

Live-Setting Culinary Training Asian Fusion

a JSI Workshop to Go

Instructor Guide

About Us

The John C. Stalker Institute of Food and Nutrition (JSI) is the premier provider of child and school nutrition training in Massachusetts. JSI is a partnership of the Massachusetts Department of Elementary and Secondary Education, Office for Food and Nutrition Programs and Framingham State University. This institution is an equal opportunity provider and employer.

The school environment plays a vital role in shaping students' nutritional health throughout their growing years and into their adult lives. The programs offered by JSI support schools in their efforts to provide healthy, safe, and wholesome meals to school children. The primary audience for JSI includes school nutrition program directors, managers, and production/service staff along with other professionals working to improve the nutritional health of Massachusetts' school children.

JSI was established in May of 1988 and was named for John C. Stalker, who was the Director of the Massachusetts Bureau of Nutrition Education and School Food Services between 1945 and 1982. He devoted his life to the betterment of nutrition education and school food service and was responsible for expanding the Child Nutrition Programs in Massachusetts and instrumental in the passage of the National School Lunch Act of 1946.

Vision

The John C. Stalker Institute is the creative entity and force to lead Massachusetts school and child nutrition professionals in forward thinking, growth, education, and development to address the needs of the whole child.

Mission

The John C. Stalker Institute of Food and Nutrition uses current research and technology to educate and inform Massachusetts professionals concerned with child nutrition and healthy nutrition environments.

Contact Information

Email: johnstalker@framingham.edu

Website: johnstalkerinstitute.org

Address: Framingham State University, PO Box 9101, 100 State Street, Framingham, MA 01702

Massachusetts Department of Elementary and Secondary Education: www.doe.mass.edu

Non-discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. **fax:**
(833) 256-1665 or (202) 690-7442; or
3. **email:**
program.intake@usda.gov

This institution is an equal opportunity provider.

Dear Chef,

This instructor guide is intended to provide the workshop materials and resources to prepare for and run this training. These materials have been created for use in presenting for The John C. Stalker Institute (JSI) and should not be used for any other purpose without written permission.

This “Live-Setting” culinary training is an innovative approach, originally created by Chef Kent Getzin in Washington, where school foodservice teams build their culinary skills during their regular production hours. JSI has adapted the Live-Setting Culinary Training to meet the needs of schools in Massachusetts. In this training, you will work alongside school nutrition staff to prepare and serve a popular Asian entrée. Completion of the Back to Basics: Asian Fusion workshop is required.

This guide includes:

- About Us • Vision • Mission
- Non-discrimination Statement
- Workshop Outline with approximate timeline
- Asian Fusion recipes for 50 servings yield

Sent to School in Advance:

- School Confirmation Form
- School Requirements Form
- School Equipment List
- School Shopping List
- Promotional Posters

Prior to each workshop you will receive the following in the mail:

- Completed & signed School Confirmation, Requirements & Equipment Forms
- Sign In Sheets
- Recipe packet for each participant
- Participant Evaluation Forms
- Certificates
- Instructor Feedback Form
- Return Envelopes

All participants should sign in for the workshop. The completed sign in sheets, instructor feedback form and evaluation forms should be sent to JSI in the return envelopes provided.

Before the live-setting culinary training, take some time to familiarize yourself with the outline as well as the recipes. Please feel free to contact us if you have any questions or need support at 508-626-4756 or email at johnstalker@framingham.edu. We hope you enjoy your experience!

Live Setting Asian Fusion Outline

Goal: To advance culinary skills of school nutrition staff using a live-setting culinary approach and serve an Asian Fusion menu tailored to current food trends for K-12 students.

Objectives: The participants will:

1. Apply culinary skills in the preparation of an Asian Fusion menu tailored to current food trends for K-12 students.
2. Utilize mise en place for organized and efficient workflow.
3. Recognize the desirability of customizable menu items.

Audience: School nutrition staff, and managers

Workshop Time: 7 hours

Location: School Kitchen

Supplies: Instructor Guide

Live Setting Asian Fusion Outline

Prior to the live-setting culinary training, review this outline and the recipes.

