

**BEING VEGAN IN A FOODSERVICE CLASS  
QUANTITY RECIPES  
BY CASEY BROWN, Former VRG Intern**

**RECIPE FORM**

Student Preparer:

**Product: Herb Drop Biscuits**

Yield: 55 slices

Portion Size: 1 biscuit

Portion Control Tool: ¼ cup

Equipment Used: Stand mixer, oven, 9x5 loaf pans

Preheat Temperature: 425°

Cooking Temperature: 425°

Cooking Time: 18 minutes

Preparation Time: 1 hour

Type & Size Steam Table Pan: whole pan

INGREDIENTS	AMOUNT	PROCEDURE
		Preheat oven to 425F and line a large baking sheet with parchment paper.
<ol style="list-style-type: none"> <li>1. Coconut oil</li> <li>2. Almond milk</li> </ol>	<ol style="list-style-type: none"> <li>1. 1⅓ cups</li> <li>2. 4 cups</li> </ol>	Line a small plate with parchment paper and spread on the coconut oil into a layer about 1/2-inch wide. Place in the freezer until solid, for about 5-10 minutes. Place all 4 cups of milk in the freezer to chill as well.
<ol style="list-style-type: none"> <li>1. Whole Wheat Flour</li> <li>2. Baking Powder</li> <li>3. Sugar</li> <li>4. Salt</li> <li>5. Garlic Powder</li> </ol>	<ol style="list-style-type: none"> <li>1. 7¾ cups, 2 tbsp</li> <li>2. 4 tbsp</li> <li>3. 3 tbsp, 2.5 tsp</li> <li>4. 2 tsp</li> <li>5. 1 tsp</li> </ol>	<p>Whisk the flours, baking powder, sugar, salt, and garlic powder together in a large bowl.</p> <p>Using a pastry cutter, cut the frozen coconut oil into the dry ingredients until it's the size of small peas. Make sure not to leave any large chunks.</p>
<ol style="list-style-type: none"> <li>1. Rosemary, fresh, minced</li> <li>2. Thyme, fresh leaves</li> <li>3. Parsley, fresh, minced</li> <li>4. Vegan Cheese (Cheddar), Shredded</li> </ol>	<ol style="list-style-type: none"> <li>1. 1.5 tbsp</li> <li>2. ¾ cup, 1 tbsp</li> <li>3. 1 cup</li> <li>4. 1 cup</li> </ol>	Pour chilled almond milk over the dry ingredients + coconut oil mixture and stir until just combined. Adjust milk as necessary. Fold in the herbs and shredded cheese
		Drop about 14 biscuits (a heaping ¼ cup) all over the baking sheet, leaving 2-3 inches between each biscuit. Bake for 10 minutes, rotate the pan, and then bake for an additional 8-10 minutes longer watching closely. Biscuits are ready when golden.
		Place in steam table until service. Serve warm with vegan butter

We converted to quantity portions and adapted from Recipe Source:

<http://ohsheglows.com/2012/11/16/herb-cheese-drop-biscuits-with-a-secret-ingredient/>

## RECIPE FORM

Student Preparer:  
**Product: Fruit Salad**

Yield: 55 cups

Portion Size: 1 cup

Portion Control Tool: 1 cup ladle

Equipment Used: Large Mixing Bowl

Preheat Temperature: NA

Cooking Temperature: NA

Cooking Time: NA

Preparation Time: 1.5 hours

Type & Size Steam Table Pan: NA

INGREDIENTS	AMOUNT	PROCEDURE
1. Fuji Apples 2. Pears 3. Oranges	1. 9 lb 3 oz 2. 4 lb 8 oz 3. 3 lbs 7 oz	Wash fruits well. Core the apples and pears and cut into $\frac{3}{4}$ inch chunks. Using a sharp knife, remove the peel and seeds from the orange. Cut the orange into 2-inch pieces, being sure to cut along the white membrane. Remove as much white membrane as possible. Place in a large serving bowl.
1. Ground Cinnamon 2. Ground Nutmeg	1. 1 tbsp, $\frac{1}{2}$ tsp 2. 1 tbsp, $\frac{1}{2}$ tsp	Toss fruit with cinnamon and nutmeg.
		In individual bowls, portion out 1 cup servings. Cover with Saran Wrap. Keep in the fridge until service.

