



Around the  
**WORLD**  
in 80 Trays

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# COOKBOOK

# Around the World in 80 Trays COOKBOOK

**Developed by:**

The School Nutrition Team  
Wisconsin Department of Public Instruction



**Wisconsin Department of Public Instruction**

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# Introduction

Around the World in 80 Trays is a Wisconsin-wide event with the purpose of increasing global flavors in the USDA School Meal Programs! The Department of Public Instruction (DPI) School Nutrition Team would like to acknowledge that food can do more than just nourish the body, it can offer an invitation to explore the diverse cultures of Wisconsin students.

Join the School Nutrition Team and schools/districts across the state in this annual, week-long culinary adventure, kicking off on Martin Luther King Jr. Day. What better way to celebrate the unique cultural backgrounds of students across the state than by remembering the legacy of MLK Jr. and his dream of equality and inclusion for all.

Use the recipes in this publication as ideas and inspiration for dishes your school or district can serve to celebrate! The recipes yield 100 servings unless otherwise noted. Each recipe includes crediting information towards the USDA School Nutrition Programs, using the measurements of each ingredient in the recipes. If the recipe is altered, this could impact the crediting information. Each recipe should be standardized to each school's unique operation.

There are three weeks of recipes that correspond to weekly menu templates and menu planning worksheets available on the [Around the World in 80 Trays webpage](#).

Happy cooking (and eating)!



# Week 1

Featuring recipes from **Greece**, **India**, **North Africa**, **Peru**, and **Vietnam**



# BAHN MI SANDWICH

*Cuisine: Vietnamese*

## Ingredients:

6 ¼ lbs. Chicken, Diced, Cooked, Frozen (USDA Foods 100101)

7 ¾ lbs. Ham, 97% Fat Free, Cooked, Water-Added, Sliced, Thawed (USDA Foods 100187)

1 ½ cups Soy Sauce, Low Sodium

½ lb. Ginger Root, Raw

½ lb. Garlic, Raw

2 Tbsp. Sugar, Brown, Light, Packed

6 lbs. Cabbage, Fresh, Green, Shredded

2 cups Cilantro, Minced

2 cups Onions, Spring or Scallions (Including Tops & Bulbs), Chopped

1 cup Vinegar, Cider

¼ cup Sugar, Granulated

2 Tbsp. Salt, Table

3 qts. Mayonnaise

2 cups Hot Sauce – Tabasco

100 Whole Grain-Rich, 5” (56g) Hoagie Rolls

## Instructions:

1. Peel and mince ginger and garlic. Mix together marinade ingredients: soy sauce, ginger, garlic, and brown sugar until sugar has dissolved.
2. Place chicken in a deep hotel pan and cover with marinade. Mix well, cover with food service wrap and set aside at least one hour to allow flavors to develop. This step can be done a day ahead of time so that the chicken marinates overnight.
3. Place the covered hotel pan with chicken in a steamer and cook until heated through to an internal temperature of 165° F. Hot hold.
4. In a large mixing bowl, make coleslaw mixture by combining shredded cabbage, cilantro, spring onions/scallions, cider vinegar, sugar, and salt.
5. In a separate bowl, mix together mayonnaise and hot sauce to make a spicy mayo.
6. Make sandwiches by spreading 1 oz spicy mayo on sub roll, adding 1 oz of chicken, 1.22 oz of ham slices, and topping with 1/3 cup prepared coleslaw.

*Portion size: 1 each*

*Crediting: 2 oz eq. meat/meat alternate*

*2 oz. eq. grains*

*¼ cup other vegetable*

*Recipe Adapted From: Project Bread*

# CHE THAI

*Cuisine: Vietnamese*

## Ingredients:

2, #10 cans Fruit Cocktail  
2, #10 cans Mandarin Oranges  
2, #10 cans Lychee or Longan (common Vietnamese fruit), Canned  
2 lbs. or 5 cups Pomegranate Pearls  
12, 15 oz. cans Coconut Milk, Canned, Low-fat

## Instructions:

1. Open all the canned fruit and drain well, saving the syrup from one can of fruit cocktail separately.
2. In a large container, empty the coconut milk. Slowly start to add the juice syrup to sweeten the milk, a cup at a time. Adjust to taste.
3. Combine the sweetened coconut milk, fruit, and pomegranate pearls together.
4. Set in the fridge overnight to chill.

*Portion size: ¾ cup (#6 scoop)*

*Crediting: ½ cup fruit*

*Recipe Adapted From: Hungry Huy*



# DAL (LENTIL STEW)

*Cuisine: Indian*

## Ingredients:

1 ½ cups Ghee, Butter or Vegetable Oil  
13 Onions, Thinly Sliced  
¾ cup Ginger Root, Fresh, Minced  
1 cup Garlic, Crushed or Minced  
1 Tbsp. Red Pepper Flakes  
2 Tbsp. Ground Turmeric  
4 lbs. or 9 3/8 cups Dried Red Lentils  
6 qts., 1 cup Water  
2 Tbsp. Salt  
1 cup Vegetable Oil  
5 lbs. or 12 ½ cups Butternut Squash, Carrot, or Pumpkin, Chopped 1/2" Cubes, Fresh or Frozen and Thawed  
3 lbs. or 6 ¼ cups Tomato, Fresh, Diced  
2 Tbsp. Ground Cumin  
2 Tbsp. Ground Coriander  
1 Tbsp. Chili Powder  
2 Tbsp. Ground Turmeric  
2 lbs., 3 oz. or 6 ¼ cups Green Beans, Okra, or Moringa (drumstick vegetable), Fresh or Frozen and Thawed  
1 ½ qts. Water

## Instructions:

1. Melt ghee or butter, or heat oil in a large saucepan over medium heat. Saute onions, ginger and garlic until soft.
2. Add pepper flakes and turmeric and saute 1 minute until fragrant. Add lentils and stir to coat.
3. Add water. Bring to a boil, reduce heat to simmer until lentils are very soft and mushy for about 30 minutes, adding water if necessary to keep them from sticking in the pan.
4. Season with salt.
5. Heat the second amount of oil in a large saucepan over medium heat. Add the squash and tomatoes, cumin, coriander, chili powder and turmeric. Toss to coat all the vegetables in spices.
6. Sauté until squash is tender, 15 minutes. Add green beans and water and simmer until beans are tender, 15 minutes.
7. Combine vegetables and lentils. Stir, reheat and serve.

\*Note: Serve with ½ cup brown rice.

