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Marie E. Penner

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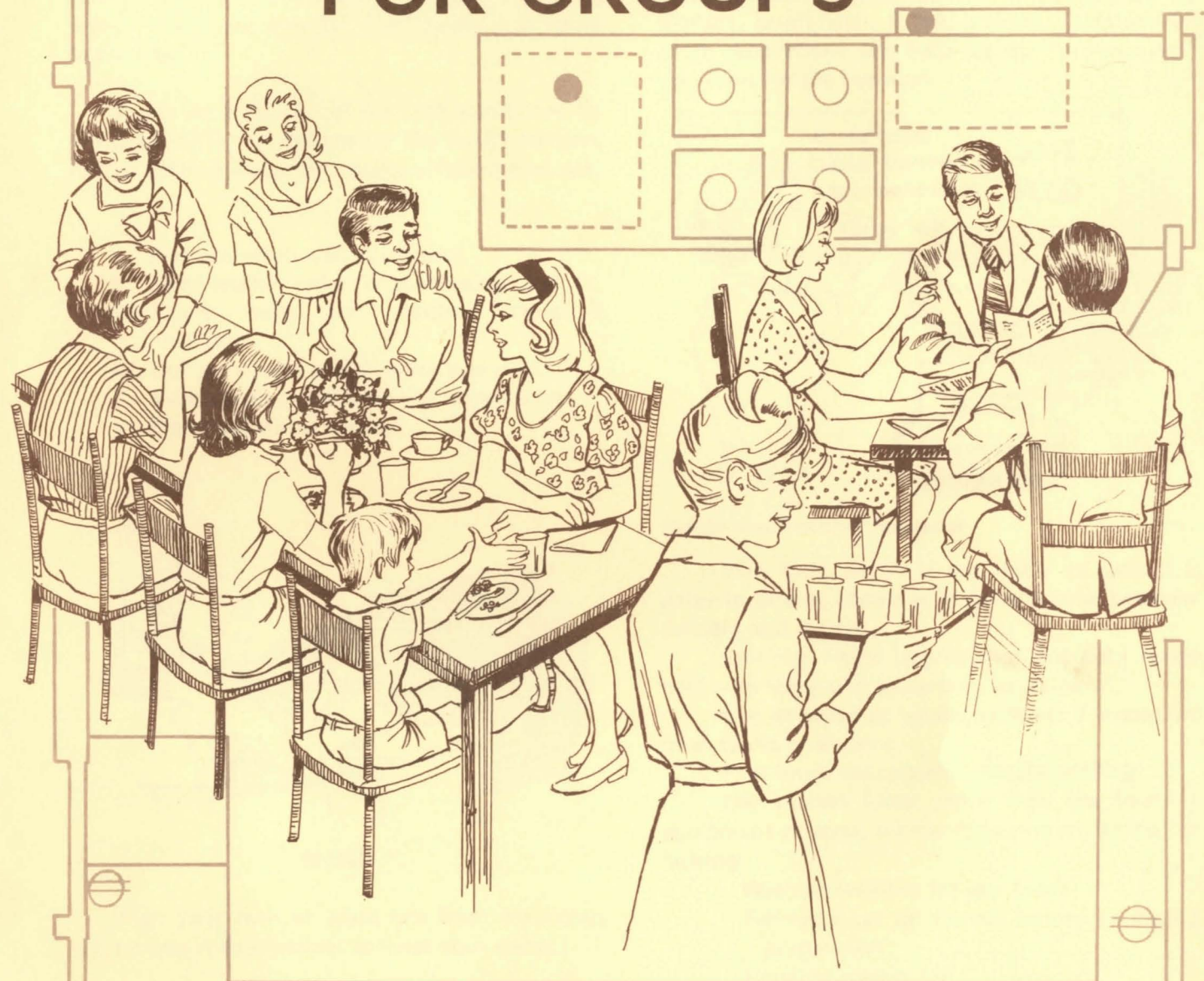
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PLANNING MEALS FOR GROUPS



Extension work in "Agriculture, Home Economics and Subjects relating thereto,"
The Cooperative Extension Service, Institute of Agriculture and Natural
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PLANNING MEALS FOR GROUPS

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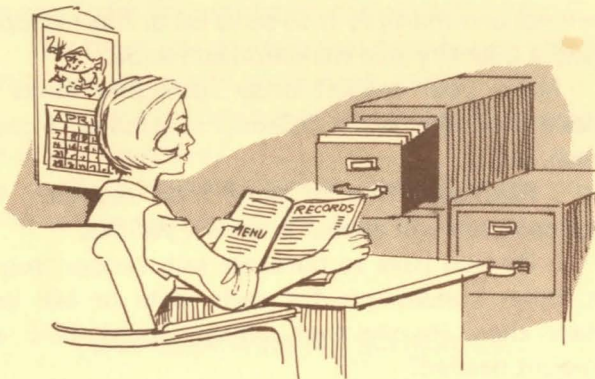
PLANNING MEALS FOR GROUPS

By Marie E. Penner
Extension Specialist (Food Service Management)

Whether you are planning to feed 20 or several hundred people, certain procedures can make it easier for you to save energy, be efficient, and be able to relax for the meal. Most group meals are festive affairs so plan for both palate and visual enjoyment.

If you are chairman of the food committee for the organization, or hostess for the family reunion, follow these steps to be a calm, efficient manager:

- I. Plan the menu well in advance.
- II. Make market order for purchasing food.
- III. Figure costs and readjust menu if necessary.
- IV. Outline a work schedule for everyone.
- V. Evaluate all procedures and record them.
- VI. Plan supervision needed.



MENU

(Plan your own or adapt one from the menus and recipes in this booklet to meet your needs.)

Foods to use

- . What is available (on hand or can be purchased)?
- . Will it be prepared on site or brought in?
- . Is there storage (open shelves, cabinets, refrigerators, freezers)?

. Don't forget "people eat with their eyes," so use various colors, textures, and arrangements of foods. Use edible garnishes on food or on the plate to complement or emphasize. You may use dishes, platters, bowls, etc., to add interest. Table and/or room decorations also help set the "atmosphere" you want for the occasion.



Safety and Sanitary Measures

. Plan food which is not likely to spoil if a delay in serving occurs or if there is time between delivery and service.