We converted to quantity portions and adapted from Recipe Source:

<http://shaunasever.com/2011/11/sweet-spicy-fall-fruit-salad.html>

## RECIPE FORM

Student Preparer:  
**Product: Couscous Salad**

Yield: 55 servings

Portion Size:  $\frac{1}{2}$  cup

Portion Control Tool:  $\frac{1}{2}$  cup ladle

Equipment Used: Buffalo Chopper, Stove, Saucepan, Large Mixing Bowl, Knife

Preheat Temperature: NA

Cooking Temperature: medium heat

Cooking Time: 8 min

Preparation Time: 2 hours

Type & Size Steam Table Pan: NA

INGREDIENTS	AMOUNT	PROCEDURE
1. Couscous	1. 4 lbs, 9 $\frac{1}{4}$ oz	Fill a large pot halfway with water and bring to a boil. Add the couscous and cook at a rapid simmer for about 8 minutes, or until al dente. Drain and rinse with cool water until the couscous is at room temperature.
1. Cucumbers, 2. Celery, diced 3. Dill, minced 4. Basil, chopped	1. 4 $\frac{1}{2}$ cucumbers 2. 7 stalks 3. 1 $\frac{1}{2}$ cup, 3 $\frac{1}{2}$ tbsp 4. 1 $\frac{1}{4}$ cup, 2 tsp	Thoroughly wash all vegetables.  Chop cucumbers and celery using buffalo chopper. Chop each separately; cucumber should be roughly

5. Cherry tomatoes halved 6. Olive Oil 7. Lemon Juice 8. Mixed Greens	5. 1 pint, $\frac{3}{4}$ cup 6. 1 $\frac{1}{4}$ cups, 2 tsp 7. 1 $\frac{1}{4}$ cup, .5 tbsp 8. 2 lb 1 oz	1 inch pieces, and celery should be diced. Use sharp knife to cut tomatoes into halve. Mince dill.  In a mixing bowl, combine the couscous with all remaining ingredients. Toss to combine.
		Cover the mixing bowl with Saran Wrap and keep in the fridge until serving. At time of service, use ladle to scoop $\frac{1}{2}$ cup portions onto customer's plates.

We converted to quantity portions and adapted from Recipe Source:  
<http://blog.fatfreevegan.com/2010/07/israeli-couscous-summer-pilaf.html>

### RECIPE FORM

Student Preparer:

**Product: Grilled Zucchini**

Yield: 55 servings

Portion Size: 4 oz

Portion Control Tool: 4 oz slotted spoon

Equipment Used: Oven, Large Mixing Bowl, Roasting Pan

Preheat Temperature: 450°F

Cooking Temperature: 450° F

Cooking Time: 8-15 minutes

Preparation Time: 1 hour

Type & Size Steam Table Pan: Whole pan

INGREDIENTS	AMOUNT	PROCEDURE
1. Zucchini 2. Garlic, minced 3. Olive Oil	1. 13 lbs, 12 oz 2. 4 tbsp, 2 tsp 3. $\frac{3}{4}$ cup, 1 $\frac{3}{4}$ tbsp	Preheat oven to 450°F. Make sure there is a rack on the top rack spot in the oven.  Thoroughly wash zucchini. Slice zucchini in half and then quarter it. Place the zucchini and garlic in a bowl and toss with olive oil. Spread the zucchini out onto a pan, skin side down. Sprinkle with salt.
1. Kosher Salt 2. Black Pepper, ground 3. Thyme, Dried	1. 1 tsp 2. $\frac{1}{4}$ tsp, $\frac{1}{8}$ tsp 3. 2 tbsp, 1 tsp	Roast the zucchini for 8-15 minutes, or until it begins to brown. (Start checking at about 7 minutes and keep checking every few minutes.) Once the zucchini has started to brown at the edges, remove it from the oven and place the zucchini in a bowl. Gently mix in the herbs and salt and pepper to taste.
		Keep the zucchini in the steam table until service. When serving, place portions on customer's plates using 4 oz slotted spoon.

