

Cornbread

Grains/Breads	Grains/Breads	B-09
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Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	1. Blend flour, cornmeal or corn grits, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal OR Enriched corn grits	1 lb OR 1 lb	3 ¾ cups OR 2 ¾ cups	2 lb OR 2 lb	1 qt 3 ½ cups OR 1 qt 1 ½ cups	
Sugar	5 ¼ oz	¾ cup	10 ½ oz	1 ½ cups	
Baking powder		2 Tbsp 2 tsp	2 oz	⅓ cup	
Salt		1 ¼ tsp		2 ½ tsp	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 ¼ oz	⅔ cup OR 3 each	10 ½ oz	1 ¼ cups OR 6 each	2. Mix eggs, milk, oil, cheese (optional), and chili peppers (optional). Add to dry ingredients and blend for 30 seconds on low speed. Beat until dry ingredients are moistened for 2-3 minutes on medium speed. DO NOT OVERMIX. Batter will be lumpy.
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 3 ½ cups	
Vegetable oil		½ cup		1 cup	
Reduced fat Cheddar cheese, shredded (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh green chili peppers, chopped (optional)	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
					3. Pour 4 lb 14 oz (2 qt 2 cups) batter into each half-sheet pan (18" x 13" x 1") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. Bake until lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 20-25 minutes
					5. Cut each half-sheet pan 5 x 10 (50 pieces per pan).

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Green chili peppers	5 oz	10 oz

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SERVING:	YIELD:	VOLUME:
1 piece provides 1 serving of grains/breads.	50 Servings: 4 lb 14 oz (batter) 1 half-sheet pan	50 Servings: about 2 quarts 2 cups (batter) 50 pieces
	100 Servings: 9 lb 12 oz (batter) 2 half-sheet pans	100 Servings: 1 gallon 1 quart (batter) 100 pieces

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Special Tip:
For 50 servings, use 1 ½ oz (½ cup) dried whole eggs and ½ cup water in place of eggs.

For 100 servings, use 3 oz (1 cup) dried whole eggs and 1 cup water in place of eggs.

Nutrients Per Serving					
Calories	108	Saturated Fat	0.45 g	Iron	0.90 mg
Protein	2.65 g	Cholesterol	13 mg	Calcium	68 mg
Carbohydrate	18.03 g	Vitamin A	51 IU	Sodium	151 mg
Total Fat	2.82 g	Vitamin C	0.1 mg	Dietary Fiber	1.0 g