*Portion size: ½ cup (#8 scoop)*

*Crediting: ¼ cup beans, peas, legumes and 1/8 cup red/orange vegetable*

*Recipe Adapted From: World Food Cafe*



# GREEK CHICKEN SALAD

*Cuisine: Greek*

## Ingredients:

100 WG Breaded Chicken Patties (Pilgrim's Pride/Gold Kist WI P C526)

24 lbs. Lettuce, Romaine

16 cups Tomatoes, Cherry, Raw

6 lbs. Cucumber, Raw

2 lbs. Olives, Black, Canned

6 cups Onions, Red, Sliced

2 lbs. Feta Cheese

100 Whole Grain Pita Bread (28-42 grams) (\*change grain crediting if using a Pita bread >42grams)

*Recipe Adapted From: Minneapolis Public Schools*

## Instructions:

1. Cook chicken patties according to package directions, chill to <40°F within 4 hours.
2. Store in cooler until ready to use.
3. Wash, peel, and chop cucumber.
4. Wash cherry tomatoes, de-stem.
5. Prepare black olives for assembly.
6. Crumble feta cheese for ease of assembly, if not already done.
7. Place 2 cups of chopped and cleaned romaine in individual serving bowls.
8. Slice one chicken patty for each salad and place on top of romaine.
9. Garnish each salad with:
  - 3 tomatoes
  - 2 Black Olives
  - 2 slices of onion
  - ¾ cup chopped cucumber
  - 1 Tbsp. feta cheese, crumbles

*\*Note: Serve with a low-fat balsamic vinaigrette.*

*Portion size: 1 salad*

*Crediting: 2.25 oz eq. meat/meat alternate,  
2.0 oz eq. grains,  
1 cup dark/green vegetable,  
1/8 cup red/orange vegetable,  
¼ cup other vegetable*



# HAPPY HUMMUS

*Cuisine: Greek*

## Ingredients:

2, #10 cans + 6 ¼ cups  
Garbanzo Beans, Canned

12 cloves Garlic, Raw

2 tsp. Salt

1 cup Lemon Juice, Bottled

3 cups Sesame Butter (Tahini)

½ cup Water

1 cup Parsley, Fresh,  
Chopped

1 cup Olive Oil

1 tsp. Pepper, White, Ground

## Instructions:

1. Drain and rinse beans well before using.
2. Puree beans, garlic cloves, salt, lemon juice, and tahini together until smooth in a food processor or blender, adding up to 1/2 cup of water as needed.
3. With processor running, add in olive oil, parsley and salt until smooth.
4. Transfer to a bowl, add remaining ingredients, and mix well.
5. Chill to <40°F.

CCP: Hold at 40°F or below for cold service.

*\*\* Can be made a day in advance.*

*Portion size: ¼ cup (#16 scoop)*

*Crediting: ¼ cup beans, peas, legumes*

*Recipe Adapted From: Lopez Island School District*

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# MANGO LASSI

*Cuisine: Indian*

## Ingredients:

19 qts. (4 ¾ gallons) Mango,  
Cubed (fresh, frozen or  
canned)

12 2/3 qts. (50 cups) Yogurt,  
Low-fat, Plain

6 ½ qts. (25 cups) Milk,  
Low-fat

½ tsp. Cardamom, Ground

## Instructions:

1. Put mango, yogurt, milk and cardamom into a blender and blend until smooth.
  2. Pour into 12 fl oz serving cups with lids.
- Keep chilled before serving.

*Portion size: 1 ½ cups*

*Crediting: 1 oz. meat/meat alternate, ¾ cup fruit*

*Recipe Adapted From: Piping Pot Curry*

# MAZAMORRA (CORN & FRUIT PUDDING)

*Cuisine: Peruvian*

## Ingredients:

12 lbs. Dried Purple Corn  
Kernels  
12 Granny Smith Apples  
12 Fresh Pineapples  
20 Cinnamon Sticks  
2 Tbsp. Whole Cloves  
2 Tbsp. Allspice Berries  
25 qts. Water  
9 ¼ cups Sugar  
12 ½ cups Dried Cherries,  
Cranberries, Blueberries,  
and/or Pitted Chopped  
Prunes  
4 2/3 cups Potato Starch (not  
potato flour)  
2 cups Lime Juice

## Instructions:

1. Put corn in a large stockpot.
2. Peel apples and chop. Reserve apple. Place apple peel in pot.
3. Cut off pineapple peels, core, and chop pineapple. Reserve chopped pineapple. Place core and peel in pot.
4. Add cinnamon sticks, whole cloves, allspice berries and water to pot and bring to a boil. Reduce to simmer and let cook for 1 hour.
5. Strain juice and discard solids. You should have 25 cups of liquid. Add water or reduce the juice further to reach 25 cups.
6. Return juice to pot or large brazier, reserving 3 cups. Add sugar and dried fruit to pot and bring to a simmer. Simmer 20 minutes to soften dried fruit.
7. Combine potato starch and reserved 3 cups of juice with a whisk. Whisk into the fruit mixture.
8. Cook, stirring constantly until thickened.
9. Remove from heat. Whisk in lime juice.
10. Portion into cups and serve warm or immediately chill portioned pudding for later service.

*Portion size: ¾ cup (6 oz spoodle)*

*Crediting: ¼ cup fruit*

*Recipe Adapted From: Peru Delights*



# NORTH AFRICAN GUMBO

*Cuisine: North African*

## Ingredients:

¼ cup Olive Oil

4 lbs. Onions, Raw, Chopped

4, #10 cans Garbanzo Beans, Canned, Low-Sodium

5 ½ lbs. Collard Greens, Frozen, Chopped

2, #10 cans Sweet Potatoes, Canned, Whole or Cut, Light or No Syrup

1, #10 can Salsa, Canned, Low-Sodium

2 tsp. Paprika, Ground

2 tsp. Cinnamon, Ground

2 tsp. Ginger, Ground

2 tsp. Cumin, Ground

2 tsp. Thyme, Dried

2 tsp. Salt

1 ¼ tsp. Pepper

13 ½ cups Water

## Instructions:

1. Sauté onions in olive oil until soft. Do not brown.
2. Drain and rinse garbanzo beans.
3. Add garbanzo beans, collard greens, sweet potatoes, salsa, dried spices, and water.
4. Stir well.
5. Cover and simmer over medium heat for 30 minutes or until gumbo has thickened.
6. Check frequently to make sure stew is not sticking to the bottom of the pot.

CCP: Hot hold at 140°F or higher for service.

*Note: Serve 1 cup gumbo over ½ cup of brown rice.*

*Portion size: 1 cup (8 oz spoodle)*

*Crediting: 2 oz eq. meat/meat alternate  
1/8 cup dark/green vegetable  
¼ cup red/orange vegetable  
¼ cup other vegetable*

*Recipe Adapted From: Project Bread*



# PAPA A LA HUANCAINA

*Cuisine: Peruvian*

## Ingredients:

30 lbs. Yukon Gold Potatoes

5 Tbsp. Olive Oil

5 Onions, Sliced

24 Chili Peppers

5 lbs. Cream Cheese

5 lbs. Queso Fresco

$\frac{3}{4}$  cup Vegetable Oil

6 Garlic Cloves

8 tsp. Salt

5 tsp. Pepper

1  $\frac{1}{2}$  cups Evaporated Milk

50 Eggs, Hard Boiled

100 Black Olives, Pitted and Halved

## Instructions:

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain and set aside to cool.
2. Heat olive oil in a skillet over medium heat. Cook onion until tender, about 10 minutes.
3. Bring a saucepan of water to a boil. Boil chili peppers until soft, about 5 minutes. Run chiles under cold water to cool until cool enough to handle; remove and discard skins.
4. Blend onion, chili peppers, cheese, vegetable oil, garlic, salt, and pepper in a blender until smooth. Stream evaporated milk into the blended mixture while continuing to blend until a creamy sauce is achieved.
5. Halve potatoes and mix creamy sauce over the potatoes. Top each serving with an egg half and two black olive halves.

*Portion size:  $\frac{3}{4}$  cup (6 oz spoodle)*

*Crediting:  $\frac{1}{2}$  cup starchy vegetable*

*Recipe Adapted From: AllRecipes*



# RAITA (YOGURT DIPPING SAUCE)

*Cuisine: Indian*

## **Ingredients:**

12 ½ cups Yogurt, Plain, Low-fat

12 ½ cups Cucumber, Finely Diced

3 cups (or 1 ½ cups dried) Cilantro, Fresh, Chopped (or dried)

1 cup Green Onions, Finely Chopped

2 Tbsp. Coriander, Ground

2 Tbsp. Cumin, Ground

## **Instructions:**

1. Mix all ingredients together in a large bowl.
2. Chill, covered, until ready to serve.

*Note: Serve with 4oz of USDA Foods 100201 – Catfish, Breaded Filet Strips, Oven Ready, Frozen*

*Portion size: ¼ cup (#16 scoop)*

*Crediting: 0.25 oz eq. meat/meat alternate,  
1/8 cup other vegetable*

*Recipe Adapted From: Epicurious*



# ROCOTO RELLENO (PERUVIAN STUFFED PEPPER CASSEROLE)

*Cuisine: Peruvian*

## Ingredients:

40 lbs. (~75) Red Bell Peppers, Fresh  
¾ cup Olive Oil  
12 ½ cups Onion, Diced  
½ cup Garlic, Minced  
3 lbs., 4 oz. Anaheim Chilies, Fresh  
½ cup Ground Cumin  
½ cup Paprika  
½ cup Oregano, Dried, OR Mexican Oregano, Dried  
16 Whole Bay Leaves, Dried  
12 lbs., 12 oz. Ground Beef, 85/15 USDA brown box 100158  
4 Tbsp. Salt  
4 Tbsp. Hot Red or Yellow Pepper Sauce (optional)  
4 cups Black Olives, Canned, Chopped  
4 cups Raisins  
6 cups Beef Stock or Water  
24 Eggs  
9 1/3 cups Evaporated Milk, Unsweetened, Canned  
3 lbs., 2 oz. Queso Fresco, Crumbled

## Instructions:

1. Cut bell peppers in quarters lengthwise. Discard stems and seeds. Boil, Steam or Roast at 400' for 12 minutes. Drain and cool to handle.
2. Sauté onion in olive oil over medium heat for 5 min. until translucent. Add garlic and chilies, sauté 3 min. more.
3. Add cumin, paprika, oregano, and bay leaves. Stir and sauté 2 minutes more.
4. Add ground beef, breaking up into pieces and brown lightly. Add salt, hot pepper sauce (optional), olives, raisins, and beef stock.
5. Simmer for 15 minutes to meld flavors.
6. Flatten one half of bell pepper pieces and lay in (2) greased pans, skin side down. Cover with beef mixture.
7. Flatten remaining bell pepper pieces and lay on top of beef mixture, skin side down.
8. Beat eggs with evaporated milk until evenly blended.
9. Pour egg mixture evenly over peppers in pans.
10. Sprinkle queso fresco evenly over pans.
11. Bake at 350° for 30 minutes or until center of casserole has reached 165°
12. Cut or scoop each pan into 25 servings.

*Note: Serve with 2 oz of Pan Serrano (crusty bread)*

*Portion size: 1 piece*

*Crediting: 2.0 oz eq. meat/meat alternate  
¾ cup red/orange vegetable*

*Recipe Adapted From: School Nutrition Team*

# VIETNAMESE CARROT SALAD

*Cuisine: Vietnamese*

## Ingredients:

11 lbs. (or 53 5/8 cups)  
Carrots, Shredded

2 cups Fish Sauce, Low-  
Sodium

2/3 cup Sugar

4 cups Lime Juice

3 1/2 lbs. (or 17 cups) Red  
Cabbage, Sliced Finely

1 cup Chili Pepper or  
Jalapeno, Diced

8 cups (or 4 cups dried) Mint,  
Fresh, Chopped (or dried)

8 cups (or 4 cups dried)  
Cilantro, Fresh, Chopped (or  
dried, ground)

## Instructions:

1. Make the dressing by combining fish sauce, sugar, and lime juice. Stir until dissolved, set aside.
2. Combine all other ingredients in a large bowl. Dress when ready to serve.

*Portion size: 3/4 cup (6 oz spoodle)*

*Crediting: 1/2 cup red/orange vegetable,  
1/8 cup other vegetable*

*Recipe Adapted From: JustVeg.com*





# Week 2

Featuring recipes from **Afghanistan**, **Norway**, **The Sonoran Desert**, **Menominee Indian Tribe of Wisconsin**, and **Oneida Nation of Wisconsin**.



# BAKED TROUT

*Cuisine: Menominee Tribe of Wisconsin*

## Ingredients:

20 lbs. Trout Fillets, Fresh, Or Frozen and Thawed

1 ½ cups Olive Oil

2 Tbsp. Black Pepper

2 Tbsp. Salt

40 Garlic Cloves, Minced

20 Fresh Lemons, Thinly Sliced

## Instructions:

1. Preheat oven to 400°F.
2. Place the trout on a baking sheet lined with parchment paper.
3. Brush the olive oil over the trout.
4. Sprinkle the trout with black pepper and salt. Add minced garlic on top of the fish. Top with lemon slices.
5. Bake the trout for 15 minutes.

*CCP: Heat to 145°F or higher.*

*CCP: Hold for hot service at 135°F or higher.*

*Portion size: 1 each*

*Crediting: 2 oz eq. meat/meat alternate*

*Recipe Adapted From: Julia's Album*



# BISON NACHOS

*Cuisine: Oneida Nation of Wisconsin*

## Ingredients:

1 cup Olive Oil

24 lbs. Bison, Ground, Raw

12 cups Onion, Yellow,  
Chopped

2 Tbsp. Salt

2 Tbsp. Black Pepper,  
Ground

14 lbs. Corn Tortilla Chips,  
Whole Grain-Rich

## Instructions:

1. In a large frying pan, heat olive oil over medium-high heat. Cook the onion until softened, about 4 minutes.
2. Add bison and cook, stirring well to break up the meat until it is no longer pink, about 8 minutes. Season with salt and pepper.  
CCP: Heat to 160°F or higher.
3. Place 2 ounces tortilla chips in each boat. Top with 2.3 ounces bison meat.

*Makes 120 servings*

*Portion size: 2 oz. tortilla chips + 2.3 oz. bison meat*

*Crediting: 2.25 oz eq. meat/meat alternate  
2 oz eq. grain*

*Recipe Adapted From: American Indian Traditional Foods in USDA  
School Meals Programs: A Wisconsin Farm to School Toolkit*



# BURANI BONJON (AFGHAN EGGPLANT DISH)

*Cuisine: Afghan*

## Ingredients:

19 lbs. Eggplant, Whole,  
Fresh

2, #10 cans Tomatoes,  
Canned, Diced

8 heads Garlic, Minced

6 cups Olive Oil

1 ½ cups Dried Cilantro

½ cup Turmeric

1 Tbsp. Cayenne Pepper

1 ½ Tbsp. Salt

Fresh Cilantro (as garnish)

## Instructions:

1. Slice eggplants lengthwise ¼ inch thick. Optional: salt liberally on both sides and lay on parchment covered baking sheet for 15 minutes. The salt will draw out bitterness. Rinse the salt off the eggplant and pat dry.
2. Sauté crushed garlic in olive oil until fragrant in a large, heavy bottomed skillet. Set aside garlic in a small bowl.
3. Add vegetable oil to skillet and heat on medium-high. Add eggplant and brown, cooking in batches if necessary. The eggplant should be relatively soft when done.
4. Reduce heat and add tomatoes, cilantro, sautéed garlic, cayenne and salt.
5. Simmer until the eggplant is tender, 20-30 minutes.
6. Garnish with torn cilantro leaves.

