



825017 - Bahn Mi Flatbread Sandwich

Source: K12 Culinary

Number of Portions: 50

Size of Portion: each

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Other

Attributes:

Meat/Meat Alter

Vegetables

Grain

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
019335 SUGARS,GRANULATED..... 002053 VINEGAR,DISTILLED..... 014429 WATER,MUNICIPAL.....	1 cup 1 cup 1/2 cup	NOTE: Store flatbread at room temperature 24 hours in advance of use. In a large bowl, prepare the brine by stirring together the sugar, white vinegar and water until the sugar dissolves. Cover and set aside.
901049 ONIONS,RED,RAW..... 011124 CARROTS,RAW.....	2 1/2 CUPS (sliced) 2 LBS (EP)	CCP: No bare hand contact with ready to eat food. Rinse onions under running water. Cut onions in half, and then into very thin strips. If using whole carrots, scrub under running water, drain, shredd into matchstick lengths, add weigh 2 lb of edible portion (EP). If using pre-cut carrots, weigh 2 lb EP and proceed with the instructions. Add the prepared carrots and onions to the brine and mix well. To marinate, cover and hold in the refrigerator until service. This may be prepared up to a day in advance. CCP: Hold at 41 degrees F. or lower.
826496 Mayonnaise, Regular, Dukes..... 826497 Sauce, Sriracha, Huy Fong.....	3 cups 1 Tbsp + 1 tsp	Mix together the mayonnaise and Sriracha sauce. Cover and store in refrigerator until sandwich assembly. CCP: Hold at 41 degrees F. or lower.
011205 CUCUMBER,WITH PEEL,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	2 LBS (AP) 1 qt	CCP: No bare hand contact with ready to eat food. Rinse cucumbers and cilantro under running water and drain in a colander. Cut cucumbers into 1/4 inch slices; set aside. Cut away the thick stems of the cilantro bunch, then roll in a disposable paper towel to dry; set aside for sandwich assembly. CCP: No bare hand contact with ready to eat food.

050425 TURKEY HAM, SMOKED, WATER ADDED, COOKED....	5 lbs	Place thawed whole grain rich flatbreads on clean work surface or parchment paper. Spread 1 tablespoon of the sriracha mayonnaise on one half of each flatbread. In each sandwich place 1.6 ounces of thinly sliced turkey ham and 1.6 ounces thinly sliced turkey breast over the mayonnaise. Add 4 slices of cucumbers over the top of the meat. Top with ¼ cup of the drained, pickled carrot and onion mixture and 3-4 fresh cilantro sprigs. Serve immediately. As an option, place sliced jalapeno chiles on the service line, available upon request as a condiment. CCP: Hold and Serve at 41 degrees F. or lower.
050426 TURKEY, BREAST, DELI-STYLE, COOKED.....	5 lbs	
826494 Flatbread, Oven Fired, WGR, Rich's 14010.....	50 each, 2.2 oz	

*Nutrients are based upon 1 Portion Size (each)

Calories	409	kcal	Cholesterol	62	mg	Sugars	*7.2*	g	Calcium	38.92	mg	45.30%	Calories from Total Fat
Total Fat	20.59	g	Sodium	1134	mg	Protein	22.35	g	Iron	*1.19*	mg	8.03%	Calories from Saturated Fat
Saturated Fat	3.65	g	Carbohydrates	36.77	g	Vitamin A	3158.4	IU	Water ¹	*43.24*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	3.72	g	Vitamin C	4.9	mg	Ash ¹	*0.27*	g	35.95%	Calories from Carbohydrates
												21.86%	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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.