

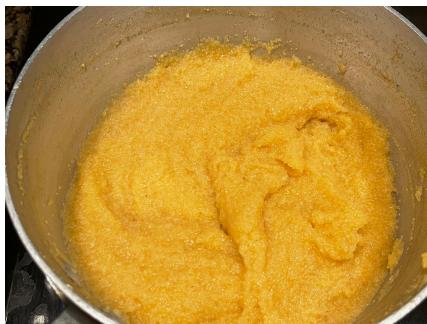
Polenta Cakes with Lentil Chorizo

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Comfort	Protein Foundations	VG	12	11.98 oz

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
1	8 cup	4 lb 0.00 oz	0%	4.00 lb Stock, Vegetable	For Polenta Cakes - Preheat oven to 350 F degrees. In a large pot, heat stock over medium-high heat bringing it to a boil. Slowly add polenta to pot, continually whisking to avoid clumps. Bring to a boil then reduce heat to low and allow polenta to cook for 20-30 minutes, occasionally whisking to avoid sticking/burning to the bottom of pot. Polenta is ready when tasted and does not have a raw cornmeal flavor and the texture is soft.
	2 cup	0 lb 8.60 oz	0%	0 lb 8.60 oz Cornmeal, yellow, whole grain, coarse	



Slowly Adding Polenta



Polenta Cooked after 20-30 Minutes

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2					Prepare 1/4 sheet pan by lining it with parchment paper and use pan spray (not listed) to oil surface. Pour polenta into pan and smooth top. Allow to cool in walk-in for at least an hour or overnight. Portion out to 12 pieces (12 pieces per 1/4 sheet pan = 4 lbs 8 oz of prepared polenta - 1/2 sheet pan will have 24 pieces and weigh 9 lbs of prepared polenta).

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Polenta Spread Out In Sheet Pan



*Portion 12 Pieces
per 1/4 Sheet Pan*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	2 tbsp	0 lb 0.68 oz	0%	0 lb 0.68 oz	Garlic, powder	For Spicy Lentil Chorizo Mixture - In a bowl, combine spices and mix well. Reserve.
	2 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Paprika, Smoked, ground	
	2 tbsp	0 lb 0.60 oz	0%	0 lb 0.60 oz	Chili Powder	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	1 tbsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Pepper, Black, table grind	
	1 1/2 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Oregano, dried, whole leaves	
	1 1/2 tsp	0 lb 0.13 oz	0%	0 lb 0.13 oz	Cinnamon, ground	
	1 1/2 tsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Thyme, dried, whole leaf	
	1 1/2 tsp	0 lb 0.11 oz	0%	0 lb 0.11 oz	Coriander Seed, ground	
4	2 tbsp	0 lb 0.56 oz	0%	0 lb 0.56 oz	Cornstarch	Combine cornstarch and vegetable stock, and whisk until cornstarch is dissolved. Reserve.
	1 1/2 cup	0 lb 12.00 oz	0%	0 lb 12.00 oz	Stock, Vegetable	
5	3 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz	Oil, Canola	In a large skillet or pot over medium high heat, add oil and sauté onions until translucent, 3-5 minutes. Add spice mixture and bloom until fragrant, about 1 minute.
	1 1/2 cup	0 lb 6.67 oz	9%	0 lb 7.37 oz	Onions, Yellow, small dice	



Blooming Spices with Onions

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
6	6 cup	2 lb 8.62 oz	0%	2 lb 8.62 oz Beans, Lentils, cooked	Add cooked lentils and vinegar. Continue to cook until the lentils are warmed through and vinegar has evaporated, about 2-3 minutes. Add vegetable stock mixture and bring to a boil, then reduce heat and simmer until slightly thickened. Remove from skillet or pot and hold hot for service.
	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz Vinegar, Apple Cider	



Lentils with Vinegar Evaporating



Adding Stock Mixture and Reducing



Lentil Chorizo at Correct Consistency

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
7	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz Oil, Canola	Over medium-high heat, heat oil in a large skillet or on flat-top grill. Place portioned polenta cakes on skillet and fry until golden brown, about 3-5 minutes then flip and repeat on second side. Remove and place on sheet pan and continue to cook remaining polenta cakes. Place sheet pan in oven and bake for 10-15 minutes, or until heated through. Hold hot for service.



Frying Polenta Cakes



Baking Polenta to Heat Through

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
8	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81 oz	Onions, Green, sliced thinly on bias	To plate - place one piece of polenta cake in middle of plate. Add 4oz (1/2 cup) lentils over the top and artfully across the plate. Garnish with 1 Tablespoon green onions and 1 Tablespoon cilantro.
	3/4 cup	0 lb 1.56 oz	54%	0 lb 3.36 oz	Cilantro, fresh, chopped	

RECIPE IMAGES



Polenta Cakes With Lentil Chorizo

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 15.72 oz	0 %	8 lb 15.72 oz	0 %	8 lb 15.72 oz
Size of portion	11.98 oz		11.98 oz		11.98 oz

ADDITIONAL INFO

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MEMO

If polenta consistency becomes too firm, add 1-2 Tablespoons of stock at a time (not listed in recipe) to help thin polenta as needed. Continue as needed until the correct consistency is achieved.

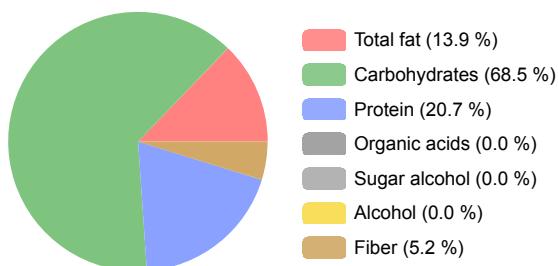
If Spicy Lentil Mixture becomes too thick while holding hot for service, add 2 Tablespoons or more of vegetable stock to thin out the mixture until desired consistency is reached.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy					Vitamins	
Total fat	8.11 g	10 %	13.87 %	516.94 kcal	26 %	Salt	0.82 g		
Saturated	0.94 g	5 %	1.61 %	2,162.84 kJ		Salt	0.24 %		Vitamin A
Monounsaturated	4.09 g		6.99 %			Sodium	1,522.26 mg	66 %	Vitamin D
Polyunsaturated	2.67 g		4.56 %			Phosphorus	344.87 mg	28 %	Vitamin B12
Trans fatty acids	0.02 g		0.04 %			Potassium	935.16 mg	20 %	Folate
Cholesterol	0.00 mg	0 %				Iron	8.49 mg	47 %	Vitamin C
Linolenic acid	2.00 g		3.43 %			Calcium	71.80 mg	6 %	Vitamin E
Alpha-linolenic acid	532.56 mg		0.91 %			Zinc	3.79 mg	34 %	Vitamin K
Total Carbohydrate	87.17 g	32 %	68.51 %			Magnesium	83.44 mg	20 %	Water
Sugars total	3.17 g	6 %				Iodine	0.00 µg	0 %	37.97 g
Added sugar	0.00 g	0 %	0.00 %			Selenium	4.30 µg	8 %	
Lactose	0.00 g					Copper	0.82 mg	91 %	
Fiber	13.92 g	50 %	5.15 %						
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	47.89 g		37.64 %						
Protein	26.39 g	53 %	20.74 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.02 kg
Main courses	1.43 kg
Desserts	0.65 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.