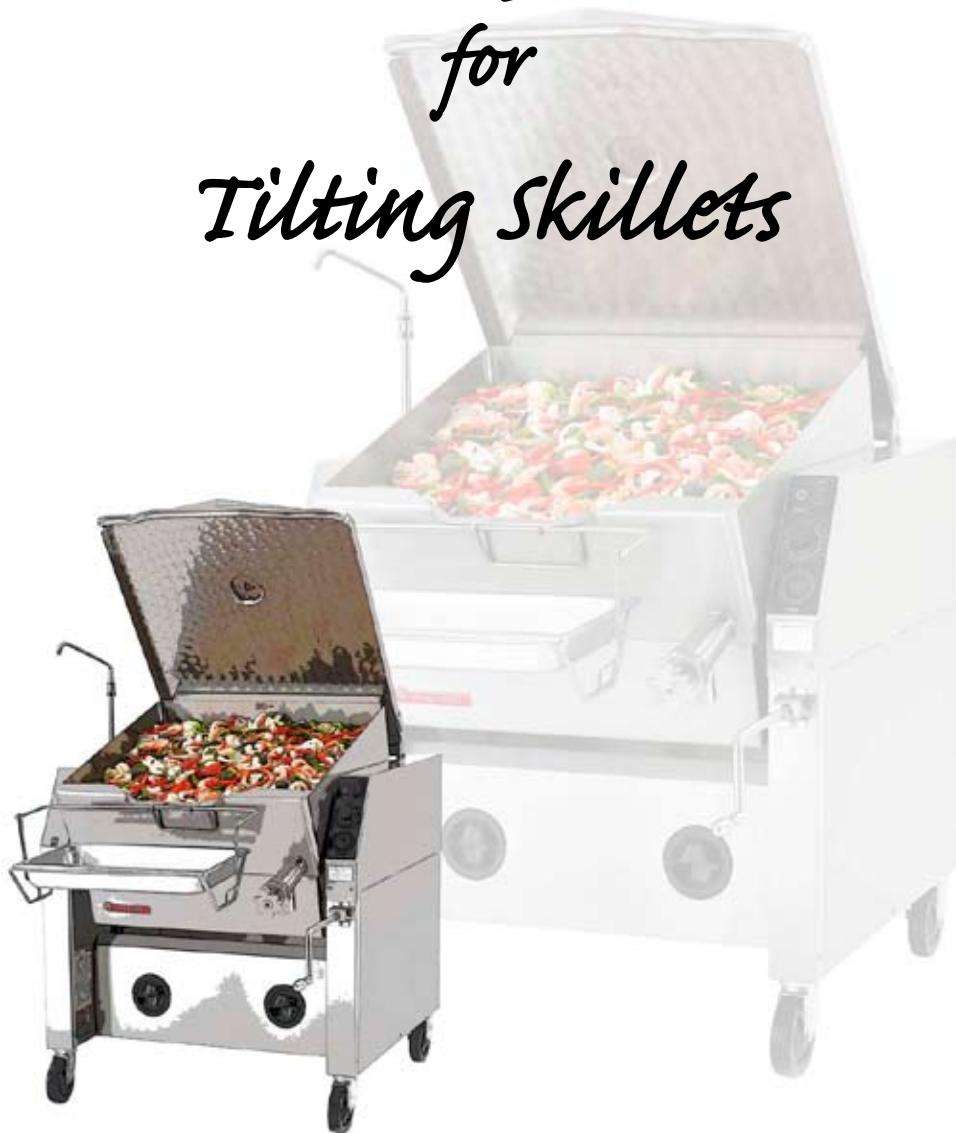


*Recipes  
for  
Tilting skillets*



Form Number: S-2294

03/07

Printed in U.S.A.



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# Tilting Skillet Recipes

The versatile Market Forge Tilting Skillet is many pieces of equipment in one. It's a grill, a shallow pan fryer, a sauté pan, a braising pan and a kettle. The skillet can be used to sauté, braise, fry, grill, simmer, stew, boil and roast. The skillet's performance can be measured by its greater capacity, convenience, ease of use, speed and labor saved. Also, strenuous lifting, time consuming transfers and excessive pot washing is eliminated. The skillet has a built in shut off that is activated when the pan is tilted 10° so that the additional heat is not used as food is tilting out of the skillet.

We hope that you enjoy using the Market Forge Tilting Skillet and find these recipes useful. All of your favorite recipes that you are now using can easily be adapted for the skillet by establishing the temperature setting.

Market Forge cooking equipment meets the needs of commercial kitchens. Visit us at [www.mfii.com](http://www.mfii.com)!

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### **BASIC METRIC CONVERSIONS:**

1 ounce = 28 grams  
1 pound = 450 grams or .45 kilograms  
2.2 pounds = 100 grams or 1 kilogram  
1 fluid ounce = 30 milliliters  
1 quart = 946 milliliters or .946 liters  
  
1 liter = 1000 milliliters or 1.057 quarts  
1 teaspoon = 5 milliliters  
1 tablespoon = 15 milliliters  
1 gallon = 3.78 liters

To convert ounces to grams, multiply by 28.0. To convert pounds to kilograms, divided the pounds by 2.2.

Water boils at 100°C - 212°F. Water freezes at 0°C - 32°F.

# Breakfast Entrees

## Oatmeal

Yield: 100 - 1/2 cup, 4 oz. (120 ml) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
7 gal. 3 oz. 6 lbs. 8 oz.	26.5 l 85 g 3 kg	Water Salt Old Fashioned Oats	1. Set thermostat to 225-250°F (107-121°C) add water and bring to a boil. 2. Add salt and gradually blend in oats. 3. Cook for approximately 15 minutes stirring occasionally.

## Scrambled Eggs

Yield: 100 - 4 oz. (120 ml) servings.  
3 gal. (11.4 l)

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
18 doz. 3 qts. 1 lb. 8 oz.	18 doz. 2.8 l 680 g	Eggs Milk Butter or Margarine	1. Beat eggs and milk together. 2. Preheat skillet to 300°F (150°C) melt butter add egg mixture. Reduce heat to 200°F (95°C). Stir slowly until desired consistency is reached. 3. Remove egg immediately to prevent over cooking. Season to taste.

## Fritters

Yield: 100 Servings (#30 scoop)

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
4.5 gal. 4 lbs. 1 tbsp. 4 oz. 2 oz. 12 each 2 qts. 6 oz	15-19 l 1.8 kg 1 tbsp 114 g 58 g 12 each 1.9 l 170 g	Oil Flour Salt Baking powder Sugar Eggs, beaten Milk Fat, melted	1. Add oil to skillet and preheat to 375°F (190°C). 2. Sift dry ingredients together. 3. Combine eggs, milk and fat. Add dry ingredients. Mix only enough to moisten dry ingredients. 4. Using a #30 scoop, drop into hot fat. Brown on both sides. Remove and drain.

### Variations:

Apple Fritters - Add 2 lbs. (900 g) apples, peeled and finely chopped.

Corn Fritters - Add 2 qts. (1.9 l) whole kernel corn, drained.

Fruit Fritters - Add 1 1/2 qts. (1.4 l) banana, peach, pineapple etc., drained.

## French Toast

Yield: 50 Slices - 25 Servings

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
1 1/2-2 doz. 1 qt. 1/2 oz. 4 oz. 1 tsp. 50 slices 2 cups	1 1/2-2 doz. 0.95 l 14 g 113 g 1 tsp 50 slices 473 ml	Eggs Milk Salt Sugar Nutmeg, ground Bread slices* Oil or Shortening	<ol style="list-style-type: none"> <li>1. Beat eggs. Blend in milk, salt, sugar and nutmeg.</li> <li>2. Preheat skillet to 350-375°F (175-190°C). Add oil and heat.</li> <li>3. Dip bread into egg mixture. Place on skillet starting at the back; when last slice is down, turn first slice placed in the skillet over and so on. Once you have turned the last slice start removing the slices in the order of flipping.</li> <li>4. Sprinkle with powdered sugar to serve.</li> </ol>

Skillet Size	Capacity Per Load
23 Gal.	35 Pieces
40 Gal.	50 Pieces

\*Bread may be cut into triangles before dipping. French bread and sour dough bread make excellent french toast.

## Hash Brown Potatoes

Yield: 100 - 4 oz. (115 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
2 lbs. 25 lbs. 1 oz. 1/4 oz. 4 lbs.	900 g 11.3 kg 28 g 7 g 1.8 kg	Butter or Margarine or Half Butter and Oil Cooked potatoes, shredded or diced Salt Pepper Onions, chopped*  *Optional	<ol style="list-style-type: none"> <li>1. Preheat skillet to 350°F (175°C).</li> <li>2. Add fat and heat. When hot add potatoes and optional onions. Season with salt and pepper.</li> <li>3. Turn potatoes over occasionally and cook until potatoes are heated and golden brown.</li> </ol>

Cottage Fried Potatoes - Slice cooked potatoes 1/4" (6mm) thick and proceed with above recipe.

# Rice

## Mexican Rice

Yield: 100 - 4 oz. (113 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
80 oz.	226 g	Butter or Margarine	<ol style="list-style-type: none"> <li>1. Preheat skillet to 300°F (150°C).</li> <li>2. Melt butter or margarine. Add rice and stir for about 10 minutes.</li> <li>3. Add green peppers, onions and garlic and cook stirring about 10 more minutes.</li> <li>4. Add all remaining ingredients, increase heat to 350°F (177°C) blend well and bring to a boil.</li> <li>5. Reduce heat to 200-225°F (95-105°C) cover and simmer 20 to 30 minutes until all liquid is absorbed.</li> </ol>
5 lbs.	2.3 kg	Rice, raw	
2 lbs.	0.9 kg	Onions, finely chopped	
1 lb.	0.45 kg	Green Peppers, finely chopped	
1/2 tsp.	1/2 tsp.	Garlic Powder	
2 oz.	57 g	Salt	
2 qts.	1.9 l	Tomato Paste	
5 qts.	4.7 l	Water	

## White Rice

Yield: 100 - 3 oz. (85 g) servings.

3 1/2 gal. (13 l)

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
6 lbs. 8 oz.	2.9 kg	Rice, long grain	<ol style="list-style-type: none"> <li>1. Set thermostat to 400°F (204°C). Add water, cover and bring water to a boil.</li> <li>2. Stir in salt, fat and rice. Reduce heat to 200°F (95°C) cover and simmer for 15-20 minutes.</li> <li>3. Remove from skillet to prevent over cooking. Drain.</li> </ol>
2 oz.	56 g	Salt	
4 oz.	113 g	Oil, Margarine or Butter	
6 1/2 gal.	24.6 l	Water	

### Maximum Skillet Capacity

Skillet Size	Rice	No. 3 oz (85 g) Servings
23 gal.	16 lbs. (7.2 kg)	240
40 gal.	35 lbs. (15.8 kg)	525

# Entrees

## Pasta

Yield: 50 - 8 oz. (230 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
5 lbs. 8 oz. 2 1/2 oz. 1 1/2 oz. 5 1/2 gal.	2.5 kg 70 g 44 ml 21 l	Pasta Salt Oil, Margarine or Butter Water	<ol style="list-style-type: none"> <li>1. Set thermostat to 400°F (204°C). Add water, cover and bring water to a boil.</li> <li>2. Add salt, oil, and pasta. Stir well.</li> <li>3. Cook to desired doneness, 6-15 minutes, depending on the size and thickness of pasta.</li> <li>4. Remove pasta, drain and rinse with cold water to prevent further cooking.</li> </ol>

### Maximum Skillet Capacity

Skillet Size	Rice
23 gal.	12 lbs. (5.4 kg)
30 gal.	18 lbs. (8.1 kg)
40 gal.	24 lbs. (10.8 kg)

## Barbecued Beef

Yield: 100 - 4 oz. (115 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
17 lbs. 8 oz. 2 lbs. 8 oz. 1 1/2 qts. 6 lbs. 8 oz. 5 1/2 oz. 12 oz. 2 lbs. 3/4 oz. 2 oz.	8kg 1 kg 1.4 kg 3 kg 115 gm 340 gm 900 gm 20 gm 55 gm	Ground Beef Vinegar Water Ketchup Brow Sugar Onions, chopped fine Celery, chopped fine Dry Mustard Salt	<ol style="list-style-type: none"> <li>1. Preheat skillet to 300-325°F (150-162°C).</li> <li>2. Brown ground beef in skillet.</li> <li>3. Add celery and onions and sauté in fat from ground beef.</li> <li>4. Add remaining ingredients and mix thoroughly.</li> <li>5. Reduce heat to 225°F (107°C) and simmer approximately 20 minutes.</li> <li>6. Remove to serving pan.</li> <li>7. Place 4 oz. (115 gm) portion on bottom half of hamburger roll. Cover with top half of roll and serve.</li> </ol>

