

# PEPPER POT SOUP

YIELD: 100 Portions

- NOTE: 1. In Step 1, 8 oz (1 lb) carrots A.P. will yield 4 oz chopped carrots. 1 lb (2) oz fresh sweet peppers A.P. will yield 1 lb (2) oz chopped peppers. 2 lb (4) oz fresh celery A.P. will yield 1 lb (2) oz sliced celery.
2. In Step 1, 1 can (14-1/2 oz) tomato paste will yield 1 lb (2) oz tomato paste. 1 can (14-1/2 oz) tomato paste will yield 1 lb (2) oz tomato paste.
3. In Step 2, 1 cup (8 oz) water will yield 1 lb (2) oz water. 1 cup (8 oz) water will yield 1 lb (2) oz water.
4. In Step 3, 1 lb (2) oz fresh sweet peppers A.P. will yield 1 lb (2) oz chopped peppers.
5. In Step 4, 1 lb (2) oz fresh sweet peppers A.P. will yield 1 lb (2) oz chopped peppers.
6. In Step 5, 1 lb (2) oz fresh sweet peppers A.P. will yield 1 lb (2) oz chopped peppers.
7. One (1) can (14-1/2 oz) tomato paste will yield 1 lb (2) oz tomato paste. 1 can (14-1/2 oz) tomato paste will yield 1 lb (2) oz tomato paste.

CH-1

DO AND DRYING INSTRUCTIONS No. 100

EACH PORTION: 1 Cup

TEMPERATURE: 180°F. Cook

YIELD: 100 Portions (16 Cans)

PAN SIZE: 16 by 405 by 94-inch Cook-Time Pan

FEES	INGREDIENTS	WEIGHTS	MEASURES	NOTES
14.00	Carrots, peeled	4 lb	1 gal	
32	Baking soda	20 oz	4 cup	
20.25	Water, boiling	4 lb 8 oz	24 qt	
2.34	Salt or margarine, softened	7 lb	1 gal	
27.80	Sugar			

1. Combine carrots, baking soda, and boiling water. Let stand 1 hour. Drain carrots. Set aside for use in Step 2.
2. Place butter or margarine in saucepan. Melt. Add sugar. Stir well.

# BEAN PORRIDGE

EACH PORTION: 1 Cup

TEMPERATURE: 180°F. Cook

# GARDEN VEGETABLE SALAD

EACH PORTION: 1/4 Cup

INGREDIENTS	WEIGHTS	MEASURES	NOTES
Lettuce, fresh	7 lb	17 1/2 qt	
Carrots, fresh	2 lb	4 qt	
Celery, fresh, sliced 1/4-inch	2 lb	4 qt	
Peppers, sweet, fresh, sliced 1/4-inch	2 lb	4 qt	

- NOTE: In Step 1, 7 lb 8 oz fresh lettuce A.P. will yield 7 lb trimmed lettuce.
- 2 lb 7 oz fresh carrots A.P. will yield 2 lb sliced carrots.
- 4 lb 2 oz fresh celery A.P. will yield 2 lb sliced celery.
- 2 lb 7 oz fresh sweet peppers A.P. will yield 2 lb sliced sweet peppers.

# TOILET 100 Portions

INGREDIENTS	WEIGHTS	MEASURES
Flour	4 lb	1 gal
Water	4 lb	1 gal
Salt	4 lb	1 gal
Oil	4 lb	1 gal
Shortening	4 lb	1 gal

# FARINA

1. Add water to water.

2. Add flour to water.

# WET BREAKFAST CEREALS

YIELD: 100 Portions

INGREDIENTS	WEIGHTS	MEASURES
Flour	4 lb	1 gal
Water	4 lb	1 gal
Salt	4 lb	1 gal
Oil	4 lb	1 gal
Shortening	4 lb	1 gal

INGREDIENTS	WEIGHTS	MEASURES
Flour	4 lb	1 gal
Water	4 lb	1 gal
Salt	4 lb	1 gal
Oil	4 lb	1 gal
Shortening	4 lb	1 gal

1. Add water to water.

2. Add flour to water.

1. Combine water, milk, and salt in saucepan. Heat to boiling. Add cereal. Cook 5 minutes. Stir well.

2. Add butter to saucepan and stir well.

# MONTE CRISTO SANDWICH

EACH PORTION: 1 Sandwich

TEMPERATURE: 180°F. Griddle

WEIGHTS	MEASURES	NOTES
1/2 lb 4 oz	100 slices	
1/2 lb 4 oz	100 slices	
1/2 lb 4 oz	100 slices	
1/2 lb 4 oz	100 slices	

1. Place 1 slice each ham, turkey, and cheese on 1 slice bread, top with second slice bread.

COVER

# Armed Forces Recipe Cards

**Debra Journet, Julie Lepick Kling**

## **Armed Forces Recipe Cards:**

*U.S. Armed Forces Recipe Service* , Over 1 700 total pages The Armed Forces Recipe Service is a compendium of high volume food service recipes written and updated regularly by the United States Department of Defense Natick Laboratories and used by military cooks and by institutional and catering operations It originated in 1969 as a consolidation of the cooking manuals of the four main services and is based on previous military publications dating back to the first standardization efforts in the US Army in 1896 Recipes are based primarily on American cookery with the addition of specialized items such as vegetarian kosher and halal recipes to meet more specialized needs of those being served The Service database is now distributed by the Joint Culinary Center of Excellence a division of the US Army Quartermaster School based in Fort Lee Virginia Each recipe card has a standardized format each recipe is calibrated to feed 100 people with a basic nutritional analysis across the top of the card Index of Recipes ,1980 *Steward 1 & C* ,1972 *Newsletter* ,1969 *Index of Recipes* ,1984 **Armed Forces Recipe Service** ,1986 Armed Forces Recipe Service Department of Defense,2013-08-16 The Armed Forces Recipe Service is a large collection of high volume standardized food service recipes developed by the United States Department of Defense and used by military chefs institutional and catering operations All of the recipes have been developed tested and standardized for product quality consistency and yield The U S Dietary Guidelines were among the many considerations in both the selection and development of the recipes Many of the recipes have been modified to reduce fat salt and calories For new and experienced cooks consistent use of standardized recipes is essential for quality and economy Broken into two volumes due to its size the Armed Forces Recipe Service contains over 1 600 tested recipes calibrated to feed 100 people and easily adjusted up or down to adjust portion size depending on the number of people being fed The recipes contain a basic nutritional analysis as well detailing calories carbohydrates protein fat cholesterol sodium and calcium Both volumes of The Armed Forces Recipe Service must be purchased to have the manual in its entirety This volume Volume II of II holds the following sections Beef Pork Lamb Fish and Poultry Salads and Dressings Sandwiches Dressings Gravies and Sauces Soups and Vegetables **Food in the American Military** John C. Fisher,Carol Fisher,2014-01-10 American soldiers and sailors have progressed from simple campfire and ship s deck cooking to today s nutritionally sound menu diverse high tech and ethnically correct feeding options This book describes in great detail the development of rations used by America s military war by war from the Revolutionary period to the present especially the challenges of preserving and transporting the food It discusses research into rations the evolution of the training of cooks and bakers and others and various methods of storage preparation and distribution of food Numerous first person accounts appear throughout Instructors considering this book for use in a course may request an examination copy here *NTIS Products* United States. National Technical Information Service,1997 **Numerical Index of Standard and Recurring Air Force Publications Available to Security Assistance Customers** United States. Department of the Air Force,1991

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