



## Club Med with Rotini

Barilla® Whole Grain Rotini is a hearty bed for this Mediterranean salad with vegetarian proteins and lots of flavors.

HACCP Process #3 Complex Food Service

### **Ingredients**

12 Pounds 8 Ounces Barilla® Whole Grain Rotini  
2.5 - #10 Cans USDA Garbanzo Beans, Material #100360  
9 Pounds 12 Ounces Fresh Cucumber  
16 Pounds Fresh Romaine Lettuce, Chopped, RTU  
11 Pounds 8 Ounces Fresh Tomatoes, Diced, RTU  
6 Pounds 4 Ounces Feta Cheese Crumbles  
1 - #10 Can California Sliced Ripe Olives  
1 Gallon Balsamic Vinaigrette

### **Instructions**

Prior To Day of Service: Pre-Prep: Clean and sanitize prep area.

Pull pasta from dry storage.

Wash hands thoroughly.

Cook: Boiling method: Boil water in steam kettle, tilt skillet, or in a large pot on stove top.

Add pasta to boiling water, return to a boil as quickly as possible.

Cook pasta for 4 minutes.

Drain pasta as quickly as possible

Rinse pasta in colander in cold water to stop the cooking process, drain again as quickly and completely as possible.

\* Note: if using a steamer, put pasta in hotel pans with water to cover, and increase cooking time to 6 minutes using maximum steam.

Hold: Place drained, cooled pasta in sealed containers, date stamp and place in walk-in, store for service below 40°F.

CCP: Cool hot cooked food from above 135°F to 70°F or lower within two hours, and then cool down to 41°F or lower within an additional four hours, for a total cooling time of six hours using appropriate procedure.

CCP: Hold below 41°F

Prep: Pull beans, olives and vinaigrette from dry storage.

Wipe off vinaigrette lid and place in cooler.

Wipe off lids for beans and olives and open, carefully discarding lids.

Wash hands thoroughly and cover with gloves.

Drain beans and olives.

Place contents of each into separate water proof containers.

Cover and date stamp and place in cooler.

SOP: Pre-chill ingredients for foods served cold (sandwiches and salads) below 41°F before combining.

Day of Service:

Pre-Prep: Clean and sanitize prep area.

Pull cucumbers from cooler and clean thoroughly.

Wash hands thoroughly and cover with gloves.

Peel and dice cucumbers, to yield 6 quarts plus 1 cup and cover until assembly.

SOP: Never handle ready to eat foods with bare hands.

Pre-Prep: Pull pasta, vinaigrette, lettuce, beans, olives, tomatoes and feta cheese from cooler.

Lay out ingredients for an assembly line.

Pull serving utensils for all ingredients.

Wash hands thoroughly and cover with gloves.

SOP: Never handle ready to eat foods with bare hands.

CCP: Prepare foods at room temperature in two hours or less.

Prep: Mix vinaigrette with the pasta, tossing gently to coat thoroughly.

Wash hands thoroughly and cover with gloves.

In bottom of entree salad dish place 1 cup of romaine lettuce using 8 oz. spoodle.

Top with 1 cup of seasoned whole grain rotini using 8 oz. spoodle.

Sprinkle 1/4 cup beans using 2 oz. spoodle.

Sprinkle 1/4 cup tomatoes using 2 oz. spoodle.

Add 1 ounce of feta crumbles using 2 oz. spoodle.

Sprinkle each with 1 tablespoon sliced ripe olives.

Cover tightly and date stamp.

Hold: Refrigerate until service.

CCP: Hold below 41°F

Serve: 3 cups of salad.

Each serving is 14.1 Ounces or 401 Grams.

CCP: Hold below 41°F

CCP: Discard cold potentially hazard foods after four hours if they have not been properly held below 40°F

Each serving of this recipe provides 2 oz. eq. whole grains, 2 oz. eq. meat/meat alternate, 1/2 cup dark green vegetable, 1/4 cup red/orange vegetable and 1/4 cup other vegetable.

## Nutritional Info

This information is per serving.

### Nutrition Facts

Serving Size 14.1 oz. (401 g)

Servings Per Container 1

Amount Per Serving

Calories 450

Calories from Fat 155.7

**% Daily Value\***

**Total Fat** 17.3g

27%

Saturated Fat 5g

25%

Trans Fat 0g

**Cholesterol** 25mg

8%

**Sodium** 752mg

31%

**Total Carbohydrate** 64g

21%

Dietary Fiber 10.3g

41%

Sugars 7g

**Protein** 16.2g

32%

Vitamin A 92%

Vitamin C 18%

Calcium 18%

Iron 29%

Allergy Information: Wheat, Milk, Soy

\*Percent Daily Values are based on a 2,000 calorie diet.

**Please note:** for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.