. Can hot foods be kept hot and cold foods cold with space and equipment available?

. Use wrapped or packaged foods if stored on open tables or shelves.

. Plan foods not requiring much handling.

. Use canned foods rather than raw foods if equipment or space for the following are limited or lacking:

Washing facilities for raw foods

Refrigeration or storage before or during preparation

Cooking equipment

. Plan a menu that can be served on disposables if dishes can't be sanitized.

Equipment and Dishes

. Are there steamers, roasters, ovens, burners, etc., to prepare all food on your menu?

- . Check to see if the menu contains too many foods to be prepared on the equipment available.
- . Are there enough pots and pans of the right size or can you plan menu and recipes to correspond to equipment on hand?
- . If not, can you substitute methods of preparation to correlate with pans or equipment or should you change menu?
- . Are dishes, silverware, and service dishes adequate or will disposables need to be purchased or menu changed?

Personnel

- . Are there regular employees available? Many institutions (schools, community buildings, etc.) have one or more persons who are willing to work extra and their salary may be included in cost of renting the facility. It is to your advantage and the institution's to have an employee who is familiar with the kitchen.
- . Do you know your helpers and what they can do?
- . Can you count on them to be on time, cooperate and carry out plans?
- . Make menu and plans very simple if you're not sure of any of the above questions.
- . Be sure to know who can be available early and who can stay late.



Preparation and Cleanup

- . What can be done in advance? Invitations with R.S.V.P. deadline or ticket sales deadline must be planned to give guests time to answer and to give you time to change menu and plans if numbers vary greatly from original plans.
- . Find out when facility is available and if or when the storage spaces can be used.
- . Ask what is to be done with dry and wet

garbage, cans, paper, and disposables.

- . What is the dishwashing procedure?
- . Check menu again to see if changes need to be made to correlate with any of these procedures.

Costs

- . Has the budget been set to cover food, ice, labor, rental of facility, paper towels, detergents, garbage sacks, napkins, tablecloths, table decorations, entertainment, and any other expense related to the meal?
- . After knowing other costs, how much is left for food? Check to see:
 - if food can be bought from a wholesale house,
 - if service from a retail store is more convenient,
 - if there are public relations involved.

The lowest food cost may not be the only consideration. Check menu again to see if it's within your budget and if the cost will be acceptable to your clientele.

MARKET ORDER and PURCHASING FOOD

Your menu should now be complete, including all foods, beverages and garnishes. Obtain recipes from reliable sources (for example the book "Food for Fifty," USDA publications, or UNL Extension bulletins). Adjust the recipes to number you plan to serve. Do not try to use a recipe for 4 to 10 servings and multiply it to serve 50 or more people. Find a quantity-size standardized recipe.

Make your market order, grouping foods to make shopping easier. (Group as canned, frozen, fresh, etc.)

- . Add quantities of same food together, for example, salt will appear in several recipes.
- . Do you have to purchase salt, pepper, sugar, or other condiments for each table or can you place them in one spot, which would limit the amount needed?
- . At this point, do you find on your list small amounts of food that are not in a purchase unit? For example, do you need a few teaspoons of an item that can be bought only as a pound?

If you see that you will have to buy food you won't use, see if the menu item can be purchased in prepared form, either to be cooked (as mixes) or just to be heated (frozen or canned)? If so, what will it do to your budget and can the budget be adjusted?

- Do you need any services:
 - delivered to site,

- . held to be delivered at a particular time,
- . sliced or packaged in sizes different from other consumers, or any other special needs?

Make telephone inquiries or personal visits to wholesalers or retail stores. See who has the food and services you need, if they want to fill your order and for what price. You will need to tell them how they will be paid.

If you have a larger order and several choices of suppliers, you may want to get bids to compare prices and services.

Be sure to make written copies of your orders and services. One copy for supplier, one copy for receiver if different from yourself, one for organization, and one for your records.

If there is any doubt as to whether an item can be obtained or in case there has to be any change from your written order, be sure the supplier knows who to call and by what date.

FIGURE COSTS and READJUST

At this point you should have a fairly accurate cost for food, supplies and labor.

Check to see who is responsible for liability or any other insurance necessary.

Are there any taxes you are responsible for paying (sales tax, workmen compensation, etc.)?

Are there any deposits you have to provide (for breakage, damage to equipment, etc.)

Is there a percentage of gross sales for overhead or profit necessary?

If there is an unforeseen increase in any costs, who will be responsible for paying?

OUTLINE A WORK SCHEDULE

From your adjusted menu with types of foods and services you've ordered, make a list of things to be done. Include non-cooking activities such as arranging serving tables, setting tables, decorating, cleanup duties, etc.

Match your list with workers assigned to you for his activity. Do you need more people or can certain jobs be done earlier, etc.?

Decide on a time for each activity. Be sure to find out if everything can be removed before the program starts and if kitchen activities can be in progress during the program.

SUPERVISION

Appoint an overall coordinator if you can't be there during preparation, service, and cleanup.

Assign a person to be responsible for different areas, such as:

- . Dining room (setting tables, assigning waiters to tables, and other tasks).

- . Kitchen (for a large group, subdivide into salads, meats, etc.).

Delegate jobs of:

- . Cleanup (including dishwashing, sweeping, garbage removal, etc.).

- . Taking care of unused food (can it be returned, sold to someone, or given to charity? The decision should be made before the meal).

- . Checking equipment and space used to be sure it's in the same order and condition as before.

- . Returning any borrowed or rented equipment.

- . Security (closing and locking windows, doors, turning out lights, returning keys, etc.).

Write up reports and give to designated people. Be sure all bills have been paid.

EVALUATION

Think through records you used or wish you'd had to plan this event.

Write down information to keep. If others are responsible for certain items, be sure they know what is needed for the records.

Keep all invoices, grocery tapes, delivery bills, etc., and write shortages, breakage, or any comments about food supplies or services for future use (both favorable and negative).

Have pads and pencils available because it's easier to write notes when events happen.

Keep records of:

- . How much food was prepared.

- . Was the amount sufficient, short, too much, or any special conditions?

- . Was prepared food consumed? If not, why not?

