

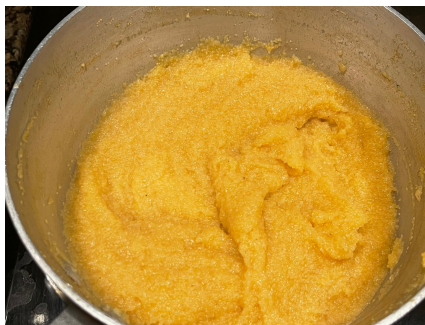
Polenta cakes with lentil chorizo

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

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 cup	4 lb	0%	4 lb	Stock, Vegetable	For polenta cakes: 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 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 texture is soft.
	2 cup	8.60 oz	0%	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. Cool in walk-in for at least an hour or overnight. Portion out to 12 pieces (12 pieces per 1/4 sheet pan = 4 pounds 8 ounces of prepared polenta and 1/2 sheet pan will have 24 pieces and weigh 9 pounds of prepared polenta).



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	0.68 oz	0%	0.68 oz	Garlic, powder	For spicy lentil chorizo mixture: In a bowl, combine spices and mix well. Reserve.
	2 tbsp	0.48 oz	0%	0.48 oz	Paprika, Smoked, ground	
	2 tbsp	0.60 oz	0%	0.60 oz	Chili Powder	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	
	1 tbsp	0.25 oz	0%	0.25 oz	Pepper, Black, table grind	
	1 1/2 tsp	0.06 oz	0%	0.06 oz	Oregano, dried, whole leaves	
	1 1/2 tsp	0.12 oz	0%	0.12 oz	Cinnamon, ground	
	1 1/2 tsp	0.21 oz	0%	0.21 oz	Thyme, dried, whole leaf	
	1 1/2 tsp	0.11 oz	0%	0.11 oz	Coriander Seed, ground	
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	2 tbsp	0.56 oz	0%	0.56 oz	Cornstarch	Combine cornstarch and vegetable stock and whisk until cornstarch is dissolved. Reserve.
	1 1/2 cup	12 oz	0%	12 oz	Stock, Vegetable	
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3 tbsp	1.44 oz	0%	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	6.67 oz	9%	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	3 oz	0%	3 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	0.96 oz	0%	0.96 oz	Oil, Canola	To cook polenta cakes: Preheat oven to 350°F. Over medium-high heat, heat oil in a large skillet or on flat-top grill. Add each portioned polenta cakes to skillet and fry until golden brown, about 3-5 minutes then flip and repeat on second side. Return to sheet pan 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	1.50 oz	17%	1.81 oz	Onions, Green, sliced thinly on bias	For service: portion one piece of polenta cake in middle of plate. Add 4 ounces (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	1.56 oz	54%	3.36 oz	Cilantro, fresh, chopped	

RECIPE IMAGES



Polenta Cakes With Lentil Chorizo

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	Minerals			
		% of energy		Salt	0.81 g		
Total fat	7.47 g	22.73 %	290.57 kcal	Salt	0.24 %	Vitamins	
Saturated	0.85 g	2.59 %	1,215.71 kJ	Sodium	1,518.39 mg	Vitamin A	71.97 µg
Monounsaturated	3.96 g	12.06 %		Phosphorus	247.51 mg	Vitamin D	0.00 µg
Polyunsaturated	2.33 g	7.10 %		Potassium	635.40 mg	Thiamine	0.27 mg
Trans fatty acids	0.02 g	0.07 %		Iron	5.40 mg	Riboflavin	0.15 mg
Cholesterol	0.00 mg			Calcium	55.62 mg	Niacin	2.16 mg
Linolenic acid	1.74 g	5.31 %		Zinc	1.86 mg	Vitamin B6	0.35 mg
Alpha-linolenic acid	533.30 mg	1.62 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	45.62 g	63.80 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	3.01 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	72.73 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	11.20 g	7.37 %		Iodine	0.00 µg	Vitamin C	4.43 mg
Organic acids	0.00 g	0.00 %		Selenium	6.89 µg	Vitamin E	2.24 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.34 mg	Vitamin K	35.69 µg
Starch	0.00 g	0.00 %					
Protein	11.38 g	15.91 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		96.96 g	

CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.