*CCP: Hot hold for serve at 135°F or higher.*

*Portion size: ½ cup (4 oz spoodle)*

*Crediting: 1/8 cup red/orange vegetable  
¼ cup other vegetable*

*Recipe Adapted From: Global Table Adventure*



# BUTTERNUT SQUASH AND WILD RICE SOUP

*Cuisine: Menominee Indian Tribe of Wisconsin*

## Ingredients:

12 cups Water  
4 cups Wild Rice  
44 cups Butternut Squash, Frozen  
3 cups Onion, White, Chopped  
 $\frac{3}{4}$  cup Olive Oil  
16 cups Vegetable Broth, Low-Sodium  
4 cups Milk, White, Low-Fat  
16 cups Beans, Great Northern, Canned, Low-Sodium, Drained (USDA #100373)  
4 tsp. Black Pepper, Ground  
2 Tbsp. Salt

## Instructions:

1. Preheat oven to 350° F.
2. In a large stockpot, bring water to a boil. Stir in wild rice and simmer, covered, for 40-50 minutes or just until kernels puff open.
3. While rice is cooking, divide squash evenly between two sheet pans. Toss each pan with 2 Tbsp olive oil and season with 1 tsp salt. Bake for 15 minutes.
4. In large sauté pan, heat 2 Tbsp olive oil over medium heat and cook onion for 5 minutes or until translucent. Set aside.
5. When squash is tender, take one sheet to another large stockpot and mash.
6. Add vegetable broth and milk to stockpot with mashed squash. Bring to a boil and simmer for 5 minutes.
7. Uncover wild rice, fluff with a fork, and simmer an additional 5 minutes.
8. To the stockpot with mashed squash, add wild rice, the second sheet pan of cubed squash, beans, onions, pepper, and 1 tsp salt. Mix and let simmer for an additional 5 minutes.
9. Stir all ingredients together and serve immediately.

*Makes 96 servings*

*CCP: Hot hold for service at 135° F or above.*

*Portion size: 1 cup (8 fl. oz ladle)*

*Crediting: 1/8 cup beans/peas/legumes  
 $\frac{1}{4}$  cup red/orange vegetable  
0.25 oz eq. grain*



*Recipe Adapted From: American Indian Traditional Foods in USDA School Meals Programs: A Wisconsin Farm to School Toolkit*

# KOFTA CHALLOW (AFGHAN MEATBALLS WITH RICE)

*Cuisine: Afghan*

## Ingredients:

500 Turkey Meatballs, WI  
Processed C308

3 cups Olive Oil

24 Medium Onions,  
Chopped

3 cups Tomato Paste

2 gallons Water

24 cubes Chicken Bullion

1 cup Paprika

1 ½ cups Cumin, Ground

1 ½ cups Coriander, Ground

## Instructions:

1. Cook the finely chopped onions in the oil until they are a light to medium brown color. Take care not to burn.
2. Mix the tomato paste and spices with the water until everything is dissolved.
3. Add the water/tomato/spice mixture to the pot. Gently place the meatballs into the water. They should be about 2/3 submerged; if not, add a little more water.
4. Bring to a boil, then reduce heat and simmer, covered, for 20 minutes.
5. Serve 5 meatballs with sauce over ½ cup brown rice.

*CCP: Hold for hot service at 135° F or higher.*

*Portion size: 1 cup*

*Crediting: 2 oz eq. meat/meat alternate*

*Recipe Adapted From: Afghanistan Online*



# MATPAKKE (NORWEGIAN SANDWICH)

*Cuisine: Norwegian*

## **Ingredients:**

200 slices Bread, Whole Grain, Sliced (1 oz each)

6 ¼ lbs. Cream Cheese Spread

7 ¾ lbs. Ham, Sliced, USDA #100187 (1.22 oz = 1.0 oz eq m/ma)

100 slices Cheese, Cheddar, RF, USDA #111110 (1 slice = 0.75 oz or 21 g)

400 strips Pepper, Bell, Green, Raw, Cleaned, Sliced

## **Instructions:**

1. Lay out all 100 slices of bread.
2. Spread 1 Tbsp of cream cheese on the top of each slice of bread, all 100 slices.
3. On top of 50 of the slices of bread, place one (0.75 oz) slice of cheese.
4. Top cheese slice with two slices of green bell pepper.
5. On the remaining slices of bread (50) place 1.22 oz slice of ham.
6. Top ham with two slices of green bell pepper.
7. Stack the cheese and bell pepper topped slice of bread on top of the ham and bell pepper topped slice of bread, but do not put the sandwich together as you would a traditional American type of sandwich.
8. Wrap each sandwich in waxed paper.

*CCP: Hold at 41° F or lower for cold service.*

*Portion size: 1 sandwich*

*Crediting: 2 oz eq. meat/meat alternate*

*2 oz eq. grain*

*1/8 cup other vegetable*

*Recipe Adapted From: Vox.com*

# NORWEGIAN PARSLEY POTATOES

*Cuisine: Norwegian*

## **Ingredients:**

24 lbs. Potatoes, Red, Fresh, Small, with Skin

7 cups Butter

3 ½ cups Parsley, Fresh, Chopped

1 Tbsp., plus ½ tsp. Marjoram, Dried

Water (for boiling)

## **Instructions:**

1. Clean, quarter, and cook potatoes. Do not peel.
2. Boil/cook until fork tender.
3. Drain potatoes and set aside.
4. In a large skillet, melt the butter; add parsley and marjoram.
5. Add potatoes and stir gently until coated and heated through.

*CCP: Hot hold for service at 135° F or higher.*

*Portion size: ½ cup*

*Crediting: ½ cup starchy vegetable*





# SONORAN HOT DOG

*Cuisine: Sonoran Desert*

## Ingredients:

- 100 Bolillo Rolls (2 oz)
- 100 Frankfurters (Hot Dog, 2 oz)
- 100 Bacon Strips
- 12 ½ cups Pinto Beans, Canned, Low-Sodium
- 2/3 cup Butter
- 4 Tbsp. Cumin
- 4 Tbsp. Brown Sugar
- 100 oz Queso Fresco, Crumbled
- 6 ¼ cups Mexican Crema or Mayonnaise

## Optional Toppings:

- Salsa
- Onion, Minced
- Jalapenos, Fresh or Canned, Sliced
- Cilantro, Fresh, Chopped
- Lime Wedges

## Instructions:

1. Place frankfurters in perforated steamtable pans. Steam for 2-4 minutes, or longer if frozen, until internal temperature reaches 165°F. (If using solid steamtable pans, additional cooking may be required) Batch cook to maintain quality.
2. Lay bacon strips on a sheet pan and bake in 400°F oven for 8 minutes, or until crispy.
3. Drain and rinse the pinto beans and add to a large pot with butter, cumin, and brown sugar. Heat to 135°F; mix and hold until service.
4. Open the bolillo roll and place 1 frankfurter and 1 piece of bacon in each. Portion ¾ cup pinto beans, 1 oz queso fresco, and 1 tbsp Mexican crema over each frankfurter. For best quality, serve immediately.