- . Did number vary from reservations for any particular reason (weather, conflicts, does this group always run short?)

- . Suggested changes for next time.

- . Look at the complete event. Did it differ from the way you had pictured it? Why? Were guests happy? What comments were heard or given to you (either complimentary or critical)? Were they justified and could you make changes?

Write down constructive suggestions to keep in your files, give to the secretary of the organization or chairman of the event, and to the institution you used. These can be helpful.

You may wish to make notes about employees. Be sure written notes are helpful:

- 1) Susie - good organizer.
- 2) Mary - makes excellent pies.
- 3) Ruth - prefers to work alone.

Do not write down uncomplimentary remarks or gossip.

References

Recipes for Quantity Service; Home Economics Research Report No. 5, Agriculture Research Service, U.S.D.A. Revised 1972. For sale by Supt. of Documents, U.S. Gov't. Printing Office, Washington, D.C. 20402. Stock No. 0100-1495. (Recipes in 100 portions).

Complete recipes given are from the files of the UNL Quantity Food Laboratory Cafeteria (which is now closed) except where noted.

Food for Fifty; Fowler, West, and Shugart; Fifty Edition; John Wiley & Sons, Inc.; New York. For sale at UNL bookstore. (Recipes in 50 portions).

Cooking for Small Groups; Home and Garden Bulletin No. 197; U.S.D.A. 1972. For sale by Supt. of Documents, U.S. Gov't. Printing Office, Washington, D.C. 20402. Stock No. 0100-1555.

Managing Community Meals; Cooperative Extension Service, Purdue University, West Lafayette, Indiana.

SUGGESTED MENUS



I

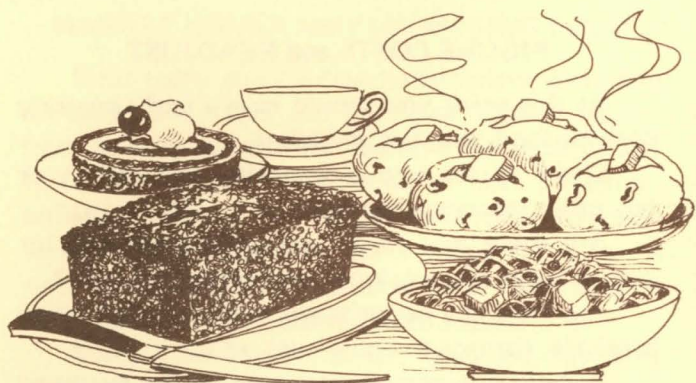
- Baked Ham or Turkey^{(1)*}
- Corn on Cob⁽²⁾ or Mexican Corn⁽³⁾ or Scalloped Potatoes⁽⁴⁾
- Whole or French-cut Green Beans⁽⁵⁾
- Cranberry Relish⁽⁶⁾ or Carrot/Golden Glo Salad⁽⁷⁾
- Assorted Rolls or Breads - Butter/Spreads
- Apply Betty or Apple Pie
- Beverage

II

- Lasagna⁽⁸⁾ or Pizzawich⁽⁹⁾ or Beef and Pork Casserole⁽¹⁰⁾
- Assorted Chips
- Lettuce Wedge or Tossed Salad
- French Dressing⁽¹¹⁾
- Vienna Bread - Garlic Butter
- Flavored Ice Cream or Ice Cream Sundae
- Cookies
- Beverage

III

- Oven Fried Chicken⁽¹²⁾ or Oven Fried Fish Portions or Baked Breaded Pork Chops
- Macaroni⁽¹³⁾ or Potato Salad
- Hot Green Vegetable or Cole Slaw
- Variety Muffins or Cornbread
- Butter - Jam
- Fresh or Canned Fruit
- Beverage



IV

- Meat Loaf⁽¹⁴⁾ or Baked Chopped Steaks or Baked Sausage Stuffed Acorn Squash⁽¹⁵⁾
- Baked Potatoes or Au Gratin Potatoes
- Glazed Carrots or Harvard Beets
- Village Slaw⁽¹⁶⁾
- Assorted Rolls - Butter
- Ice Cream Cake Roll
- Beverage

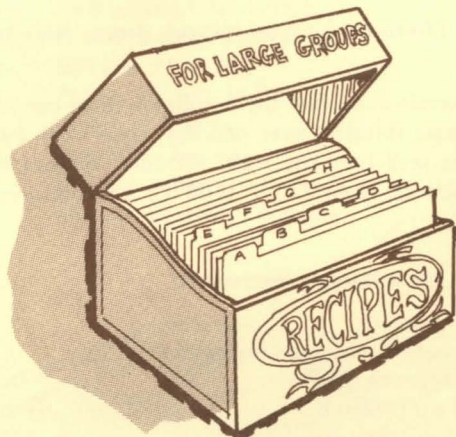
V

- Chili Soup⁽¹⁷⁾ or Beef-Vegetable Soup⁽¹⁸⁾ or Minestrone Soup or Ham and Bean Soup
- Assorted Crackers
- Frozen Fruit Salad⁽¹⁹⁾ or Fruited Gelatin Salad⁽²⁰⁾
- Pumpkin, Sour Cream Raisin⁽²¹⁾, Rhubarb Cream⁽²²⁾⁽²³⁾⁽²⁴⁾
- Beverage

*Suggestions and/or recipes included for numbered items.

VI

Swiss Steak or
Beef Stew (25) or
Seafood Casserole (26)
Parsley Potatoes or Broccoli-Rice Casserole (27)
Three Bean Salad or Celery-Tomato Marinade
Hot Biscuits (28), Muffins, or Rolls (29) (30)
Butter - Jelly
Assorted Cakes or Cookies
Beverage



SUGGESTIONS AND RECIPES

Menu I

Baked Ham or Turkey Rolls may be purchased in ready-to-eat, casing-wrapped boneless rolls. Usually the grocer will slice these into 3-ounce (84 g) portions, if asked. Otherwise an electric slicer or an electric knife makes it easier to slice the meat into even portions. Allow 16 to 20 pounds (7-9 kg) for 50 portions.

