



WALNUT & BROWN RICE SHAKER SALAD & ASIAN DRESSING

HACCP Process Complex Food Preparation

YIELD

100 servings

MEAL COMPONENTS

2 oz eq meat/meat alternate (1 oz eq each from walnuts and edamame), 1 oz eq whole grain-rich grains, ½ cup vegetable (¼ cup red/orange, ¼ cup other vegetable)

INGREDIENTS

California Walnuts	6 lb + 4 oz
Brown Rice, Cooked, Chilled USDA #101031	3 gal + 2 cups
Shelled Edamame, Frozen	9 lb + 8 oz
Fresh Sweet Bell Peppers	10 lb + 8 oz
Fresh Diced Tomatoes, RTU (Chopped or Sliced)	1 gal + 2 qt + 1 cup
Lite Asian Sesame Dressing	(100) 1-oz cups

ALLERGENS: Tree Nuts, Wheat, Soybeans

DIRECTIONS

(Day prior to day of service)

PRE-PREP

Clean and sanitize workstation.

PREP

- Place Asian sesame dressing in cooler.
- **CCP:** Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining.

COOK

- Pull edamame from freezer.
- Cook edamame according to directions on package.
- Drain well and place edamame in food storage container.
- **CCP:** Heat until an internal temperature of 140°F is reached for 15 seconds.

COOL

- Cover, date stamp and place in cooler overnight to cool.
- **CCP:** Hold below 41°F, and never handle ready-to-eat foods with bare hands.
- **CCP:** Do not exceed a total cooling time of six hours using appropriate procedures.

PREP

- Set up 6-quart food processor with S blade.
- Pull California walnut pieces from freezer to workstation.
- Wash hands thoroughly and put on gloves.
- Add 3 quarts + ½ cup (3 lb 2 oz) of walnut pieces to processor.
- Pulse 3 times to roughly chop walnuts.
- Empty walnuts from processor and place in food storage container.
- Repeat 1 more batch.
- Cover walnuts, date stamp and refrigerate overnight.
- CCP: Hold below 41°F, and never handle ready-to-eat foods with bare hands.

PREP

- Pull fresh bell peppers from cooler, wash thoroughly and allow drying.
- Wash hands thoroughly and put on gloves.
- Chop bell peppers and place in food storage container.
- Cover, date stamp and refrigerate overnight.
- CCP: Hold below 41°F.

PRE-PREP

(Day of Service)

- Clean and sanitize workstation.
- Pull 12-oz clear parfait containers with flat and dome lids and place at workstation.
- Pull California walnuts, cooked, chilled brown rice, diced bell pepper, diced tomatoes and salad dressing from cooler and place at workstation.
- Set up assembly line.
- Wash hands thoroughly and put on gloves.

PREP

- Using a 4 oz spoodle place ½ cup of cooked, chilled brown rice in bottom of parfait.
- Using a 2 oz spoodle, place ¼ cup diced bell peppers on top of rice.
- Using a 2 oz spoodle place ¼ cup diced tomatoes on top of peppers.
- Using a 2 oz spoodle place ¼ cup cooked edamame on top of tomatoes.
- Using a 2 oz spoodle, top parfait with ¼ cup (1 oz) lightly chopped walnut pieces and cover with flat lid.
- Add 1 oz cup of Asian sesame dressing and top with dome lid.
- Date stamp and place in cooler for service.
- CCP: Prepare foods at room temperature in two hours or less.
- CCP: Hold below 41°F.

SERVE

- Serve one Walnut & Brown Rice Shaker Salad & Asian Dressing.
- CCP: Hold below 41°F.



PRODUCTION NOTES

- California walnuts are best kept frozen, and can be used from a frozen state.
- Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz).
- If red bell peppers are used, vegetable credit changes to ½ cup red/orange vegetable. Green and yellow peppers credit as other vegetable.

APPROXIMATE NUTRIENTS PER SERVING

CALORIES	440
PROTEIN	14 g
CARB	42 g
TOTAL FAT	26 g
SATURATED FAT	2.5 g
TRANS FAT	0 g
CHOLESTEROL	0 mg
VITAMIN A	1597 IU
VITAMIN C	64 mg
IRON	2.4 mg
CALCIUM	95 mg
SODIUM	405 mg
FIBER	7 g
SUGARS	9 g



California Walnut Board
101 Parkshore Drive, Suite 250
Folsom, CA 95630
(916) 932-7070
info@walnuts.org © 2018

walnuts.org/schools