Time	Instructor Notes
Objective:	Welcome
2 minutes	Review/Plan <ol style="list-style-type: none"> 1. Gather team 2. Remind participants of Part 1 (B2B: Asian Fusion) and the recipes to be prepared & go over what has been prepared ahead of time 3. Discuss plan-of-action for execution 4. Assign duties
Objective:	Apply culinary skills in the preparation of an Asian Fusion menu tailored to current food trends for K-12 students.
3 hours	Mise en place – prepare recipes or complete what has been started as part of the prep list): <ol style="list-style-type: none"> 1. Chicken/Tofu: <ol style="list-style-type: none"> a. Marinate chicken b. Press down tofu 2. Cook grains/legumes: <ol style="list-style-type: none"> a. Brown Rice b. Linguini 3. Chop produce: <ol style="list-style-type: none"> a. Vegetables b. Fruits 4. Stir-fry and roast <ol style="list-style-type: none"> a. Vegetable dishes b. Protein dishes c. Fried rice 5. Prepare teriyaki sauce
Objective:	Utilize mise en place for organized and efficient workflow
15 minutes	Set up serve stations Stations should be set up in the following order: <ol style="list-style-type: none"> 1. Confetti Fried Rice (full pan - hot) 2. Chinese Noodles (full pan - hot) 3. Chicken Teriyaki (full pan - hot) 4. Crispy Tofu (full pan - hot) 5. Stir-Fry Vegetables (full pan - hot) 6. Sesame-Roasted Green Beans (full pan - hot) 7. Asian Rainbow Slaw (full pan - cold) *unless prepared in 4 oz. cups 8. Mandarin Fruit Salad (full pan - cold) *unless prepared in 4 oz. cups 9. Teriyaki Sauce (quarter pan - hot)

Live Setting Asian Fusion Outline

90 minutes	<p>Lunch Service for Build-Your-Own-Stir-Fry-Bowl:</p> <ol style="list-style-type: none"> 1. Choose your grain: <ol style="list-style-type: none"> a. Confetti Fried Rice b. Chinese Noodles 2. Choose your protein: <ol style="list-style-type: none"> a. Chicken Teriyaki b. Crispy Tofu 3. Choose your vegetables: <ol style="list-style-type: none"> a. Stir-Fry Vegetables b. Sesame-Roasted Green Beans 4. Choose your sides: <ol style="list-style-type: none"> a. Asian Rainbow Slaw b. Mandarin Fruit Salad 5. Top with sauce: <ol style="list-style-type: none"> a. Homemade Teriyaki b. Sriracha
Objective:	Recognize the desirability of customizable menu items.
15 minutes	<p>Debrief with SND and team after lunch service</p> <p>Invite SND to join discussion over the following:</p> <ul style="list-style-type: none"> • Sales: <ul style="list-style-type: none"> ○ What items were the most popular? ○ How many bowls sold? • Ideas for leftovers: <ul style="list-style-type: none"> ○ Deli station ○ Salad bar ○ Power-Packs • Plans for future offerings: <ul style="list-style-type: none"> ○ What worked, what didn't work? Will you feature this menu again? ○ If there were unpopular items, reduce number of choices ○ Make some items ahead of time (items like rice, slaw, sauce, etc. can be made days in advance)
Objective:	Conclusion
10 minutes	<p>Ask the participants if they have any questions.</p> <p>Review resources available.</p> <p>Instruct participants to complete Evaluations. Be sure to collect/check before distributing the certificates.</p> <p>School Nutrition Director (SND) receives <i>SND Evaluation Post-Live-Setting</i> to be completed online.</p> <p>Thank the participants and SND for their time and participation.</p>
Objective:	Clean up
20-60 minutes	<p>Clean up – Instruct staff to clean up stations and wash dishes.</p>



Asian Rainbow Coleslaw

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Vermont Farm to School Network)

Ingredients:

Ingredient Name	Measurements
Vinegar, rice	½ cup + 1 tsp
Oil, sesame**	¼ cup + ½ tsp
Soy sauce, reduced sodium	¼ cup + ½ tsp
Sugar, granulated	¼ cup + ½ tsp
Cabbage, Napa, raw, shredded	½ gal + 2 2/3 Tbsp
Carrots, raw, grated	½ gal + 1/3 cup
Cabbage, red, raw, shredded	½ gal + 1/3 cup

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

***Note: Sesame oil can be substituted if there is a concern of an allergy.*

Instructions:

