



## Recipe Production

**Recipe Number:** LW005

**Recipe Name:** VEGETABLE LO MEIN

**Hot:** Yes

**Recipe Source:** Live Well

**HACCP Process Category:**

Complex

**Serving Description:** 1 cup or 5.8 oz weight

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1311	OIL OLIVE CANOLA BLEND 10 L	8	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	8	Ounce			(Unassigned)
2568	GINGER ROOT 1 LB	8	Ounce			(Unassigned)
1035	SAUCE SOY 6/HALF GAL	1	Quart	1	Pint	(Unassigned)
1057	SAUCE SRIRACHA	4	Ounce			(Unassigned)
2560	CARROT LOOSE 25 LB	2	Pound			(Unassigned)
2523	CABBAGE GREEN 50 LB	2	Pound			(Unassigned)
9521	BROCCOLI CROWNS 20 LB	3	Pound	8	Ounce	(Unassigned)
1514	EGG LIQUID 15/2 LB	12	Pound	8	Ounce	(Unassigned)
3530	PASTA SPAG WG 2/10 LB	7	Pound			(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	8	Tbsp			(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Recipe source: Live Well  
 Carrots yield 79%  
 Cabbage yields 87%  
 Broccoli yields 81%

**Preparation Instructions**

Wash and shred carrots and cabbage. Wash and trim broccoli into small florets.  
 For the sauce:  
 1. In a stockpot, add oil and heat on medium high heat. Add fresh garlic and ginger. Saute until soft and fragrant, about 3 - 4 minutes.  
 2. Add soy sauce and sriracha. Bring to a boil, reduce heat and simmer 10 minutes.  
 3. Properly cool the sauce (down to 70 degrees F in 2 hours and down to below 41 degrees F in 4 hours)  
 For the vegetables and eggs:  
 5. Steam vegetables until just barely cooked (still slightly crunchy).  
 6. In a separate pan, scramble eggs and set aside.  
 For the lo mein noodles:  
 7. Steam or boil pasta in salted water until al dente. Drain (do not rinse) and divide into hotel pans, and toss with sesame oil to keep from sticking.  
 Combine all ingredients: pasta, sesame oil, sauce, vegetables, and scrambled eggs.



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Portion 9.75 lbs. of pasta mixture per pan. There are 25 servings per pan, 4 pans per 100 servings.

Reheat:

1. Preheat oven to 325 degrees.
2. Reheat lo mein for 15 - 20 minutes until an internal temperature of 165 degrees is reached.

Vegetable substitutions: onions, snap peas, sliced mushrooms, chopped bell peppers, bean sprouts, bamboo shoots, celery, etc.

Notes: vegetables can be cooked in steamer, blanched on stove top, or stir - fried in tilt (with vegetable oil). If tilt is available, cook all vegetables, then add raw eggs, then noodles, and combine all. May need to add water if held for more than an hour.

### Serving Instructions

1 cup = 1 portion

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	22,144.0357	158.7260	221.4404		
Saturated Fat	g	182.2015	1.3060	1.8220	7.41	
Sodium	mg	67,235.4677	481.9364	672.3547		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	669.6811	4.8002	6.6968	27.22	
Cholesterol	mg	17,860.5014	128.0221	178.6050		*
Carbohydrate	g	2,963.7455	21.2438	29.6375	53.54	
Total Dietary Fiber	g	358.3203	2.5684	3.5832		
Protein	g	1,238.9142	8.8804	12.3891	22.38	
Vitamin A (RE)	RE	26,326.9406	188.7086	263.2694		*
Vitamin A (IU)	IU	149,705.4894	1,073.0724	1,497.0549		
Vitamin C	mg	1,560.3338	11.1843	15.6033		
Calcium	mg	6,536.6661	46.8541	65.3667		
Iron	mg	246.6137	1.7677	2.4661		
Moisture	g	4,141.1911	29.6836	41.4119		
Ash	g	310.9423	2.2288	3.1094		

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.50	LB	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.50	CS (1 LB)	/
1035	SAUCE SOY 6/HALF GAL	1.00	(Unassigned)	0	0.75	JUG (HALF G	/
1057	SAUCE SRIRACHA	1.00	(Unassigned)	7	0.56	CONTAINER	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	2	0.00	LB	/
2523	CABBAGE GREEN 50 LB	1.00	(Unassigned)	2	0.00	LB	/
9521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	3	0.50	LB	/
1514	EGG LIQUID 15/2 LB	1.00	(Unassigned)	6	0.25	CONT (2 LB)	/
3530	PASTA SPAG WG 2/10 LB	1.00	(Unassigned)	0	0.70	BOX (10 LB)	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.03	GAL	/



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**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: