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### **A. BEVERAGES**

1. Coffee-steam kettle
2. Coffee-coffee urn
3. Iced Tea
4. Punch/Lemonade/Breakfast Drink
5. **Milk**

### **B. MAIN ENTREES-BEEF**

Steam-kettle cooking-meats

1. Beef Porcupines
2. Beef Pot Pie
3. Beef Stew
4. Bologna/Cheese Sandwich
5. Braised Beef and Noodles
6. Chicken Fried Steak
7. Chili Cheese Dogs
8. Chili Con Carne
9. Chili Mac
10. Chili (without beans)
11. Country Style Steak
12. Beef Enchiladas
13. Grilled Hamburger Steak
14. Meat Loaf
15. Pepper Steak
16. Salisbury Steak
17. Spaghetti with meat sauce
18. Steak smothered with onion
19. Tacos
20. Tamale Pie
21. Lasagna
22. **Baked Spanish Beef Patty**
23. **Beef Sloppy Joe**
24. **Chili for Corn Chip Pie**
25. **Beef Tips with Rice**
26. **Mexican Casserole**
27. **Hoagie Sandwich**
28. **Creole Meatballs**

**C. MAIN ENTREES-POULTRY**

Poultry Cooking Methods

1. Barbeque Chicken
2. Chicken A La King
3. Chicken and Dumplings
4. Chicken and Rice
5. Chicken Enchilada
6. Chicken Gumbo
7. Fried Chicken/Oven Fried Chicken
8. Oven Fried Chicken Patties
9. Savory Baked Chicken
10. **Chicken Salad Sandwich**

**D. MAIN ENTRESS-FISH**

1. Baked Tuna and Noodles
2. Fried Fish Portions
3. Macaroni-Tuna Salad
4. Tuna Salad

**E. MAIN ENTREES-PORK**

1. Baked Ham
2. Baked Hot Links
3. Breaded Pork Chops
4. Grilled Ham/Baked Ham Steak
5. Pork Chops Mexicana
6. Roast Fresh Ham
7. Roast Pork
8. Sweet and Sour Pork
9. Breaded Fresh Pork Cutlet
10. Grilled Pork Cutlet
11. Pork Meatloaf
12. Smothered Fresh Pork Cutlet w//onions
13. Pork Tamale Pie
14. **Pork Chops**
15. **Sliced Pork Roast**
16. **Grilled Ham and Cheese Sandwich**
17. **Pork Sloppy Joe**

**F. MAIN ENTREES-EGGS AND CHEESE**

Steam Kettle Cooking-Eggs

1. Breakfast Tacos
2. Fried Eggs
3. Grilled Cheese Sandwiches
4. Scrambled Eggs
5. **Egg Salad Sandwich**

**G. PASTA AND RICE**

1. Chilled Pasta Salad
2. Italian Pasta
3. Macaroni and Cheese
4. Mexican Rice
5. Pasta and Tomatoes

6. Rice Pilaf
7. Steamed Rice

## **H. VEGETABLES**

Guidelines for Preparing Dried Vegetables  
Guidelines for Preparing Fresh Vegetables  
Guidelines for Preparing Canned Vegetables  
Steam Kettle Cooking-Vegetables

1. Baked Beans
2. Baked Potatoes
3. Baked Sweet Potatoes
4. Boston Baked Beans
5. Broccoli Parmesan
6. Broccoli Polonaise
7. Buttered Potatoes
8. Corn
9. Candied Sweet Potatoes
10. Cauliflower Au Gratin
11. Club Spinach
12. Creole Squash
13. French Fried Cauliflower
14. French Fries
15. Fried Cabbage
16. Green Bean Parisienne
17. Green Beans with Tomatoes
18. Hashed Brown Potatoes
19. Herbed Green Beans
20. Home Fried Potatoes
21. Italian Style Baked Beans
22. Louisiana Style Smothered Squash
23. Lyonnaise Carrots
24. Mashed Potatoes
25. Mashed Sweet Potatoes
26. Mexican Corn
27. Mixed Vegetable Combos
28. O'Brien Potatoes
29. Okra and Tomato Gumbo
30. Oven Brownded Potatoes
31. Potato Salad
32. Potatoes Au Gratin
33. Ranch Style Beans
34. Refried Beans with Cheese
35. Scalloped Cream Style Corn
36. Scalloped Sweet Potatoes and Apples
37. Seasoned Greens
38. Simmered Dry Beans
39. Southern Style Greens
40. Spanish Style Beans
41. Stewed Tomatoes

