

Mediterranean Portable Portabella Cheeseburger

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|---------------------------|--------|--------------------------|------------------|---|
| Recipe: | R-5856 | HACCP Process: | Same Day Service | |
| # of Servings: | 20.00 | Serving Size: | 1 Burger | Source: Mushrooms In School |
| Grams Per Serving: | 221.42 | Ounce per Serving | 7.8 | Meal Components: 2 oz. eq. meat/meat alternate, 2 oz. eq. wgr and 3/8 cup other vegetable. |

| Ingredients | Measurements | Directions |
|---|--|--|
| Fresh Portabella Caps Steak Grilling Blend Pan Spray Feta Cheese, Crumbled Fresh Diced Tomatoes, RTU Bun, Hamburger, WG | 20 PIECE WHOLE 2 TBSP 1/4 OZ 2 LB + 8 OZ 2 CUP CHOPPED OR SLICED + 1/2 CUP CHOPPED OR SLICED 20 EACH, 2.0 OZ | 1. Ingredients: |
| | | 2. Day of Service: Pre-Prep: Clean and sanitize prep area. Pull portabellas from cooler and place at produce sink workstation. Slice the compost from the ends of the portabellas and discard. Cut the stems off using a paring knife and set aside. Wipe the caps off using a damp paper towel or rag and if necessary, rinse lightly under cold water. Do Not Soak Mushrooms in water as that truly washes away their flavor and texture (they are sponges and will get spongy instead of savory). CCP: Prepare foods at room temperature in two hours or less. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines. |
| | | 3. Prep: Place portabella caps on a parchment lined sheet pan. Place cup side up, spray lightly with pan spray. Sprinkle 1/4 teaspoon salt-free steak seasoning on each. CCP: Prepare foods at room temperature in two hours or less. |
| | | 4. Cook: Place the portabellas into pre-heated 400°F convection oven. Roast for 15 minutes or until the vegetables are softening and being to char on some edges. Pull and place in steamtable pan and hold for assembly. CCP: Heat until an internal temperature is reached of 140°F for 15 seconds CCP: Batch cook as necessary to insure best end product and nutritional. |
| | | 5. Prep: Pull diced tomatoes and feta crumbles and place at workstation. Pull wgr hamburger buns and set at workstation. CCP: Prepare foods at room temperature in two hours or less. |
| | | 6. Wash hands thoroughly and cover with gloves. Prep: Stuff two ounces of feta cheese into the roasted portabella. Note: you may place some cheese on the bottom bun as well. Top with 2 Tablespoons of diced fresh diced tomatoes. Cover and wrap up for service. Place in shallow steamtable pan. CCP: Hold above 135°F CCP: Never handle ready to eat foods with bare hands |
| | | 7. Hold: Hold above 135°F for service. |

CCP: Hold above 135°F

8. Serve: Serve one Mediterranean portable portabella burger. Each Mediterranean Portable Portabella Burgers provides 2 oz. eq. meat/meat alternate, 2 oz. eq. wgr and ½ cup other vegetable.

CCP: Hold above 135°F

Notes:

Production Notes: Note: The size of fresh portabella mushrooms can vary, the Standard weight for a whole portabella is 84 grams or 2.96 ounces raw. The FBG does not have yields for portabellas but the FBG states that 2.656 ounces raw provides ½ cup cooked sliced mushrooms.

Note: the stems can be using in any soup or stock or diced and added to entrees such as stir fries or egg bakes. You may purchase portabella caps already cleaned and cut instead of whole portabellas should you want to.

Serving Notes: Mediterranean Portable Portabella Burger provides 2 oz. eq. meat/meat alternate, 2 oz. eq. wgr and 3/8 cup other vegetable. Each Mediterranean Portabella Cheeseburger weighs 221.42 grams or 7.8 ounces.

| Nutrients Per Serving: | | (per 1 Burger) | | | |
|------------------------|---------|----------------|---------|-------------|---------|
| Calories | 320.681 | Trans Fat (gm) | 0.000 | Iron (mg) | 1.659 |
| Protein (gm) | 19.678 | Chol (mg) | 32.886 | Calc (mg) | 235.127 |
| Carb (gm) | 36.953 | Vit A (IU) | 270.774 | Sodium (mg) | 829.335 |
| Tot Fat (gm) | 13.135 | Vit C (mg) | 3.082 | Fiber (gm) | 5.362 |
| Sat Fat (gm) | 6.407 | | | Sugars (gm) | 4.516 |

Note: * means nutrient data is missing or not available.

| Meal Components: | | (per 1 Burger) | | | | |
|-----------------------------|-------------------|--------------------------|--------------------|---------|-------------------|-------------|
| Fruit (Cups) | Vegetables (Cups) | | | | | Other 0.375 |
| | Dark Green | Red/Orange | Beans/Peas | Starchy | | |
| Whole Grain- Rich (Oz. Eq.) | 2.000 | Enriched Grain (Oz. Eq.) | Meat/Alt (Oz. Eq.) | 2.000 | Fluid Milk (Cups) | |

Allergens:

Milk, Wheat

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop, or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.