



WISCONSIN SCHOOL NUTRITION
IN A NUTSHELL

Bulk Protein Preparation: Safe Handling and Cooking of Raw Ground Beef-Oven Method

Quantity: 10 lbs as purchased

Yields:

1. 90/10 Ground Beef- 121, 1 oz servings
2. 90/10 Ground Beef- 80.6, 1.5 oz servings
3. 90/10 Ground Beef- 60.5, 2 oz servings
4. 80/20 Ground Beef- 118, 1 oz servings
5. 80/20 Ground Beef- 78.7, 1.5 oz servings
6. 80/20 Ground Beef- 59, 2 oz servings

Potential uses: Meat sauce for pasta, taco meat, soup/chili, (use anywhere you would use beef crumbles).

Three methods to crumble (mixer, hand-held potato masher, gloved hands).

Equipment:

Standard or Convection Oven

Stand Mixer with paddle attachment or hand-held potato masher

1 to 2, 4-inch, full hotel pans

1 full hotel pan cover or aluminum foil (optional)

10 lbs ground beef

Chef knife or paring knife

Food handling gloves

Seasoning mixture of choice (optional)

2 Large Turning Spatulas

Probe-style Thermometer

Procedure:

Cooking:

1. Clean, rinse and sanitize a work surface, keeping raw or ready-to-eat foods away until finished and cleaned.
2. Coat the inside of the hotel pan with non-stick spray.
3. Wash hands and put on a pair of gloves.
4. Remove ground beef (usually packaged in plastic rolls called chubs) from box and place a chub on the work surface next to your hotel pan.
5. With a sharp knife, slice down through the plastic the full length to open packaging.
6. Remove the plastic and place the entire 10 lb chub in the hotel pan.
7. Gently slice lengthwise all the way through the chub to split and cut in half.
8. Press each half to flatten out a bit but leave each half somewhat intact to make removal and draining after cooking easy.
9. Season meat, if desired.

10. Remove and toss dirty gloves and replace with new gloves.
11. Optional: Cover pan with cover or aluminum foil.
12. Place in an oven preheated to 400° F.
13. Cook 45-50 minutes or until ground beef reaches a minimum internal temperature of 155° F for 15 seconds.
14. Clean, rinse, and sanitize your work surface.
15. Remove the pan of meat from oven and place on a cleaned and sanitized work surface, keeping other food away from the area until finished.

Choose one of three methods to crumble the beef:

Mixer method:

1. With both spatulas, carefully lift the meat out of the hotel pan and place in a stand mixer bowl.
2. Place bowl of cooked meat onto mixer and mix until meat is crumbled, being careful not to overmix (20 to 30 seconds is usually enough time).

Potato Masher Method:

1. With both spatulas, carefully lift the meat out of the hotel pan and place in a clean hotel pan of the same size.
2. Use potato masher to break the cooked meat up into crumbles.

Gloved Hand Method:

1. With both spatulas, carefully lift the meat out of the hotel pan and place in a clean hotel pan of the same size.
2. Cool meat under refrigeration until cool enough to touch.
3. Wash hands and put on a pair of gloves.
4. Crumble meat by hand, squeezing and breaking apart into crumbles.