1. To make the dressing, add vinegar, sugar, soy sauce, and sesame oil to a bowl and whisk together until the sugar is dissolved.
2. Add the carrots and cabbages to a large bowl and toss with dressing. Refrigerate and allow to marinate for at least 1 hour before serving.
3. Hold for cold service at 41° F or lower.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	29.45 kcal
Total Fat	1.20 g
Saturated Fat	0.17 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	103.87 mg
Total Carbohydrate	4.49 g
Dietary Fiber	1.05 g
Total Sugars	2.74 g
Protein	0.57 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup



Chicken Teriyaki

Recipe HACCP Process: #2 Same Day Service

Serving Size: 2 oz

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Taste of Home)

Ingredients:

Ingredient Name	Measurements
Chicken breast, raw, boneless, skinless	8 lbs + 6 oz
Scallions, medium	9 medium
Soy Sauce, reduced sodium	1 cup + 2/3 Tbsp
Sugar, granulated	¾ cup + ½ Tbsp
Vinegar, rice	½ cup + 1 tsp
Garlic, jarred, minced	¼ cup + ½ tsp
Sesame seeds, toasted, unsalted (unsalted)**	¼ cup + ½ tsp
Pepper, black, ground	1 tsp
Teriyaki sauce (JSI recipe; prepared separately)	1 cup + 2/3 Tbsp
Cooking Spray	As needed

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

***Note Sesame seeds can be eliminated if there is concern of an allergy.*

Instructions:

1. Fillet chicken breast to 1/2 inch thickness, then cut into 1/2 inch strips. If using frozen chicken, defrost before portioning.
2. To make the marinade, in a large bowl combine the scallions, soy sauce, sugar, vinegar, garlic, sesame seeds (if using), and black pepper.
3. Add the chicken to the marinade and mix thoroughly. Refrigerate and let marinate for at least 30 minutes, but preferably overnight.
4. Preheat oven to 425°F. Line a sheet pan with parchment paper and spray generously with cooking spray.
5. Place chicken in a single layer on a sheet pan, being careful not to overcrowd the pan, and bake at 425°F for 15-20 minutes or until chicken reaches internal temperature of 165°F for at least 15 seconds. Place chicken on every other rack in the oven to avoid steaming versus roasting the chicken.
6. Transfer cooked chicken to a hotel pan and top with teriyaki sauce and sprinkle sesame seeds (if using).
7. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	71.47 kcals
Total Fat	1.74 g
Saturated Fat	0.57 g
Trans Fat	0.00 g
Cholesterol	22.93 mg
Sodium	358.01 mg
Total Carbohydrate	4.40 g
Dietary Fiber	0.21 g
Total Sugars	3.23 g
Protein	9.36 g

Meal Component Information:

Meal Component	Amount
Meat/Meat Alternate	2 oz equivalent



Chinese Noodles

Recipe HACCP Process: #2 Same Day Service

Serving Size: 1 cup

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe

Ingredients:

Ingredient Name	Measurements
Linguine, whole grain, dry	6 lb + 4 oz
Water	4 gal
Oil, sesame**	¾ cup + 4 tsp
Ginger, dried, ground	3 Tbsp
Sesame seeds, toasted, unsalted (optional)**	1 cup+ ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

***Note: Sesame oil can be substituted with olive oil and sesame seeds can be eliminated if there is a concern of an allergy.*

Instructions:

1. To cook pasta, heat water to a rolling boil.
2. Slowly add pasta to water. Stir frequently until water boils again. Cook for about 8 minutes or until al dente. Stir occasionally. If using a tilt skillet place dry pasta in perforated hotel pans then in the boiling water in the tilt skillet. If using a steamer place a perforated pan in a hotel pan of the same size. Add dry pasta and water to cover. Place in steamer and steam until al dente, stirring halfway through to prevent pasta from sticking. You may want to test a batch in your steamer ahead of time to confirm cooking time in your equipment.
3. Drain pasta, transfer to a hotel pan and toss in sesame oil and ginger.
4. Sprinkle pasta with sesame seeds (if using).
5. Hold for hot service at 135°F or higher. For best quality do not hold the pasta for more than 45-60 minutes before serving. For schools with long lunch services consider cooking pasta in batches during service.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	128 kcal
Total Fat	4.41 g
Saturated Fat	0.65 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	23.79 mg
Total Carbohydrate	19.15 g
Dietary Fiber	3.15 g
Total Sugars	0.52 g
Protein	3.87 g