*CCP: Hold for hot service at 135°F or higher.*

*If desired, include optional toppings on service line for students to select.*

*Portion size: 1 hot dog*

*Crediting: 3 oz eq. meat/meat alternate  
1/8 cup beans/peas/legumes  
2 oz eq. grain*

*Recipe Adapted From: Macheesmo.com*

# SOUTHWESTERN CARROT SLAW

*Cuisine: Sonoran Desert*

## **Ingredients:**

7.6 lbs. (or 37 ½ cups)  
Carrots, Shredded

6 ¼ cups Parsley, Chopped

4 Tbsp. Chile Powder

3 tsp. Dry Mustard

4 tsp. Salt

12 ½ Tbsp. Garlic, Minced

6 ¼ cups Rice Vinegar

6 ¼ cups Olive Oil

## **Instructions:**

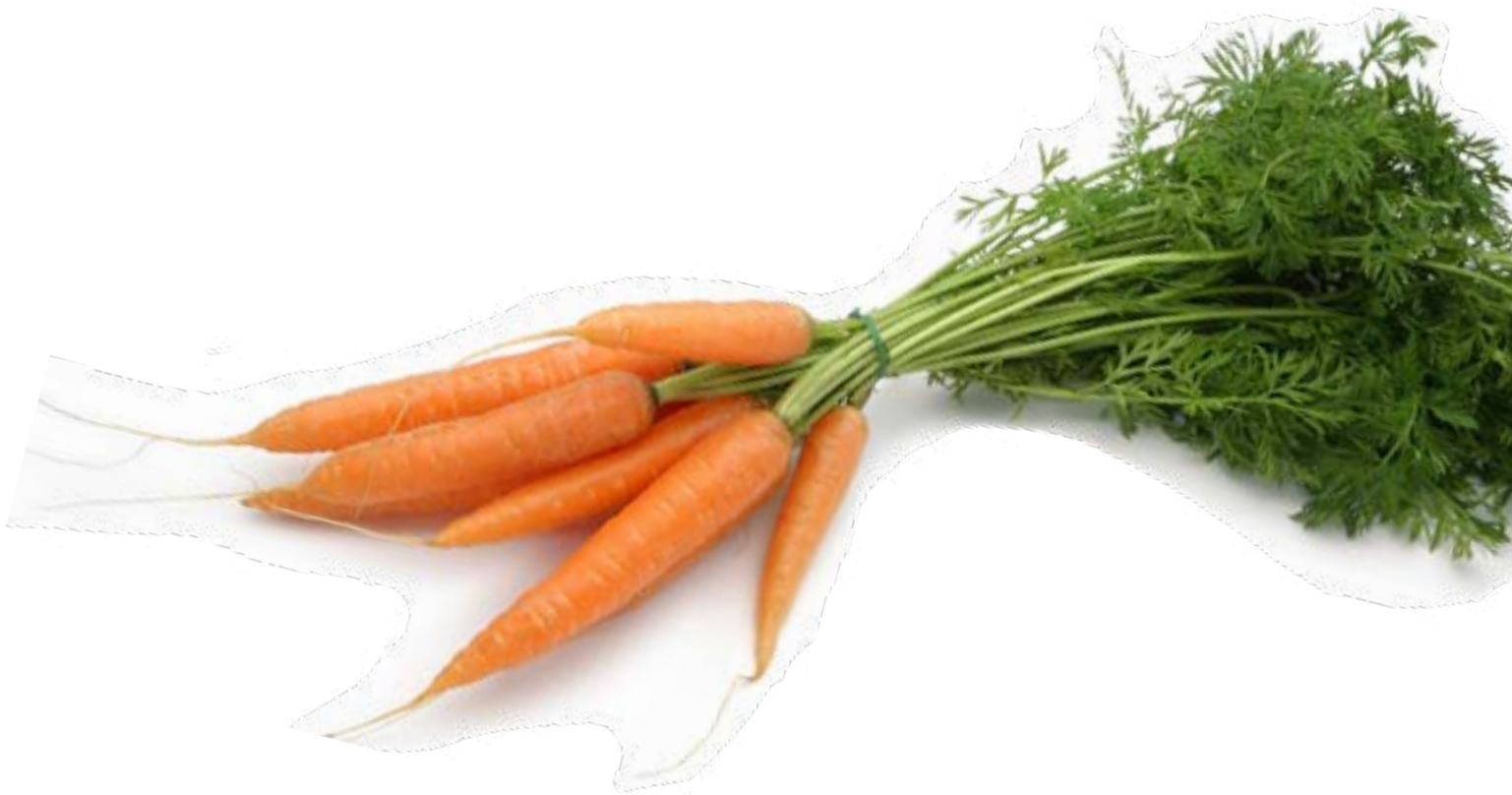
1. Mix together shredded carrots and chopped parsley in a large bowl, set aside.
2. Whisk together Chile powder, dry mustard, salt, garlic, vinegar, and oil in a separate bowl to create a vinaigrette.
3. Right before meal service, add vinaigrette to carrots and parsley. Combine.
4. To prep in advance, make step 1 and step 2 and chill separately. Combine right before meal service.

*CCP: Hold at 41° F or lower for cold service.*

*Portion size: ½ cup (#8 scoop)*

*Crediting: ½ cup red/orange vegetable*

*Recipe Adapted From: [edibleshastabutte.com](http://edibleshastabutte.com)*



# SURKAL (NORWEGIAN CABBAGE WITH APPLES)

*Cuisine: Norwegian*

## Ingredients:

11 lbs. Cabbage, Green, Raw, Shredded

8 lbs. Apples, Raw, With Skin

4 cups Butter

1 gallon Vinegar

1 gallon Water

4 cups Sugar

½ cup Caraway Seeds

4 Tbsp. Salt

½ lb. Parsley

## Instructions:

1. Clean and prep work area, gather all ingredients and utensils.
2. Wash, core and shred the apples, leaving the skin on the apples.
3. Melt butter in a large pot, add shredded cabbage, shredded apples, sugar, caraway seeds, salt, water, and vinegar.
4. Bring to a simmer and cook over a low heat, stirring occasionally, for about 90 minutes, until cabbage has darkened, and the liquid has reduced and softened in flavors.
5. Remove from heat, place cabbage mixture in hotel pan(s), cover.
6. Garnish with parsley just before service.

*CCP: Hold for hot service at 135°F or higher.*

*Portion size: ½ cup (#8 scoop)*

*Crediting: 3/8 cup other vegetable*

*1/8 cup fruit*

*Recipe Adapted From: Food52*



# THREE SISTERS SALAD

*Cuisine: Oneida Nation of Wisconsin*

## Ingredients:

25 lbs. Butternut Squash,  
Seeded, Peeled, Diced

¾ cup Olive Oil

3 ½, #10 cans Beans, Great  
Northern, Canned, Low-  
Sodium, Drained

1 ½, #10 cans Corn, Whole  
Kernel, Canned, Low-Sodium,  
Drained

1 cup Onion, Red, Sliced

36 cups Romaine Lettuce,  
Chopped

6 Tbsp. Balsamic Vinegar

## Instructions:

1. Preheat oven to 400° F.
2. Distribute squash evenly between three baking sheets. Toss each sheet with 2 Tbsp olive oil and bake for 20 minutes, stirring halfway through. Set aside to cool slightly.
3. In a large bowl, toss together beans, corn and onions and dress with 6 Tbsp olive oil and balsamic vinegar. Stir in squash.
4. Serve immediately with lettuce or chill for 2-4 hours and then toss with lettuce.