Whole hams purchased to be baked cost less, but usually the cost per portion served will be approximately the same. This is because of shrinkage and skin, fat, and bone loss. There is much more work and utility costs involved. There is a difference in flavor and many people prefer the one with bone in and cooked on the premises. It'll take at least 25 pounds (11 kg) to serve 50 (3 ounce (84 g) portions).

In purchasing turkey rolls, designate whether whole meat (no gelatin) is wanted, or all white, or the percentages of dark and white meat desired. If it is to be served cold consider the part gelatin rolls which are usually much less expensive. These too

can be sliced by the grocer. Raw turkey rolls can also be purchased for baking. Fifteen pounds (6.5 kg) of all meat rolls usually will serve 50 (3-ounce (84 g) portions). Whole carcasses may be purchased. The less expensive buys are toms over 20 pounds (9 kg) and those with parts missing. This usually means a leg or wing has been broken or torn off during shipping or cleaning. A 20-pound (9 kg) bird will give approximately 40 three-ounce (84 g) servings if it's carefully portioned.

Dressing should not be cooked inside the turkey. There are too many opportunities for contamination and food poisoning. Steam necks, wing tips and giblets separately to make broth for your dressing and bake it in pans separately. Use drippings from baking the birds to make your gravy. Meat taken from necks and wing tips may be put in the dressing and giblets may be cut up in the gravy.

(2) Corn on the cob may be fresh or frozen. Cobs can be dropped into boiling water for approximately 5 to 9 minutes after water reboils, or put in steamer without water 8 minutes; or butter, wrap in foil or husks and bake in 375° F oven (190° C) for 15 to 20 minutes.

(3) Mexican corn may be purchased in can (a near gallon can [No. 10] yields 25 servings. A No. 10 can averages about 12 cups—3 liters).

If plain whole kernel corn is purchased, add a 3 ounce can of pimientos (drained and chopped) for 50 servings. For better color add one-half pound (approximately four medium) peppers which have been chopped and sauteed in butter. One tablespoon (15 ml) of salt and one teaspoon (5 ml) of pepper (if desired) may be added if corn has not been canned with salt. Check label. It'll take 10 pounds (4.5 kg) of frozen corn to cook for 50 portions (1/2 cup—.12 l).

A No. 8 ice cream dipper or a 1/2 cup (120 ml) measure (metal or plastic) make good dippers for portioning vegetables on serving plate.

(4) Either fresh or dehydrated potatoes may be used for your scalloped potatoes. Recipe is in "Food for Fifty" book or on your box of dehydrated potatoes.

(5) Whole or French-cut beans may be served plain, buttered, or with other seasonings. Two No.

10 cans or 8 pounds (3.5 kg) of frozen should serve 50 portions.

(6) Raw Cranberry Relish

Yield: 3 1/2 qt. (3.3 l) Portion: No. 16 dipper (1/4 c) for 50 servings

- 2 lb (2 qts) Cranberries, raw (896 g)
- 3 lb (2 qts) Apples, unpeeled, raw, (1 kg + 344 g) quartered, cored
- 3 Oranges, peeled, seeded
- 2 Oranges, unpeeled, quartered, seeded
- 1 lb (2 c) Sugar (448 g)
- 1 lb (2 c) Pineapple, canned (448 g) drained, diced
- 4 oz (1 c) Celery, chopped (112 g)

1. Grind cranberries, apples, and oranges. Add sugar, stir to dissolve, and let set.

2. Add diced pineapple and chopped celery to mixture. This makes a rather juicy relish, so for easier serving put in a paper relish cup or add gelatin in a recipe as follows:

Cranberry Relish Gelatin

1. Dissolve 24 oz. (670 g) cherry (or other red) gelatin in 2 qt. (1.9 l) hot water. Stir until completely dissolved.
2. Add 2 qt. (1.9 l) cold liquid drained from relish (add the pineapple juice or water to make the 2 qt. (1.9 l)).
3. Add drained relish.
4. Pour into pans or molds. Makes 50 servings, so calculate number each pan or mold will be cut into.

(7) Carrot Golden Glo Gelatin

- Dissolve:
 24 oz. Lemon Gelatin (670 g) in 2 qt. (1.9 l) hot liquid.
 Add:
 2 qts. (1.9 l) cold fruit juice
 2 lbs. (896 g) drained crushed pineapple
 2 lbs. (896 g) grated raw carrots
 Pour into pans. Plan to cut into 50 servings.

(8) Lasagna—Italian Noodle Casserole

Yield: 1 Pan 12"x10"x2" Cut 3"x4" Make 4 pans for 50 servings.

Meat Mixture

- 1 lb. Ground Beef (448 g)
- 1 Clove garlic, minced
- 1 Tbsp. Parsley flakes (7 g)
- 1 Tbsp. Basil (7g)
- 2 tsp. Salt (12 g)
- 2 c. Tomatoes (1 lb. can) (480 ml) OR
- 2/3 c. Tomato Paste (1-6 oz. can) (166 g)
- 8 oz. Lasagna (crinkled) (224 g) OR
- 12 oz. Wide noodles (straight unbroken) 336 g)

Cheese Mixture

- 3 c (1 1/2 lb.) Cottage Cheese, curd (672 g) cream style
- 2 Eggs, beaten
- 2 tsp. Salt (12 g)
- 1/2 tsp. Pepper (1 g)
- 2 Tbsp. Parsley Flakes (14 g)
- 1/2 c (4 oz) Parmesan cheese, grated (112 g)
- 1 lb. (thinly sliced) Mozzarella Cheese (448 g) or American

For Meat Mixture Brown ground beef. Add next 6 ingredients. Simmer, uncovered, till thick, about 1 hour, stirring occasionally. Cook noodles in steamer till tender; drain; rinse in cold water.

For Cheese Mixture Combine cottage cheese with next 5 ingredients.

To Fix Casserole Place half the noodles in oiled pan; spread half the cheese mixture over noodles; cover with half the sliced cheese and half the meat mixture. Repeat layers. Bake in moderate oven 375°F (190°C) for approximately 30 minutes.

