

Mexicali Corn

Vegetable

Vegetables

I-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn,	4 lb 2 oz OR 3 lb 12 oz	2 qt 2 ⅜ cups (1 No. 10 can) OR 2 qt 2 ½ cups	8 lb 4 oz OR 7 lb 8 oz	1 gal 1 ⅝ qt (2 No. 10 cans) OR 1 gal 1 ¼ qt	1. Combine corn, green peppers, and onions.
*Fresh green pepper, finely chopped	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
*Fresh onions, chopped OR Dehydrated onions	6 oz OR 1 oz	1 cup OR ½ cup	12 oz OR 2 oz	2 cups OR 1 cup	2. To steam: Place corn mixture in steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Heat uncovered, in steamer at 5 lb pressure. For canned corn, heat 4-8 minutes. For frozen corn, heat 9-13 minutes. To heat: Place corn mixture in stock pot or steam-jacketed kettle. For 50 servings, add 2 cups water. For 100 servings, add 1 qt water. Heat, uncovered. Drain. Pour into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. CCP: Heat to 140° F or higher.
Canned chopped pimientos, drained	3 oz	¼ cup 1 Tbsp	6 oz	½ cup 2 Tbsp	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	3. Add pimientos, margarine or butter, and seasonings. Stir lightly.
†Seasonings					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).
Chili powder		1 ¼ tsp		2 ½ tsp	
Ground cumin		¾ tsp		1 ½ tsp	
Paprika		½ tsp		1 tsp	
Onion powder		½ tsp		1 tsp	

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Comments:
*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 2 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Green peppers	10 oz	1 lb 4 oz
Mature onions	7 oz	14 oz

SERVING:	YIELD:	VOLUME:
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1/4 cup (No. 16 scoop) provides 1/4 cup of vegetable.

50 Servings:

about 5 lb 3 oz
1 steamtable pan

100 Servings:

about 10 lb 6 oz
2 steamtable pans

50 Servings:

about 3 quarts 1/2 cup

100 Servings:

about 1 gallon 2 1/4 quarts

Tested 2004

Nutrients Per Serving					
Calories	42	Saturated Fat	0.25 g	Iron	0.41 mg
Protein	1.10 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	7.72 g	Vitamin A	204 IU	Sodium	132 mg
Total Fat	1.33 g	Vitamin C	7.8 mg	Dietary Fiber	0.9 g