*CCP: Hold at 41° F or lower for service.*

*Portion size: 1 cup (8 fl. oz scoop)*

*Crediting: 1/8 cup dark green vegetable  
¼ cup beans/peas/legumes  
3/8 cup red/orange vegetable  
1/8 cup starchy vegetable*

*Recipe Adapted From: American Indian Traditional Foods in USDA  
School Meals Programs: A Wisconsin Farm to School Toolkit*



# WHOLE GRAIN-RICH FRY BREAD

*Cuisine: Menominee Tribe of Wisconsin*

## Ingredients:

16  $\frac{2}{3}$  cups Flour, Whole Wheat

16  $\frac{2}{3}$  cups Flour, All-Purpose

11 Tbsp. Baking Powder

6 Tbsp. Sugar

16  $\frac{2}{3}$  cups Milk, Unflavored, Skim

2 Tbsp., plus 2 tsp. Salt

3 cups Canola Oil

## Instructions:

1. In a large mixing bowl, combine flours, baking powder, sugar, milk, and salt. Mix until dough is formed.
2. Turn dough out onto waxed paper and sprinkle with additional flour. Knead dough and add flour only as needed to make a smooth and pliable dough. Cover and let rest for 20 to 30 minutes to relax the dough.
3. Portion the dough into 2.5 oz pieces. Shape each piece into a flat circle about  $\frac{1}{4}$ " thick.
4. In a large frying pan, add the canola oil. Heat over medium-high heat. Sprinkle a small amount of flour on the oil to test whether it is hot enough; it should sizzle when it is ready for frying.
5. Fry dough until golden brown, about 1-2 minutes per side. Immediately remove from oil and drain well on paper towels.

*Portion size: 1 each*

*Crediting: 2.5 oz eq. grain*

*Recipe Adapted From: American Indian  
Traditional Foods in USDA School  
Meals Programs: A Wisconsin  
Farm to School Toolkit*



# WOJAPI (BERRY SAUCE)

*Cuisine: Menominee Tribe of Wisconsin*

## **Ingredients:**

19 cups Blueberries, Frozen  
19 cups Cherries, Sweet,  
Pitted, Frozen  
13 cups Cranberries, Fresh or  
Frozen  
4 cups Water  
1 ½ cups Honey

## **Instructions:**

1. Add the fruit and water to a large pot. Simmer on low for 75 minutes or until reduced by half, stirring often.
2. Using a handheld blender or potato masher, blend the berry mixture together while leaving some of the berries intact (to resemble a jam texture).
3. Add honey and stir to combine.
4. Serve Wojapi over Fry Bread.

*CCP: Hold for hot service at 135°F or higher.*

*Recipe Adapted From:  
A Baker's House*

*Portion size: ¼ cup (#16 scoop)*

*Crediting: ¼ cup fruit*



# Week 3

Featuring recipes from **Cuba**, **Korea**, the **Philippines**, **Nigeria**, and **Mexico**



# CHICKEN AL PASTOR TACOS

*Cuisine: Mexican*

## Ingredients:

20 lbs. Chicken Thighs,  
Boneless, Skinless (below 40°  
or partially frozen)

4 lbs. Onions, Fresh, Diced  
½"

¾ cup Garlic, Minced

6 ¾ cups Pineapple Juice,  
Unsweetened

¾ cup Achiote (Annatto)  
Paste

¾ cup Chili Powder

¼ cup Cumin, Ground

¼ cup Oregano, Dried

¼ cup Salt

1 cup, 2 Tbsp. Olive Oil

10 Pineapples, Fresh, Whole

200 Tortillas, Corn, 6"

## Instructions:

1. Cut chicken thighs into strips about ½" wide and place in large mixing bowl.
2. Add diced onions to chicken.
3. In a blender combine garlic, Pineapple juice, Achiote paste, chili powder, cumin, oregano, salt, and olive oil. Blend until smooth.
4. Pour over chicken and onions, turning to coat chicken thighs and onion. Cover tightly, place in cooler and refrigerate for at least 6 – 14 hours.
5. Cut peel off pineapple and cut vertically into slices to leave the core piece about 2" in diameter. Discard the core. Cut the pineapple into ½" pieces.
6. Drain excess marinade from chicken and onions, spread the chicken on lined sheet pans. Add diced pineapple and toss.
7. Bake at 300°F for 75 minutes (no fan) or until chicken has reached internal temperature of 170°F. Broil 4-5 minutes.
8. Serve 2 oz. chicken pieces and ¼ cup "sauce" and vegetables on two corn tortillas.

*Serving Idea: Serve with pineapple salsa and sour cream.*

*Portion size: 2 tacos*

*Crediting:*

*2.0 oz eq. meat/meat alternate, 1/8 cup fruit*

*Recipe Adapted From: allrecipes.com*



# CUBAN PANINI

*Cuisine: Cuban*

## Ingredients:

100 each, Sub Roll Dough,  
WG, Frozen, 2.5 oz

4 lbs., 2 oz Ham, Cooked,  
Sliced, USDA #100187

400 Pickles, Dill, Hamburger  
Sliced 1/8"

12.5 lbs. Pork, Leg Roast,  
Cooked, Shredded

1 cup, 1 Tbsp. Cheese, Swiss,  
Sliced, 0.75 oz

## Instructions:

1. Thaw, proof and bake sub rolls according to package directions, slice in half.
2. Spray parchment lined sheet pans with non-stick spray. Arrange the bottom half of buns on sheet pans.
3. Top each bun half with .67 oz. ham slices, 4 pickle slices, 2 oz. pulled pork and one slice of Swiss cheese.
4. Spread the top half of each bun with ½ tsp mustard and place mustard side down on each sandwich.
5. Spray another parchment sheet with non-stick spray. Place spray side down on sandwiches. Top with another upside-down sheet pan or two to weight down sandwiches.
6. Bake at 400' until lightly browned, cheese is melted and pulled pork has reached 165°.
7. Cut sandwiches in half diagonally if desired. Serve hot.

*Portion size: 1 panini*

*Crediting:*

*3.0 oz eq. meat/meat alternate*

*2.0 oz eq. grain*

*Recipe Adapted From:*

*Wisconsin Heights School District*



# ENSALADA CUBANA

Cuisine: Cuban

## Ingredients:

4 lbs. 3 oz Tomatoes, Cherry, Whole

2 lbs. Onion, Red, Thinly Sliced

9 lbs. 8 oz Lettuce, Romaine, Chopped

1 lb. 6 oz Radishes, Sliced Thin

6 lbs. 2 oz Avocado, Fresh, Chopped

## Dressing:

½ cup Garlic, Minced

2 Tbsp. Salt

1 ½ tsp. Pepper, Black, Ground

3 1/8 cups Olive Oil

1 ½ cups Vinegar, White

1 ½ cups Fresh Lemon or Lime Juice

## Instructions:

1. Add all vegetables to a large mixing bowl.
2. Combine garlic, salt, and pepper, mix with a fork, to mash up the garlic.
3. Pour in the olive oil, vinegar, and lemon juice mixing with a wire whip.
4. Pour all over salad and toss salad to coat vegetables with dressing.

*Portion size: 1 cup (10 oz. spoodle or tongs)*

*Crediting: 1/8 cup dark/green vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, 1/8 cup additional vegetable*

*Recipe Adapted From: Three Guys From Miami*



# FILIPINO BEEF ADOBO

*Cuisine: Filipino*

## Ingredients:

22 lbs. Beef Chuck Roast,  
Boneless  
5 ½ cups Soy Sauce  
5 ½ cups Pineapple Juice  
1 1/3 cups Fresh Garlic,  
Minced  
12 cups Water  
50 Bay Leaves, Dried  
½ cup Pepper, Black, Ground  
2 ¾ cups Vinegar, Apple  
Cider

## Instructions:

1. Cut beef into 2" chunks.
2. Combine beef, soy sauce, pineapple juice, and garlic in steam table pans. Cover and marinate in cooler overnight, or up to 24 hours.
3. Heat a wide pan or tilt skillet on medium-high heat.
4. Remove meat with a slotted spoon or tongs, reserving the marinade, place meat in a single layer. Sear the beef for about 10 minutes, turning to brown all sides.
5. Add water, bay leaves, pepper, and marinate back into the pan or skillet. Turn heat to high and bring to a boil.
6. Reduce temperature to medium-low, cover, and simmer for 45 minutes to 1 hour until meat is very tender.
7. Uncover and add the apple cider vinegar; simmer uncovered for another 12 to 15 minutes. Cook until the sauce is almost absorbed and coats the meat.