(9) Italian Pizza Burgers (Pizzawich)

Sauce for 50 burgers:

- 2 c Tomatoes, chopped (480 ml)
- 2 c Chili Sauce (480 ml)
- 2 c Catsup (480 ml)
- 1 c Onions, chopped (240 ml)
- 1 tsp. Garlic Powder (1.5 g)
- 2 Tbsp. Sugar (24 g)
- 1 tsp. Pepper (2.3 g)
- 1 Tbsp. Salt (18 g)
- 5 lb. Ground beef (2 kg + 240 g)
- 1 Tbsp. Oregano (4.5 g)

Sliced cheese 50 slices
 Grated cheese may be used—approximately 3 lbs. (1 kg + 344 g)

1. Simmer about 45 minutes.
2. Mixture should be juicy. If too thick, add more tomatoes.
3. Put No. 24 dipper of mixture on toasted bun or English muffin.
4. Add sliced (or grated) cheese.
5. Place in oven or broiler long enough for cheese to melt.

(10) Beef and Pork Casserole (Oven Method)

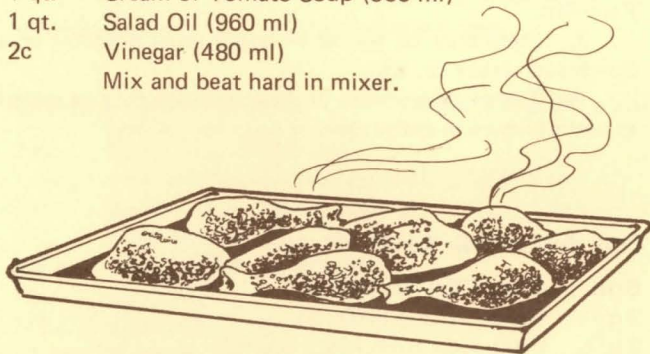
- Yield: 50 (1/2 c) servings**
- 4 lb. Pork, ground (1 kg + 792 g)
 - 4 lb. Beef, ground (1 kg + 792 g)
 - 1 lb. Onions, chopped (448 g)
 - 2 lb. Noodles, uncooked, dry (896 g)
 - 2 qt. Tomato Soup (1920 ml)
 - 1 qt. Water (960 ml)
 - 1 Tbsp. Salt (15 ml) (18 g)
 - 1 tsp. Pepper (5 ml) (7 g)
 - 2 lb. Cheese, Cheddar, grated (896 g)
 - 1 lb., 4 oz. Bread Crumbs (560 g)
 - 8 oz. Butter or Margarine (224 g)

1. Place meat and onions in pans and brown in 350°F (175°C) oven (about 30 minutes). Skim off fat if necessary.
2. Add dry noodles, soup, salt, pepper, and 1 lb. (448 g) of grated cheese. Mix carefully.
3. Bake at 325°F (160°C) for 1 hour or until noodles are done and liquid is absorbed.
4. Mix the other 1 lb. (448 g) of grated cheese with the crumbs and melted butter.
5. Spread on pans as topping and keep warm in ovens (200°F-90°C) until serving.

(11) French Dressing **Yield: 2 quarts (1920 ml)**

- 1 qt. Sugar (2 lb) (896 g)
- ½ tsp. Garlic Powder (2.5 ml) (.5 g)
- 1 Tbsp. Celery Seed (15 ml) (4.5 g)
- 1 Tbsp. Dry Mustard (15 ml) (4 g)
- 2 tsp. Salt (10 ml) (12 g)
- 2 tsp. Pepper (10 ml) (4.6 g)
- 1 qt. Cream of Tomato Soup (960 ml)
- 1 qt. Salad Oil (960 ml)
- 2c Vinegar (480 ml)

Mix and beat hard in mixer.



(12) Oven Fried Chicken or Fish

- 1 lb. (1 qt.) Bread Crumbs with (448 g)
- 1 Tbsp. paprika (if crumbs not brown) (20 ml)
or use
- 1 lb. Cereal Crumbs (448 g) (which may be mixed with commercial brown and bake products)
- 3 (1 lb.) cans of canned milk
(Regular milk is too thin and will not cling to chicken or fish)
- 12-14 Chickens, cut-up (900 g each)
(2-2 1/2 lb each)
OR
- 15 lbs. Fish Fillets (Fresh or Frozen)* (50 portions)
(6 kg + 75 g)

1. Grease bun pans.
2. Arrange assembly line of cut chickens or fish fillets, milk, crumb mixture, and greased pans.
3. Dip chicken or fish into milk, then crumbs, then place skin side down on pans.
4. Bake chicken in 375°F (190°C) oven for 45 to 60 minutes depending on size of pieces.
5. Bake fish in 400°F (200°C) oven for 20 to 25 minutes.

*Frozen breaded fish may be used and put without thawing on pan of melted fat; turn to coat both sides with fat and place in oven. A thin slice of lemon and/or onion may be put on fish.

(13) Macaroni Salad **Yield: 1½ gal. (½ c. servings)**

- 1 gal. Macaroni, cooked (3840 ml) OR
2 lb. raw (896 g raw)
- 2 qt. Salad Dressing (1920 ml)
Miracle Whip
- ½ c. Prepared Mustard, French (120 ml)
- 1 c. Sugar (½ lb.) (240 ml)
- 1 pt. Milk (2 c.) (480 ml)
- 1 Tbsp. Salt (15 ml) (18 g)
- 1 tsp. Pepper (5 ml) (213 g)
- 1 tsp. Paprika (4 g)
- 1 can (12 to 14 oz.) pimiento, chopped (use liquid)
- ¼ c. Onion, finely chopped (2 oz.) (56 g)
- ½ c. Green peppers, chopped (2 oz.) (56 g)
- 16 Eggs, hard cooked, diced

1. Cook macaroni.
2. Mix macaroni with all ingredients, except eggs.
3. Let set at least 4 hours to absorb milk and flavors. Should be bright yellow.
4. Add eggs and mix before serving.

(14) Meat Loaf **Yield: 4 loaves cut in 12 slices each**

- 10 lb. Ground Meat (4 kg + 480 g)
- 2 lb. Crumbs (2 qt.) (896 g)
- 2 c. Tomatoes (480 ml)
- ½ c. Onions, minced (120 ml)
- 10 Eggs
- 3 c. Milk (720 ml)
- 3 c. Celery and tops, chopped fine (720 ml)
- 3 Tbsp. Salt (45 ml) (54 g)
- 1 tsp. Pepper (5 ml) (2.3 g)

1. Blend eggs and milk.
2. Put all ingredients in mixer.
3. Blend together until evenly mixed. **Do Not Overmix.**
4. Pour into greased pan (12" x 20" x 2").
5. Mark into 4 loaves.
6. Bake in 350°F (175°C) oven for about 2 hours.

