



## 825149 - Hoppin' John: Entree

Source: K12 Culinary

Number of Portions: 50

Size of Portion: 1 cup

Alternate Recipe Name: Down Home Hoppin' John

Alternate Recipe Name 2: Hoppin' John with Rice

### Components:

Meat/Alt: 2 oz

Grains: 1 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

Meat/Meat Alter  
Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011144 CELERY,CKD,BLD,DRND,WO/SALT.....	2 CUPS (diced)	Rinse fresh celery, onion, and carrots under running water. Scrub celery and carrots with a vegetable brush. Drain in a colander or perforated pan. Cut celery, onions, and carrots into medium-sized, ½ inch dices.
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	1 QT (fresh, diced)	
011125 CARROTS,CKD,BLD,DRND,WO/SALT.....	1 QT (raw, diced)	
014429 WATER,MUNICIPAL.....	2 qts	Combine chicken base and water and stir to dissolve.
826501 Base, Chicken, Low NA, no MSG, Sysco.....	2 Tbsp + 2 TSP (AP)	
050412 PORK, HAM, CURED, PRECOOKED, HEATED, WAT...	1 lb + 4 ozs	Weigh ham and dice into 1/2 inch cubes.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.....	2 Tbsp	Heat large stockpot, tilting braising pan, or kettle to medium. Add oil and carrots and sauté for 1 minute. Add celery and onions and sauté additional 5 minutes. Stir in prepared chicken stock, diced ham, bay leaves, black pepper, cayenne pepper, and garlic. Cook covered on medium heat for 25 to 30 minutes until liquid has reduced by 25 percent (1/4th) and vegetables are tender.
900164 BAY LEAVES.....	4 each, leaf	
002030 PEPPER,BLACK.....	1 TSP (ground)	
002031 PEPPER,RED OR CAYENNE.....	1/2 tsp	
799903 GARLIC,GRANULATED.....	1/2 tsp	
050554 BEANS, CANNED, BLACK-EYED PEA, LOW-SODIU.....	2 #10 can, drained	Drain, canned peas and add to reduced, seasoned liquid in the pan or kettle. Cook covered for 15 minutes. <b>CCP:</b> Heat to 135° F or higher.
		Transfer bean mixture to 4 inch deep half size pans for service. <b>CCP:</b> Hold for hot service at 135° F or higher

050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 WATER,MUNICIPAL.....	3 lbs + 2 ozs 1 qt + 3 cups	<p>Spray 2 inch deep full size steamtable pan with pan release. Add 1 quart and 3 cups of water. Add 3 lb 2 oz of brown rice Stir to distribute rice evenly in pan.</p> <p>Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to view the amount of liquid in the bottom of the pan.</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>
		<p>For service, portion 1/2 cup rice with no. 8 disher. Top rice with 1/2 cup of Hoppin' John using 4 ounce spoodle or no. 8 disher.</p> <p><b>CCP:</b> Hold for hot service at 135° F or higher</p>
		<p><b>CCP:</b> Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours</p> <p><b>CCP:</b> Heat to 165° F or higher for at least 15 seconds</p> <p>Cool leftover beans properly, label, store in refrigerator, and reheat for service within 3 days.</p> <p>Rice is best prepared for just in time service as leftovers are not optimum quality when reheated.</p>

\*Nutrients are based upon 1 Portion Size (1 cup)

Calories	197 kcal	Cholesterol	6 mg	Sugars	*1.7* g	Calcium	34.59 mg	10.96%	Calories from Total Fat
Total Fat	2.40 g	Sodium	230 mg	Protein	8.25 g	Iron	1.69 mg	2.28%	Calories from Saturated Fat
Saturated Fat	0.50 g	Carbohydrates	36.10 g	Vitamin A	2386.6 IU	Water <sup>1</sup>	*105.24* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	4.23 g	Vitamin C	3.8 mg	Ash <sup>1</sup>	*0.30* g	73.24%	Calories from Carbohydrates
								16.74%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.