



Chinese Noodles

Recipe HACCP Process: #2 Same Day Service

Serving Size: 1 cup

Yield: 50

Source: JSI Back to Basics: Asian Fusion Recipe

Ingredients:

Ingredient Name	Measurements
Linguine, whole grain, dry	6 lb + 4 oz
Water	4 gal
Oil, sesame**	¾ cup + 4 tsp
Ginger, dried, ground	3 Tbsp
Sesame seeds, toasted, unsalted (optional)**	1 cup+ ½ Tbsp

**Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

***Note: Sesame oil can be substituted with olive oil and sesame seeds can be eliminated if there is a concern of an allergy.*

Instructions:

1. To cook pasta, heat water to a rolling boil.
2. Slowly add pasta to water. Stir frequently until water boils again. Cook for about 8 minutes or until al dente. Stir occasionally. If using a tilt skillet place dry pasta in perforated hotel pans then in the boiling water in the tilt skillet. If using a steamer place a perforated pan in a hotel pan of the same size. Add dry pasta and water to cover. Place in steamer and steam until al dente, stirring halfway through to prevent pasta from sticking. You may want to test a batch in your steamer ahead of time to confirm cooking time in your equipment.
3. Drain pasta, transfer to a hotel pan and toss in sesame oil and ginger.
4. Sprinkle pasta with sesame seeds (if using).
5. Hold for hot service at 135°F or higher. For best quality do not hold the pasta for more than 45-60 minutes before serving. For schools with long lunch services consider cooking pasta in batches during service.

Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	128 kcal
Total Fat	4.41 g
Saturated Fat	0.65 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	23.79 mg
Total Carbohydrate	19.15 g
Dietary Fiber	3.15 g
Total Sugars	0.52 g
Protein	3.87 g

Meal Component Information:

Meal Components	Amount
Grain	2 oz equivalent