(15) Sausage in Acorn Squash **Yield: 50 Servings**

- 25 Medium Squash
- ½ c. Salt (120 ml) (144 g)
- ¼ c. Pepper (60 ml) (28 g)
- 1 lb. Brown Sugar (2 c.) (450 g)
- 6 lb. Sausage, bulk (2 kg + 688 g)
- 2 lbs. Bread Crumbs (2 qts.) (900 g)
- 1½ lbs. Apples, chopped, raw (1 qt.) (675 g)
- 2 c. Cold water (480 ml)
- 2 Tbsp. Salt, unless sausage is seasoned (30 ml) (36 g)

1. Wash squash, cut in half.
2. Place squash with cut side down in pan and bake. Add small amount of water. Steam is steamer available.
3. When thoroughly hot turn over and sprinkle with salt, pepper and brown sugar.
4. Combine sausage, bread crumbs, apples water and salt (if needed).
5. With No. 16 dipper put ball of sausage mixture in each squash half.
6. Place in 350°F (175°C) and bake until sausage is done and brown. Squash will be very tender.

(16) Village Slaw**Yield: 50 (1/2 c. Servings)**

- 4 lb. Cabbage, shredded (4 qt.) (1 kg + 792 g)
- 1 lb. Carrots, shredded (3 c.) (448 g)
- 1 lb. 8 oz. Pineapple Tidbits, drained (3 c.) (672 g)
- 12 oz. Orange Sections, drained (3 c.) (360 g)
- 12 oz. Raisins (2 c.) (360 g)
- 1 c. Salad Dressing (240 ml)
- 2 c. Sour Cream (480 ml)
- 2 tsp. Salt (10 ml)
- 2 Tbsp. Sugar (30 ml)

1. Combine ingredients and toss lightly.
2. Refrigerate.
3. Serve using No. 8 dipper (ice cream scoop).

(17) Chili Soup**Yield: 50 (1 cup servings)**

- 5 lb. Ground Chuck (2 kg + 240 g)
 - 1½ c. Onions, chopped (2 medium) (360 ml)
 - 2 c. Green Peppers (6 medium) (480 ml)
 - 3 c. Celery (1-2 bunches) (720 ml)
 - 1 qt. Water (960 ml)
 - 1 (No. 10 can) *Tomatoes (chop if whole)
 - 2 (46 oz. can) **Tomato Juice
 - 2 qts. Water (1920 ml)
 - 1 (No. 10 can) Chili Beans
 - 1 Tbsp. Salt (Taste)** (30 ml) (18 g)
 - 1 tsp. Pepper (5 ml) (2-3 g)
 - 2 Tbsp. Chili Powder (to taste)*** (30 ml) (14 g)
- *Tomato soup (No. 10 can) may be substituted if desired.
 **Tomato soup, two 46 oz. cans may be substituted.
 ***Will vary with seasoning of beans.

1. Sear meat. Add onions, celery and peppers with water. Cook until tender.
2. Stir in tomatoes and seasonings.
3. Carefully fold in beans to avoid crushing them.
4. Simmer at least 30 minutes to blend flavors. Taste.
5. Thicken if you wish, with about 1/2 cup (240 ml) flour. Make paste with cold water and add some hot broth from chili to the paste, then return to chili pot to thicken.
6. If greasy in appearance, sprinkle with fine bread or cracker crumbs.

(25) Stew**Yield: 50 servings**

- 10 lb. Beef cubes (4.5 kg) (480 g)
- 2½ qt. Carrots, 3/4" cubes (2.4 l)
- 1½ qt. Celery, 3/4" pieces (1.4 l)
- 1 qt. Onions, 3/4" pieces (950 ml)
- 1 qt. Peas or green beans (cut) (950 ml)
- 1½ gal. Broth and vegetable juices (5.7 l)
- 2½ c. Flour (600 ml)
- 2 Tbsp. Salt (30 ml)
- 1 tsp. Pepper (5 ml)

Two No. 10 cans of mixed vegetables may be substituted for vegetables. Use chunk type.

(18) Soup**Yield: 50 servings**

- 8 lb. Ground beef (2 kg + 684)
- 2½ qt. Carrots (¼" cubes) (2400 ml)
- 1½ qt. Celery (¼" pieces) (1400 ml)
- 1 pt. Onions (¼" pieces) (470 ml)
- 1 qt. Peas or green beans (cut) (950 ml)
- 2 gal. Broth and vegetable juices (7680 ml)
- 2 Tbsp. Salt (30 ml)
- 1 tsp. Pepper (5 ml)

Two No. 10 cans of mixed vegetables may be substituted for vegetables. Use small-cuts type.

1. Sear meat until slightly brown.
2. Cover with water and simmer until tender.
3. Cook vegetables separately until tender.
4. Drain broth from meat and measure. Add juices from vegetables or water to make desired amount.
5. Make paste of flour and cold water for stew. Add to broths and cook until it thickens.
6. Blend in meat and vegetables. Check for seasonings. Keep hot.
7. Stew may be served in bowls with a biscuit or a cornbread square on top.
8. Tomatoes (canned) or Tomato Juice may be added as part of liquid in either stew or soup for variety.

(19) Frozen Fruit Salad

- 6 oz. Orange Gelatin (168 g)
- 2 c. Water, boiling (480 ml)
- 2 c. Fruit Juice from fruit (480 ml)
- 1 c. Mayonnaise (240 ml)
- 1 pt. Cream, whipped (480 ml)
- 3½ c. Pineapple, canned, diced or tidbits, drained (840 ml) (1 lb., 12 oz.) (784 g)
- 2 c. Orange sections, fresh or canned, drained (480 ml) (1 lb., 8 oz.) (672 g)
- 3 c. Peaches, sliced, canned, drained (720 ml) (1 lb., 8 oz.) (672 g)
- 5 c. Bananas, sliced (or 2 lb. [896 g] canned pears, diced) (1200 ml)
- 1 qt. (8 oz.) Marshmallows, diced, or miniatures (950 ml) (240 ml)
- 12 oz. Pecans, chopped (360 ml)
- 1 c. (8 oz.) Maraschino Cherries (240 ml), rinsed in cold water and drained.