*Portion size: 2 oz*

*Crediting: 2 oz eq. meat/meat alternate*

*Recipe Adapted From: pilipinasrecipes.com*



# GUAVA & PAPAYA FRUIT SALAD

*Cuisine: Cuban*

## Ingredients:

4 Papayas, Large, Fresh  
20 Bananas, Medium  
24 Guavas, Fresh  
3 lbs. 12 oz Guava Puree,  
Frozen, Thawed  
1 ¼ cups Lime Juice  
½ cup Water  
2 1/8 cups Coconut, Dried,  
Shredded

## Instructions:

1. Peel the papaya, cut in half, and remove the large black seeds.
2. Chop into ¾" chunks and place them into steam table pans or large mixing bowls.
3. Peel the bananas and slice into ¾" thick rounds.
4. Wash and chop the guavas into ¾" chunks and add to the bowl (no need to peel).
5. Mix the guava puree with lime juice and up to ½ cup of water if necessary to make it a pourable consistency. Pour over all the fruit. Toss gently.
6. Sprinkle the fruit salad all over with coconut. Serve.

*Portion size: ½ cup (#8 scoop)*

*Crediting: ½ cup fruit*

*Recipe Adapted From:  
Original by the DPI School Nutrition Team*



# JOLLOF RICE

*Cuisine: Nigerian*

## Ingredients:

### Obe Ata:

1, #10 can Tomatoes, Whole, Peeled, Canned, w/Juice

2 lbs. 6 oz Pepper, Bell, Red, Chopped

1 lb. 3 oz Onion, Red, Chopped

½ cup Garlic, Minced

½ cup Ginger Root, Fresh, Peeled, Finely Chopped

¾ cup Canola Oil

### Rice:

3 cups Canola Oil

4 lbs. 12 oz Onion, Red, Peeled, Halved & Thinly Sliced

½ cup Garlic, Minced

6 ½ Tbsp. Tomato Paste

2 Tbsp. Turmeric Powder

2 Tbsp. Paprika, Smoked

2 tsp. Curry Powder

8 lbs. 4 oz Rice, Parboiled Long-Grain (Basmati)

2 Tbsp., 1 tsp. Thyme, Dried

2 Tbsp., 1 tsp. Salt

2 Tbsp. Pepper, White

6 Bay Leaves, Dried

16 ½ cups Vegetable Stock

## Instructions:

*Prepare the obe ata:*

1. Work in batches to combine all obe ata ingredients (except the canola oil) in a blender. Puree on high until smooth.
2. Heat the canola oil in a large brazier pan or tilt skillet on medium-high heat. Add the puree and bring to a simmer.
3. Partially cover, reduce the heat and simmer until sauce is reduced by one third, 20 minutes or so. You should now have about 13 cups.

*Prepare the rice:*

1. Heat the oil in a large, heavy brazier or tilt skillet over medium heat until oil is shimmering, about 1 minute. Add onions. Cook, stirring until softened, about 6 to 8 minutes. Remove half of the onions and set aside. Add garlic. Sauté 2 minutes.
2. Add tomato paste, turmeric, paprika, curry powder, and toast, stirring until fragrant and slightly darker (about 2 minutes). Stir in the obe ata, bring all back to a simmer over medium heat. Stir in the rice and the remaining seasonings.
3. Divide rice equally into two 4" steam table pans and add 7 cups of the stock to each pan. Cover tightly
4. Put into a 350°F oven. Bake 35 minutes or until rice is tender. If using a tilt skillet, add all the stock to the tilt skillet, cover tightly, and reduce heat to 325°F.
5. Remove from the oven and let it sit still covered for about 15 minutes.
6. Uncover, fluff the rice with a fork, and stir in the reserved onions. Discard the bay leaves. Serve.

*Portion size: 2/3 cup (#6 scoop)*

*Crediting: 1/8 cup red/orange vegetable  
1.0 oz eq. grain*

*Recipe Adapted From: NYT Cooking*

# KID KIMCHI

*Cuisine: Korean*

## Ingredients:

7 ½ cups Kohlrabi, Fresh,  
Raw, Matchsticks

1 ½ lbs. Radish, Daikon, Raw,  
Matchsticks

6 ¼ cups Carrots, Raw,  
Grated

12 ½ oz Siracha Sauce

6 ¼ oz Vinegar, Rice

6 Tbsp. Garlic, Fresh, Minced

4 Tbsp. Ginger, Fresh, Pureed

4 Tbsp. Sugar

3 cups Applesauce,  
Unsweetened, Canned,  
USDA #110540

12 Onions, Green, Sliced

## Instructions:

### Dressing:

1. Combine siracha, vinegar, garlic, ginger, sugar, and applesauce in a bowl.
2. Set aside.

### Vegetables:

3. Wash and cut vegetables, mix together in a large bowl.
4. Pour dressing over the mixed vegetables, mixing well, cover, and refrigerate until meal service time.

*CCP: Hold for service at 41°F or below.*

*Portion size: ½ cup (#8 scoop)*

*Crediting: 1/8 cup other vegetable,  
1/8 cup additional vegetable*

*Recipe Adapted From: Minneapolis Public Schools*



# KOREAN BBQ MEATBALL BOWL

*Cuisine: Korean*

## Ingredients:

2 qts. Jam, Apricot or Plum

1 cup Soy Sauce, Reduced Sodium

2 ¼ cups Gochujang Sauce

¼ cup Vinegar, Rice (unseasoned)

¼ cup Oil, Sesame

400 Beef Meatballs, Wisconsin Processed, C402 JTM

3 gal., 1 qt. Roasted Sweet Potato Wedges, Prepared

6 gal., 1 qt. Brown Rice, Prepared

## Instructions:

1. Mix the jam, soy sauce, gochujang sauce, rice vinegar, and sesame oil together to make a smooth sauce.
2. Divide the meatballs into four 2" hotel pans. Pour the sauce evenly over the meatballs and stir to coat each one.
3. Bake at 350°F for 20 minutes until meatballs reach an internal temperature of 165°F.

*To serve:*

9th – 12th Students – 1 cup prepared rice (2 oz eq. WGR)

K-8th Students – ½ cup prepared rice (1 oz eq. WGR)

Top with ½ cup (per crediting documentation) of sweet potato wedges, 4 meatballs, and 2 Tbsp. sauce.

