

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06B

Ingredients	50 Servings		100 Servings		Directions						
	Weight	Measure	Weight	Measure							
Active dry yeast (see Special Tip)	2 Tbsp	1 ½ tsp	2 oz	¼ cup	1 Tbsp 1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.						
Water, warm (110° F)		3 cups		1 qt	2 cups						
Enriched all-purpose flour	2 lb	10 oz	5 lb	4 oz	1 gal	1 qt					
Vegetable oil		¼ cup		½ cup	3. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.						
					4. Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.						
Salt		1 tsp		2 tsp							
Sugar		2 Tbsp		2 oz	¼ cup						
Dried basil		2 Tbsp	¼ tsp	¼ cup	½ tsp	5. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for step 9.					
Dried oregano		1 Tbsp	2 tsp	3 Tbsp	1 tsp						
Dried marjoram		1 ½ tsp		1 Tbsp							
Dried thyme		¼ tsp		½ tsp							
*Fresh green or red bell peppers, chopped	1 lb	4 oz	3 ¾ cups	2 Tbsp	2 lb	8 oz	1 qt	¾ cups	6. Mix peppers, carrots, mushrooms, onions, yellow squash, and zucchini into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Steam vegetable mixture for 3 minutes.		
*Fresh carrots, shredded		7 ½ oz		1 ½ cups		15 oz	3 cups				
*Fresh mushrooms, sliced		7 ½ oz		¾ cup	3 Tbsp	15 oz	1 ¾ cups	2 Tbsp			
*Fresh red onions, chopped		6 ¼ oz		1 cup	1 Tbsp	12 ½ oz	2 cups	2 Tbsp			
*Fresh yellow squash, sliced		12 ½ oz		3 cups	2 Tbsp	1 lb	9 oz	1 qt	2 ¼ cups		
*Fresh zucchini, sliced		1 lb	¼ oz		3 ½ cups	2 lb	½ oz	1 qt	3 cups		
*Fresh tomatoes, chopped		1 lb	5 ¼ oz		¾ cup	3 Tbsp	2 lb	10 ½ oz	1 ¾ cups	2 Tbsp	7. Add tomatoes to vegetables and mix. Reserve for step 9.

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<p>Lite mozzarella cheese, shredded</p>	<p>1 lb 9 oz</p>	<p>1 qt 2 ¼ cups</p>	<p>3 lb 2 oz</p>	<p>3 qt ½ cup</p>	<p>8. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".</p> <p>9. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding.</p> <p>For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture</p> <p>For 24" x 8" rectangle use: 1st layer-2 ½ oz cheese 2nd layer-1 ¾ tsp seasonings 3rd layer-9 oz vegetable mixture</p> <p>10. Fold top third of dough over cheese and vegetable mixture. Place another layer of cheese, seasoning, and vegetable on top of folded dough as follows:</p> <p>For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture</p> <p>For 24" x 8" rectangle use: 1st layer-2 ½ oz cheese 2nd layer-1 ¾ tsp seasoning 3rd layer-9 oz vegetable mixture</p> <p>11. Fold bottom third of dough over the second layer of cheese and vegetable. Pinch to seal end and top seams. (If desired, brush seams with egg wash)</p> <p>12. Place rolled dough on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.</p> <p>13. Allow rolled stromboli to rise for 30 minutes.</p> <p>14. Bake until crust is lightly browned: Convection oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes</p> <p>15. Remove from oven. Let stand for 15 minutes before cutting.</p>
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16. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces).
Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces).
17. CCP: Hold for hot service at 135° F or higher.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Bell peppers	1 lb 9 oz	3 lb 2 oz
Carrots	9 oz	1 lb 2 oz
Mushrooms	8 oz	1 lb
Red onions	8 oz	1 lb
Yellow squash	14 oz	1 lb 12 oz
Zucchini	1 lb 2 oz	2 lb 4 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz

SERVING:

1 piece provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.

YIELD:

50 Servings: 2 ½ stromboli rolls
about 10 lb 4 oz

100 Servings: 5 stromboli rolls
about 20 lb 8 oz

VOLUME:

50 Servings: 50 pieces
2 pans

100 Servings: 100 pieces
3 pans

Tested 2004

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

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Nutrients Per Serving			
Calories	145	Saturated Fat	1.19 g
Protein	7.09 g	Cholesterol	5 mg
Carbohydrate	22.28 g	Vitamin A	1205 IU
Total Fat	3.01 g	Vitamin C	13.1 mg
		Iron	1.65 mg
		Calcium	123 mg
		Sodium	126 mg
		Dietary Fiber	1.6 g