1. Open canned fruit and let drain in collanders.
2. Add boiling water to gelatin. Stir until dissolved completely.
3. Add fruit juice and refrigerate while whipping cream and cutting fruit.
4. Whip cream and fold in mayonnaise.
5. Fold into thickened gelatin.
6. Mix fruit, marshmallows and nuts.
7. Fold mixtures together and dip into molds for freezing.
8. If you can purchase cardboard ice cream containers (this should fill 9 or 10 pints) and then paper can be torn off when ready to slice. Paper cups can be used if you have enough freezer space.

(20) Fruited Gelatin Salad Yield: 48-50 servings

- 24 oz. Any Flavor Gelatin (720 ml) (672 g)
- 2 qt. Boiling Water (1920 ml)
- 2 qt. Cold water and fruit juice (1920 ml)
- 2 qt. Fruit, cut up, fresh or canned (except fresh pineapple (1920 ml)

1. Dissolve gelatin completely in boiling water.
2. Add fruit juice and cold water. Ice may be put in quart container, then filled with liquid. This will hasten the congealing process.

3. If gelatin is partially congealed before adding fruit, you will not have the lighter fruit floating and the heavier fruit sinking.

4. If you do add fruit before mixture is partially set, you'll need to stir as it congeals for a more even distribution of fruit.

5. For variety, use different colors and flavors of gelatins and fruits and pour a soft gel mixture over a firm gel in a pan or mold.

6. Plan your molds or pans to cut into 48 or 50 servings so you'll obtain the same size servings.

(21) Sour Cream Raisin Pie Yield: 8 pies (8" pans)

- 2 qt. Sour Cream (1920 ml)
- 1 qt. Milk (Buttermilk may be used) (960 ml)
- 3 lb. Raisins (2 qt.) (1 kg + 344 g)
- 3 lb. Sugar (6 c.) (1 kg + 344 g)
- 3/4 c. Cornstarch 4 oz. (180 ml)
- 12 Egg Yolks
- 1/4 c. Lemon Juice (60 ml)
- 1 1/2 tsp. Nutmeg (7.5 ml) (2.5 g)
- 1 tsp. Salt (5 ml) (6 g)

1. Line pans with pastry and bake at 425°F (220°C) until brown. Second pan placed inside crust will hold shape.

2. Mix sugar and cornstarch then add cream, milk and raisins. Cook until starch is thick.

3. Beat egg yolks. Add small amount of cooked mixture to eggs. Mix together and cook 2 minutes. Add salt, nutmeg and lemon juice.

4. Pour into baked pie shells.

5. Top with meringue and brown in 375°C (190°C) oven.

(22) Rhubarb Custard Pie Yield: 8 Pies (8" pans)

- 6 lb. Rhubarb, chopped (6 qt.) (2 kg + 688 g)
- 4 lb. Sugar (2 qt) (1 kg + 792 g)
- 1/2 lb. Butter, melted (1 c) (240 ml) (224 g)
- 8 oz. Flour (2 c) (480 ml) (224 g)
- 16 Egg Yolks
(Use whites for meringue)

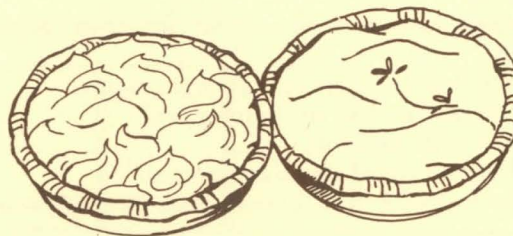
1. Line pans with pie pastry.

2. Fill with chopped rhubarb (may use frozen).

3. Mix the sugar, butter, flour, salt and egg yolks. Pour over rhubarb in shells. (About 1 1/3 c.—310 ml per pie).

4. Bake until filling is done (375°F-190°C). About 50 minutes.

5. Spread meringue on top and brown in 375°F (190°C) oven.



(23) Pie Pastry (Mixer Machine Mix) Yield: 8 crusts

- 2 lbs. Flour, all-purpose (2 qt.) (1920 ml) 896 g)
- 1 1/4 lb. Lard (2 1/2 c) (600 ml) (560 g)
- 1 1/2 lb. [If other shortening] (3 c.) (720 ml) (672 g)
- 1 Tbsp. Salt (20 ml) (24 g)
- 1 c. Cold water (240 ml)

1. Mix flour and fat in machine using low speed (use paddle attachment) until mixture is granular in appearance.

2. Stop machine. Check to see if mixture is stirred up from bottom of bowl.

3. Combine salt and water.

4. Add to flour mixture and mix just enough to combine.

5. Refrigerate until used.

(24) Stand-up Meringue Yield: 8 pies

1. Combine in kettle:

- 8 oz. Sugar (1 c.) (240 ml) (224 g)
- 2 1/2 oz. Cornstarch (1/2 c.) (120 ml) (70 g)

2. Add:

- 3 c. Water (720 ml)

3. Cook, stirring constantly until mixture is thick and clear. Cool slightly while beating.

4. Put in mixer:

- 16 Egg Whites
- 1/2 tsp. Salt (2.5 ml) (3 g)
- 1 Tbsp. Vanilla (15 ml) (3 g)
- 1 lb. Sugar (2 c) (480 ml) (448 g)
- 1 tsp. Cream of Tartar (3.2 g)

5. Whip on medium-high speed until soft mounds form.

6. Add warm cornstarch mixture.

7. Continue beating until meringue will stand in peaks.

8. Spread on to warm pie fillings in baked shells.

9. Bake until brown in 375°F (190°C) oven.

(26) Seafood Casserole Yield: 50 servings - 3/4 c serving

- 4 lb. Shrimp (fresh, frozen, deveined, **not** breaded) (1 kg + 792 g)
- 8 lb. Fish Fillets (fresh, frozen, not breaded) cubed (2 kg + 684 g)
- 1 1/2 gal. White Sauce (Medium) (5760 ml)
Make white sauce using:
 - 1 1/2 lb. butter (3 c) (672 g)
 - 12 oz flour (3 c) (336 g)
 - 4 tsp. salt (20 ml) (24 g)
 - 1 1/2 gal. milk (5.7 l)
 - 2 lb. Sharp Cheddar Cheese, grated (896 g)
 - 1 1/2 qt. Bread Crumbs (1440 ml)

1. Saute raw fish in butter to be used in white sauce.

2. When fish is done put in individual buttered casseroles.

3. Add flour to butter and stir until smooth.
4. Add milk to flour and butter paste.
5. Pour sauce over fish.
6. Top with grated cheese and crumbs.
7. Put in 350°F (175°C) oven. Bake 20 to 30 minutes.