*Portion size: see above*

*Crediting: 2.0 oz eq. meat/meat alternate, ½ cup red/orange vegetable, grains (see above)*

*Recipe Adapted From: Jennie-O*



# MEXICALI CORN

*Cuisine: Mexican*

## Ingredients:

2 cups Onions, Chopped  
3 cups Bell Peppers, Green, Chopped  
3 cups Bell Peppers, Red, Chopped  
¼ cup Chili Powder  
½ cup Butter  
1 Tbsp. Cumin, Ground  
8 lb. + 8 oz Corn, Frozen, Thawed, Drained  
8 oz Pimiento, Canned, Drained, Chopped

## Instructions:

1. In a large stock pot, add onions, green peppers, red peppers, chili powder, butter, and cumin. Sauté uncovered over high heat for 2-3 minutes or until onions are translucent, stirring occasionally.
2. Add corn and pimientos. Sauté uncovered over medium heat for 2 minutes. Stir well.  
*CCP: Heat to 135°F or higher.*
3. Pour 2 qt. ¼ cup into a steam table pan (12" x 20" x 2 ½"). For 100 servings, use 4 pans.
4. Portion with #16 scoop (¼ cup).  
*CCP: Hold for hot service at 135°F or higher.*

*Portion size: see above*

*Crediting: 1/8 cup starchy vegetable  
1/8 cup additional vegetable.*

*Recipe Adapted From: Child Nutrition Recipe Box*





# NIGERIAN MOI MOI

*Cuisine: Nigerian*

## Ingredients:

6 lbs., 12 oz Black-Eyed Peas

7 Onions, Peeled, Chopped

7 Peppers, Bell, Red, Diced

6 Garlic Cloves

13 oz Tomato Paste

20 cups Water

6 Tbsp. Stock Base

$\frac{3}{4}$  cup Ground Dried Crayfish  
or Shrimp (optional)

3 Tbsp. Nutmeg, Ground

1 Tbsp. Paprika

2 Tbsp. Salt

1  $\frac{2}{3}$  cup Oil, Vegetable

*Recipe Adapted From: All Nigerian  
Recipes*

*Portion size:  $\frac{1}{2}$  cup (#8 scoop)*

*Crediting:  $\frac{1}{8}$  cup beans/peas/  
legumes*

## Instructions:

1. In a large bowl, soak the black-eyed peas in water for 2 hours or up to 24 hours.
2. Stir and gently rub the peas between your hands to take the skin off. The skins will float to the top. Pour off the skins into a colander, saving beans and discarding the skins. You may need to add water again, so the skins float to the top. Pour off the skins. Most of the skins will come off. Do not be concerned if some beans retain their skins. Soak beans for 1 more hour in cool water. Drain and discard the water.
3. Measure 20 cups of water. In a food processor or blender, puree batches of the soaked blacked eyed peas, onion, bell pepper, garlic, and tomato paste with about a cup or more of the water, until completely smooth.
4. Pour the mixture into a large bowl; Add the seasonings and mix through completely with a wire whip. Add the oil and combine completely. Add any of the remaining water.
5. Lightly oil individual muffin cups or use liners, ramekins or baking dishes large enough to hold 4 oz serving or lightly oil two 2" steam table pans and fill equally with pudding. Pour Moi-moi mixture into prepared baking cups.
6. If using a conventional oven, set cups into a larger pan with  $\frac{1}{2}$ " of water. Cover the pan tightly with aluminum foil. Bake at 350' with no fan for 60 minutes or until puddings are set.
7. To test: Touch the surface with a gloved fingertip; it should not stick. Insert a knife in one pudding. If it comes out smeared with paste, then the puddings are not done yet. If the insides of the pudding are watery, then remove from the oven immediately. Remove from the larger pan of water immediately.
8. Let puddings rest for about 10 minutes or more before serving.
9. For a whole pan, use a #8 scoop to portion the Moi Moi.

# PANCIT GUISADO

*Cuisine: Filipino*

## Ingredients:

2 ½ gal. Stock, Chicken  
2 ½ cups Soy Sauce  
5 lbs. Rice, Vermicelli Noodles (Pancit Bihon)  
1 ¼ cups Oil, Vegetable or Canola  
8 ¾ cups Onions, Peeled, Thinly Sliced  
3 Tbsp. Garlic Cloves, Minced  
16 cups Carrots, Peeled, Thinly Sliced  
7 ½ cups Celery Stalks, Thinly Sliced Diagonally  
10 cups Snow Pea Pods, Sliced Diagonally  
22 cups Cabbage, Green, Chopped  
10 cups Mung Bung Sprouts  
2 tsp. Salt  
2 tsp. Pepper, Black  
5 cups Green Onions, Chopped

## Instructions:

1. In a large pot over medium heat, combine stock & soy sauce.
2. Warm until just hot.
3. Submerge noodles into the liquid and use tongs to loosen strands. Soak the noodles in warm liquid for 8-10 minutes.
4. Drain noodles and reserve about 2 cups of the liquid.
5. In a wok, wide skillet, or tilt skillet on high heat, heat oil.
6. Add onions and garlic, cook until softened.
7. Add carrots and celery, cook for about 30 to 40 seconds.
8. Add cabbage and snow peas. Cook for about 30 to 40 seconds until vegetables are starting to soften.
9. Add noodles, bean sprouts and reserved liquid in ½ cup increments.
10. Gently toss and stir, adding more liquid as needed, until noodles are cooked yet firm to bite, vegetables are tender-crisp, and liquid is absorbed.
11. Season with salt and pepper to taste.
12. Transfer to serving platter and garnish with chopped green onions.

Optional: Serve with Calamansi, lemons or limes, cut into wedges.

*Portion size: 1 cup*

*Crediting: 1/8 cup red/orange vegetable, ½ cup other vegetable, 1 oz eq. grains*

*Recipe Adapted From: panlasangpinoy.com*

# PINEAPPLE SALSA

*Cuisine: Greek*

## Ingredients:

3 1/2 lbs. (50 cups) Pineapple,  
Fresh, Diced

3 3/4 lbs. (8 1/3 cups) Pepper,  
Bell. Red, Diced

3 3/4 lbs. (8 1/3 cups) Onion,  
Red, Diced

8 1/3 cups Cilantro, Fresh,  
Chopped

3 cups, 2 Tbsp. Lime Juice

1 cup Olive Oil

2 Tbsp., 2 tsp. Salt

2 Tbsp., 2 tsp. Cumin,  
Ground

## Instructions:

1. Combine all ingredients and toss.
2. Serve 3/4 pineapple salsa.

*Portion size: 3/4 cup*

*Crediting: 3/8 cup fruit, 1/8 cup additional vegetable*

*Recipe Adapted From: Original by the DPI School Nutrition Team*

# SEARED OKRA AND TOMATOES

*Cuisine: Filipino*

## Ingredients:

6 1/2 lbs. Onion, Peeled and  
Diced

11 1/2 lbs. Okra, Fresh or  
Frozen, Cut Crosswise into 1/2  
inch pieces

12 lbs. Tomatoes, Fresh,  
Diced

3 cups Canola Oil

1 Tbsp. Salt

2 1/4 Tbsp. Pepper

## Instructions:

1. In a wide pan or tilt skillet over high heat, heat oil. Add onions and cook until softened.
2. Add tomatoes and okra. Cook, stirring regularly, for about 5 to 7 minutes or until okra is tender.
3. Add salt and pepper to taste. Serve hot.

*Portion size: 1/2 cup (#8 scoop)*

*Crediting: 1/8 cup red/orange vegetable, 3/8 cup other vegetable*

*Recipe Adapted From: myplate.gov*

# STEAMED GREENS

*Cuisine: Nigerian*

## **Ingredients:**

33 lbs. Swiss Chard

12 Onions

2 Tbsp. Salt

## **Instructions:**

1. Wash and slice, or roughly chop the greens (leave pieces at least 3" x 3").
2. Remove just the end of tough or browned stems. Swiss chard stems can be thinly sliced.
3. Peel and thinly slice the onions.
4. Set a large, wide pan over medium heat. Let the pan get hot.
5. Add the sliced onion. Add the greens.
6. Cover the pot tightly and steam for 3 minutes.
7. Remove from heat. Sprinkle with salt.
8. Stir well and serve.



*Portion size: ½ cup (#8 scoop)*

*Crediting: ½ cup dark green vegetable*

*Recipe Adapted From: [allnigerianrecipes.com](http://allnigerianrecipes.com)*

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Around the  
**WORLD**  
in 80 Trays

November 2023

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[program.intake@usda.gov](mailto:program.intake@usda.gov)

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