Meal Component Information:

Meal Components	Amount
Grain	2 oz equivalent



Confetti Fried Rice

Recipe HACCP Process: #2 Same Day Service

Serving Size: 1 ¼ cup

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Nutritious Eats)

Ingredients:

Ingredient Name	Measurements
Rice, brown, long grain, parboiled, dry	3 ¾ quarts + 2 Tbsp
Water	2 ½ gal + ½ cup
Vegetable oil, canola	¾ cup + 1 1/3 Tbsp
Garlic, jarred minced	1 Tbsp + 2 tsp
Ginger, dried, ground	½ Tbsp + ½ tsp
Onions, raw, chopped	2 cups + 1 1/3 Tbsp
Peas and carrots, frozen	2 quarts + 1 1/8 cup
Eggs, whole, raw, large (beaten)	10 ea.
Soy sauce, reduced sodium	¾ cup + 1 1/3 Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Cook rice according to your kitchen's procedures, if different from instructions below:
2. Pre-heat steamer. In a 2-in. hotel pan, combine rice and water. Cover and cook for 30-35 minutes, until tender.
3. Once rice is cooked, remove from heat and let stand covered for 5 minutes. Set aside and cool. ****Note:** Cook and cool the rice the day before for better texture and flavor in your fried rice.
4. In a large braising pot or tilt skillet, heat oil, then add minced garlic, ground ginger, and onions. Cook for 1-2 minutes or until fragrant.
5. Add frozen peas and carrots to the pot or tilt skillet and cook for 2 minutes or until warm. Move the vegetables to one side of the skillet, then add beaten eggs and scramble on the other side of the skillet.
6. Add the cooked rice to the veggie and eggs and stir to combine all ingredients. Add soy sauce and stir.
7. Heat to 140°F or higher for at least 15 seconds.
8. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	260.96 kcal
Total Fat	6.55 g
Saturated Fat	0.59 g
Trans Fat	0.01 g
Cholesterol	33.82 mg
Sodium	321.45 mg
Total Carbohydrate	43.99 g
Dietary Fiber	3.27 g
Total Sugars	0.22 g
Protein	7.81 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	0.25 oz equivalent
Grain	2 oz equivalent
Vegetable	0.125 cup



Crispy Tofu

Recipe HACCP Process: #2 Same Day Service

Serving Size: 4.4 oz

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: delishknowledge.com)

Ingredients:

Ingredient Name	Measurements
Tofu, raw, extra firm	14.5 lbs + 1.5 oz
Oil, olive	1 cup + ½ Tbsp
Soy sauce, reduced sodium	1 cup + ½ Tbsp
Cornstarch	1 cup + ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

**Note: If using a combi oven set to 400°F with 10% - 30% steam, but you should test on your school's equipment for best results*

**Note: For best results drain tofu the day before preparing and cooking.*

Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Wrap the tofu in a kitchen towel or paper towels and place a heavy object on top (like a sheet pan with a number 10 can on top). Let the tofu drain for at least 15 minutes, but preferably the day before.
3. Unwrap the tofu and portion into 1 – 2-inch cubes or desired size, then place in a large mixing bowl. In a separate bowl whisk the oil, soy sauce, and cornstarch together and pour over the tofu and mix until it is evenly coated.
4. Place on the baking sheet and bake for 15-20 minutes, flipping half-way through, until golden brown and crispy.
5. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	243.63 kcal
Total Fat	16.04 g
Saturated Fat	2.29 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	361.75 mg
Total Carbohydrate	6.62 g
Dietary Fiber	3.07 g
Total Sugars	0.00 g
Protein	23.17 g

Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2 oz equivalent



Mandarin Fruit Salad

Recipe HACCP Process: #1 No Cook

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe

Ingredients:

Ingredient Name	Measurements
Mandarin oranges, canned, packed in 100% juice	6 ½ lbs + 4 ½ oz
Pineapple, canned, packed in 100% juice	6 lbs+ 4 oz
Coconut, dried, unsweetened, shredded	2 ½ cups

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

Instructions:

1. Drain mandarin oranges and pineapple. Transfer to hotel pan.
2. Top mixed fruit with shredded coconut.
3. Refrigerate until served.
4. Hold for cold service at 41°F or lower.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	85.75 kcal
Total Fat	1.43 g
Saturated Fat	1.14 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	13.78 mg
Total Carbohydrate	19.20 g
Dietary Fiber	2.26 g
Total Sugars	9.63 g
Protein	0.92 g

Meal Component Information:

Meal Components	Amount
Fruit	0.5 cup



Sesame Roasted Green Beans

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: Vermont Farm to School Network)

Ingredients:

Ingredient Name	Measurements
Green beans, fresh	10 lb + 7 oz
Vegetable oil, canola	¼ cup + ½ tsp
Salt	1 Tbsp + 1 ¼ tsp
Pepper, black, ground	1 tsp
Sesame seeds, toasted, unsalted (optional)**	½ cup + ¾ tsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritional values may change if substituted.*

***Note: Sesame seeds can be eliminated if there is a concern of an allergy.*

Instructions:

1. Preheat the oven to 375°F.
2. Trim green beans. Spread in a single layer on a sheet pan and drizzle with oil, salt, and black pepper. Toss to coat.
3. Bake for 10 minutes.
4. Stir sesame seeds (if using) into pan and bake for another 1-2 minutes.
5. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	34.78 kcal
Total Fat	1.91 g
Saturated Fat	0.19 g
Trans Fat	0.01 g
Cholesterol	0.00 mg
Sodium	304.22 mg
Total Carbohydrate	3.53 g
Dietary Fiber	1.77 g
Total Sugars	0.01 g
Protein	0.27 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup



Stir Fry Vegetables

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: McCormick)

Ingredients:

Ingredient Name	Measurements
Onions, raw, sliced	2 quarts + 3 1/8 cups
Carrots, raw, sliced	4 ¾ cups + 1 Tbsp
Vegetable oil, canola	1/3 cup + ¾ tsp
Broccoli, raw, florets	4 ¾ quarts + 1 cup
Peppers, sweet, bell, red, raw, sliced	2 quarts + 3 1/8 cups
Soy sauce, reduced sodium	1/3 cup + ¾ tsp
Garlic powder	1/8 cup + ¼ tsp
Ginger, dried, ground	½ Tbsp + ¾ tsp
Sesame seeds, toasted, unsalted (optional)**	3 ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

***Note: Sesame seeds can be eliminated if there is a concern of an allergy.*

Instructions:

1. Heat oil in a large tilt skillet on medium-high heat.
2. Add onions and carrots and stir fry for 5 minutes.
3. Add remaining vegetables and stir-fry for 10 minutes or until vegetables are tender-crisp.
4. Add soy sauce, garlic powder, ginger, and stir to blend.
5. Sprinkle with sesame seeds (if using).
6. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	54.72 kcal
Total Fat	2.14 g
Saturated Fat	0.23 g
Trans Fat	0.01 g
Cholesterol	0.00 mg
Sodium	139.09 mg
Total Carbohydrate	8.25 g
Dietary Fiber	2.41 g
Total Sugars	3.28 g
Protein	2.03 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup



Teriyaki Sauce

Recipe HACCP Process: #3 Complex Food Preparation

Serving Size: 2 Tbsp

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe (adapted from: tasteandtellblog.com)

Ingredients:

Ingredient Name	Measurements
Water	1 quart + 2 2/3 Tbsp
Sugar, brown, light, packed	1 ½ cups + 1 Tbsp
Soy sauce, reduced sodium	1 cups + 2 tsp
Garlic, jarred, minced	2 1/8 tsp
Ginger, dried, ground	2 1/8 tsp
Cornstarch (for slurry)	½ cup + 1 tsp
Water (for slurry)	1 cup + 2 tsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritional may change if substituted.*

Instructions:

1. Combine water, brown sugar, soy sauce, garlic, and ginger in a large saucepan and set over medium heat.
2. In a medium bowl, combine the cornstarch with water for the slurry and whisk until dissolved. Add the cornstarch mixture to the saucepan.
3. Heat the sauce until it thickens to your desired thickness. If the sauce becomes too thick, add more water to thin it out.
4. Refrigerate until served.
5. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	35.01 kcal
Total Fat	0.01 g
Saturated Fat	0.00 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	345.99 mg
Total Carbohydrate	8.61 g
Dietary Fiber	0.03 g
Total Sugars	0.01 g
Protein	0.35 g