(27) Broccoli-Rice Casserole*

Yield: 50 servings (1/2 cup portions)

- 10 lb. Broccoli, frozen chopped (4 kg + 480 g)
- 2 qt. Rice, cooked (1920 ml) (1 lb. raw should make 2 qt. cooked)
- 2 qt. Cheese Sauce (1920 ml) (Use canned)
- 1 qt. Cream of mushroom soup, undiluted (960 ml) (one 46 oz. can)
- 1 qt. Milk, whole (960 ml)
- 1 tsp. Salt (5 ml) (6 g)
- 1/2 tsp. Pepper (2.5 ml) (1 g)
- 4 oz. Butter or Margarine (1/2 c) (112 g)
- 1 c. Onions, chopped (240 ml)
- 2 c. Celery, chopped (480 ml)

1. Saute onions and celery in butter for about 5 minutes.

2. Add cheese sauce, mushroom soup, milk, salt, and pepper.

3. Add rice and chopped broccoli and mix until all blended

4. Pour into greased casserole and bake at 375°F (190°C) for 45 to 60 minutes.

*Recipe from Dean Young, Manager, Nebraska East Union.

(28) Biscuits

Yield: 50

- 3 lb. Flour, unsifted (3 qt.) (1 kg + 344 g)
- 4 tsp. Salt (20 ml) (24 g)
- 1/2 c. Baking Powder (20 ml) (76 g)
- 1/4 c. Sugar (60 ml) (50 g)
- 1 lb. Lard-(2 cup) (480 ml) (448 g)
- 1 qt. Milk (960 ml)

1. Blend flour, salt, baking powder and sugar.

2. Cut in lard until crumbly.

3. Add milk and mix until just blended. With some flour you may need more liquid to make a soft dough.

4. Pat out to 1/2 inch (2.5 cm) thick. Cut with cookie cutter (2 1/2 inch (6 mm). Place on ungreased baking sheet and bake at 425°F (220°C) for about 20 minutes.

5. OR pat out dough on 18" x 26" baking sheet. Cut dough in pan with knife (dip in water or flour). Make 50 square biscuits (cut 5 x 10). Bake in 425°F (220°C). As they bake they will separate.

(29) Bread or Rolls

- 1 qt. Milk (960 ml)
- 6 oz. Sugar (3/4 c) (168 g)
- 2 Tbsp. Salt (30 ml) (28 g)
- 3 Tbsp. Dry Yeast (45 ml) (28 g)
- 6 oz. Lard (168 g)
- 1 c. Warm Water (240 ml)
- 4 lb. Flour, approximately (1 kg + 792 g)

(For whole wheat bread or rolls use 2 lb. (896 g) whole wheat and 2 lb. (896 g) white flour)

1. Dissolve dry yeast in warm water.
2. Heat milk and pour over sugar, salt and lard.
3. Add half of flour and mix well.
4. Blend in remaining flour to make soft dough.
5. Knead well.
6. Let rise in greased bowl until double in bulk.
7. Punch down and shape into five 1 1/4 lb. (560 g) loaves or into 50 (2 oz.) (56 g) rolls.
8. Put into greased pans and let rise until doubled.
9. Bake loaves at 375°F (190°C) for 40 to 50 minutes until brown and a toothpick inserted will come out clean.
10. Bake rolls at 400°F (200°C) for about 20 minutes.

(30) "Sticky" Buns

Yield: 50

- 1 qt. Milk (960 ml)
- 1 c.* Sugar (240 ml) (224 g)
- 1 Tbsp. Salt (15 ml) (18 g)
- 6 oz.** Fat (Lard) (3/4 c) (168 g)
- 3 Tbsp. Yeast, dry (45 ml) (22 g) (Soften in 3/4 cup [180 ml] warm water)
- 3 1/2 lbs. Flour (1 kg + 568 g)
- 2 Eggs

*Increase sugar to 1 1/2 cup (360 ml) for raised doughnuts.

**Increase to 8 oz. (224 g) for other fats.

1. Heat milk. Pour over sugar, salt and lard.
2. Add yeast dissolved in water.
3. Add eggs.
4. Add half of flour and mix until smooth.
5. Mix in remaining flour, mixing until smooth.
6. Allow to rise until doubled in bulk.
7. Knead and divide into 4 portions.
8. Roll each portion into rectangular strip 9" x 4" x 1/3". (22.9 cm x 10.2 cm x .8 cm)
9. Spread with softened butter (2 oz. [56 g]) for each portion.
10. Sprinkle with cinnamon sugar mixture (1 t. cinnamon to 1 cup sugar [1.7 g to 240 ml]). It will take about 2 cups [480 ml] of mixture for recipe.
11. Roll and cut in 1 inch (2.5 cm) slices.
12. Place cut side down in pans containing following mixture.

TOPPING

- 2 lb. Butter (4 c) (896 g)
- 2 1/2 lb. Brown Sugar (1 kg + 120 g)
- 2 c. Dark Corn Syrup (480 ml)

Heat butter until just melted. Stir in sugar and syrup until blended. Spread into pans and sprinkle with pecan pieces. Place rolls on top.

13. These may be put in refrigerator and held.

14. Let rise before baking until double in bulk. Small bubbles can be seen under surface.

15. Bake at 375°F (190°C) for 25 to 30 minutes. Bake at 340°F (170°C) in a convection oven.

16. Turn pan over while hot and let syrup run over rolls. Remove pan. Separate rolls with forks to serve. Best while warm.