42. Tangy Spinach
43. Vegetable Stir Fry
44. Peas with Mushrooms
45. **Chef Salad**

**I. BREADS**

1. Biscuits
2. Cinnamon Rolls
  - 2a. Cinnamon Rolls**
3. Coffee Cake
4. Dumplings (Drop)
5. French Toast
6. Hot Breakfast Cereal
7. Hot Rolls/Buns
8. Hush Puppies
  - 8a. Hush Puppies**
9. Muffins
10. Pancakes
11. Corn Bread
12. Garlic Toast
13. **Corn Chips for Corn Chip Pie**
14. **Cornbread Dressing**
15. **Cake Doughnuts**
16. **Croutons**

**J. DESSERTS**

Steam Kettle Cooking-Fruits

1. Apple or Pear Crisp
2. Apple Sauce Crisp
3. Bread Pudding
4. Brown Sugar Frosting
5. Butter Cream Frosting
6. Butterscotch Brownies
7. Carrot Cake
8. Decorators Frosting
9. Fruit Bars
10. Fruit Cobbler
11. Fruit Cocktail Bars
12. Gelatin with Fruit
13. Oatmeal Cookies
14. Oatmeal Crispies
15. Pastry for one-crust pies
16. Pastry for two-crust pies
17. Peach Crisp
18. Peach Pie
19. Peanut Butter Cake
  - 19a. Peanut Butter Cake**
20. Peanut Butter Cookies
21. Peanut Butter Cream Frosting
  - 21a. Peanut Butter Frosting**

22. Pies made with canned fruit
23. Pineapple Empanada (Pineapple Turnover)
24. Plain Cake
25. Streusel Topping
26. Sugar Cookies
27. Sweet Potato Pie
28. Vanilla Cream Pie
29. Vanilla Glaze
30. White Cake
31. **Pineapple Upside Down Cake**
32. **Cream Puffs**
33. **Jelly Roll**
34. **Chocolate Peanut Butter Bars**
35. **Frozen Pudding Cookies**

#### **K. GRAVIES/SAUCES**

Guidelines for Preparing Sauces and Gravies

1. Barbeque Sauce (Cooked)
2. Barbeque Sauce (Uncooked)
3. Brown Gravy
4. Brown Sugar Syrup
5. Cheese Sauce
6. Chicken/Turkey Gravy
7. Chili Sauce (For Chili Dogs)
8. Cream Gravy
9. Creole Sauce

##### **9a. Creole Sauce**

10. Egg White Wash
11. Pineapple Sauce (For Ham)
12. Pizza Sauce
13. Tarter Sauce
14. Tomato Gravy
15. Joe Neytro Hot Sauce
16. Just Plain Good Salsa
17. **Ranch Dressing**
18. **Thousand Island Dressing**
19. **Vinegar and Oil Dressing**
20. **Creamy Italian Dressing**

#### **L. FOOD LOAVES**

1. Pancake Breakfast Food Loaf
2. Grit Breakfast Food Loaf
3. Oatmeal Breakfast Food Loaf
4. Dinner/Supper Loaf
5. Meat-Free Dinner/Supper Loaf

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**List of Herbs and Spices**

Convection Oven Facts

Tilt Skillet Info

Substitutions for Common Foods

Food and Cooking Terms

**O. IN HOUSE RECIPES**

Procedure on Submitting New Recipes