

CARROTS - Fresh or Frozen
serving size = 1/2 cup vegetable

INGREDIENTS	NUMBER OF SERVINGS		
	12	24	36
Carrots, cooked and drained	1½ qt	3 qt	1 gal + 2 cups
RESOURCE® THICKENUP® Instant Food Thickener	¼ cup	½ cup	¾ cup

HOW TO PREPARE:

- Puree cooked, drained carrots with hot liquid until smooth in texture.
- Add **THICKENUP®** Instant Food Thickener and process briefly until mixed. (*Scrape sides of blender or food processor bowl as needed to assure that all thickener is incorporated.*)
- For each serving, portion #12 scoop into mold coated with non-stick cooking spray; spread evenly.
- Place on tray; cover and freeze until solid.
- After mixture is frozen (about 2 hours), press shapes out of the mold and place on a sheet pan or steam table pan coated with non-stick cooking spray.
- Cover tightly with aluminum foil and/or film and heat as directed below, to 165°F.
- Hold for service at internal temperature of 135°F or higher.
Successful holding (over 30 minutes) requires using a broth slurry in the bottom of the steam table pan to protect the molded food from overcooking. After heating, add ⅓ cup slurry per molded food portion in each pan. This slurry also makes acceptable gravy.
- Portion one molded shape per serving.

NOTE: Measurements of liquid and **THICKENUP®** Instant Food Thickener may be adjusted to achieve desired consistency.

	CONVENTIONAL OVEN AT 375°F	CONVECTION OVEN AT 325°F	STEAMER*
MEATS	20 to 25 minutes	15 to 20 minutes	20 minutes
VEGETABLES	20 minutes	15 minutes	15 minutes

**Mixture may be left in mold when heating in steamer. Place frozen mold form directly on a sheet pan. Cover with foil and/or film; steam as directed to 165°F. Invert mold over sheet pan and push to remove food shapes. Hold for service at internal temperature of 135°F or higher.*