

UNDER THE SEA CHOWDER

Adapted from Improving Nutrition CACFP Recipe booklet



PROCESS METHOD 2: Same Day Service

YIELD: Approximately 3 gallons of soup, or 48, 1-cup servings

SERVING SIZE: 8 fl. oz.

PREP TIME: 20 minutes **COOK TIME:** 35-50 minutes

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INGREDIENTS	WEIGHT	MEASURE	METHOD
Onion, diced	1 lb., 8 oz.		1. Sauté onions and celery in vegetable oil until transparent and tender, 5-10 minutes.
Celery, diced	1 lb., 8 oz.		
Vegetable oil		¼ cup	
Garlic, granulated		2 Tbsp.	2. Combine sautéed vegetables, granulated garlic, carrots, and potato with broth and cook over medium heat until carrots and potatoes are tender, 10-15 minutes.
Carrots, diced	3 lb.		
Potato, diced	2 lb., 8 oz.		
Chicken broth, low sodium		2 qt.	3. While vegetables are cooking, use chef's knife to cut frozen pollock into 1-inch pieces. CCP: Cold hold at 41°F or lower.
Corn, yellow or white, frozen kernels	2 lb., 4 oz.		4. Add frozen corn kernels to cooked vegetables; stir to combine all vegetables.
1% low fat milk		1 gal.	5. Add milk and gently heat until milk is steaming but not boiling, about 10 minutes. Do not allow soup with milk to boil.
Pollock, raw, frozen portions, 2.6 oz. portion	7 lb., 13 oz.	48 - 2.6-oz. portions	6. Add chunks of raw fish to hot soup; stir to distribute fish pieces. Cover and simmer over medium low heat — do not boil — for 10 to 15 minutes, until fish is cooked through and mixture is 165°F.
Black pepper, ground		1 Tbsp., or to taste	7. Add ground pepper and salt; stir in instant potato flakes to thicken to chowder consistency. CCP: Hot hold at 135°F or higher. 8. Serve an 8 fl. oz. ladle of soup. SERVING SUGGESTION: Serve with 1 oz. equivalent of whole grain-rich fish-shaped cheese crackers.
Salt, table		1 Tbsp., or to taste	
Instant Potato	13 oz.	4 cups	

COMPONENT CONTRIBUTION PER SERVING:

2 oz. equivalent Meat/Meat Alternate; ½ cup Vegetables (¼ cup red/orange subgroup, ¼ cup starchy subgroup, ¼ cup other subgroup)

APPROXIMATE NUTRIENT ANALYSIS PER FULL SERVING:

180 calories, 2 g fat, 0.5 g saturated fat, 0 g trans fat, 445 mg sodium, 17 g carbohydrate, 2 g dietary fiber, 18 g protein, 5010 IU vitamin A, 7 mg vitamin C, 130 mg calcium, 1.9 mg iron

Chef's note: Consider batch cooking the chowder toward the end of the serving period to minimize leftovers. Reheat properly chilled chowder with care to follow food safety guides and maximize food quality.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 41°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F. or higher for 15 seconds, within 2 hours.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using a FDA recommended method.