We converted to quantity portions and adapted from Recipe Source:  
[http://www.simplyrecipes.com/recipes/roasted\\_zucchini\\_with\\_garlic/](http://www.simplyrecipes.com/recipes/roasted_zucchini_with_garlic/)

## RECIPE FORM

Student Preparer:

**Product: Crispy Tofu Strips**

Yield: 55 servings

Portion Size: 3 strips

Portion Control Tool: 8" Tong

Equipment Used: Large mixing bowl, shallow dish, baking sheets, knife

Preheat Temperature: 400°F

Cooking Temperature: 400°F

Cooking Time: 40 minutes

Preparation Time: 1 hour

Type & Size Steam Table Pan: whole pan

INGREDIENTS	AMOUNT	PROCEDURE
1. Tofu, extra firm "light"	1. 14 lbs, 1 oz	Press tofu: Rinse the tofu with water and place kitchen towels on the counter. Wrap the tofu in another towel and cover with a textbook or other heavy object. Let sit for 20 minutes to remove water.
1. Almond Milk 2. Cornstarch	1. 2 qts, 1 cup 2. 1 cup, 2 tbsp, 1 tsp	Meanwhile, whisk together the milk and the cornstarch in a shallow dish.
1. Cornmeal 2. Breadcrumbs 3. Salt 4. Chili Powder 5. Cayenne Pepper 6. Onion Powder	1. 1 qt, 1 ¼ cup 2. 2 qts, 1 cup 3. 3 tbsp 4. 3 tbsp 5. 1 ½ tbsp 6. 1 ½ tbsp	In another bowl, mix together the cornmeal, breadcrumbs, salt, and spices. Set this aside.
		Preheat the oven to 400° F and grease the baking sheets with oil.
		Slice tofu into 8-9 strips, lengthwise. With one hand, dip the tofu strip into the milk mixture and then into the cornmeal & breadcrumb mixture. Use other hand to sprinkle dry mixture all over the tofu.
		Coat both sides entirely and place on a baking sheet. Bake for 20 minutes (at 400° F) and then flip the tofu. Bake for another 15-20 minutes (until crispy).
		Place tofu in the steam table until serving time. Serve 3 strips to each customer on their plate.

We converted to quantity portions and adapted from Recipe Source:

<http://ohsheglows.com/2012/01/18/easy-weeknight-dinner-crispy-breaded-tofu-strips-sweet-potato-fries/>

## RECIPE FORM

Student Preparer:

**Product: Key Lime Pie**

Yield: 55 pies

Portion Size: 1 pie

Portion Control Tool: Muffin Tins

Equipment Used: Muffin tins, food processor, blender, oven, freezer

Preheat Temperature: 375°F

Cooking Temperature: 375°F

Cooking Time: 10 minutes in oven

Preparation Time: 40 min

Type & Size Steam Table Pan: NA

INGREDIENTS	AMOUNT	PROCEDURE
1. Graham Crackers 2. Vegan Butter	1. 1 lb, 7 oz 2. 1 cup, 2 tbsp, 1 tsp	Preheat oven. Add graham crackers to a food processor and process until you achieve a fine meal. Then add melted butter and pulse to combine.
		Line muffin tins with paper liners. Distribute the mixture evenly among muffin tins and press down with a glass or spoon to flatten. Bake for 10 minutes or until golden brown. Remove and set aside to cool.
1. Raw Cashews 2. Coconut Milk 3. Coconut Oil 4. Limes 5. Agave Nectar	1. 1 lb, 7 oz 2. 1 lb 15 oz 3. 1 cup, 2 tbsp, 1 tsp 4. 3 lbs, 1 oz 5. 1 ¼ cup, ½ tbsp	Add all filling ingredients to a blender and blend on high (or liquify) until creamy and smooth. Taste and adjust flavor as needed, adding more lime zest/juice for more tart, or more agave for added sweetness.
		Pour filling into muffin tins and tap on counter to release air bubbles. Top with a bit more lime zest and loosely cover.
		Freeze for 2-4 hours or until firm. Remove from the freezer for 10-15 minutes to thaw before serving. Will keep covered in the freezer for up to 2 weeks, though best when fresh.

We converted to quantity portions and adapted from Recipe Source: <http://minimalistbaker.com/7-ingredient-vegan-key-lime-pies/>