## Beef Stew

Yield: 100 - 4 oz. (115 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
20 lbs.	9 kg	Beef, chuck, cubed	<ol style="list-style-type: none"> <li>1. Dredge beef in mixture of flour, salt and pepper.</li> <li>2. Preheat oil in skillet to 300°F (150°C). Sauté beef cubes in hot fat until well browned.</li> <li>3. Blend in water, tomatoes, bay leaves, garlic and kitchen bouquet. Bring to a boil. Reduce temperature to 225°F (107°C), cover and simmer until beef is tender (about 1 1/2) hours. Add more water if necessary.</li> <li>4. Add vegetables, bland and cook for 30 minutes or until tender. Taste and adjust seasonings.</li> <li>5. Blend flour and cold water to desired thickness. Stir into stew and cook until thickened.</li> </ol>
1 lb. 8 oz.	680 g	Flour	
2 oz.	57 g	Salt	
2 tsp.	2 tsp	Pepper	
2 cups	470 ml	Shortening or Oil	
4 gal.	15 l	Water	
2 qts.	1.9 l	Tomatoes, canned	
3	3	Bay Leaves	
4 cloves	4	Garlic, minced	
to taste		Kitchen Bouquet *	
8 lbs.	3.6 kg	Potatoes, diced	
4 lbs.	1.8 kg	Carrots, Sliced	
3 lbs.	1.4 kg	Onions, chopped	
4 lbs.	1.8 kg	Celery, chopped	
12 oz.	340 g	Flour	
3 cups	710 ml	Cold Water	
		* Optional	

## Chicken Cacciatore

Yield: 50 Portions.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
1 qt.	1 l	Oil	<ol style="list-style-type: none"> <li>1. Preheat skillet to 235-350°F (163-177°C).</li> <li>2. Dredge chicken in flour seasonings with salt and pepper.</li> <li>3. Pan fry floured chicken in oil until golden brown. Place to one side of skillet.</li> <li>4. Add mushrooms, onions, green peppers and garlic. Sauté at 300°F (150°C).</li> <li>5. Add crushed tomatoes and seasonings.</li> <li>6. Blend well and distribute sauce over chicken.</li> <li>7. Put cover down and simmer at 200°F (95°C) for approximately 15 minutes.</li> <li>8. Add sherry - simmer 5 minutes. Remove to serving pan.</li> </ol>
50 pieces	50 pieces	Chicken, quarters	
2 lbs.	900 g	Flour	
1 oz.	28 g	Salt	
1/8 oz.	3 g	Pepper	
3 lbs.	1.36 kg	Onions, sliced	
3 lbs.	1.36 kg	Mushrooms, sliced	
2 lbs.	900 g	Green Peppers, sliced	
2 tsp	2 tsp	Garlic, finely chopped	
12 lbs. 12 oz.	5.8 kg	Tomatoes, crushed	
1 tsp.	1 tsp	Crushed Oregano	
1 pt.	1/2 l	Sherry	

Skillet Size	Capacity Per Load	Capacity Per Hour
23 gal.	50	50
40 gal.	70	70

## Pan Fried Chicken

Yield: 50 Servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
50 or 13	50 or 13	Fryer Quarters or Fryers, about 2 1/2 lbs. (1.1 kg) cut into quarters	<ol style="list-style-type: none"> <li>1. Dip chicken quarters in beaten eggs then coat in seasoned flour.</li> <li>2. Put shortening or oil in skillet about 1/2" (13mm) and heat to 350°F (175°C). Fry chicken in hot oil. Skin side down until golden brown. Reduce heat to 300°F (150°C) turning chicken over finishing cooking and browning at lower temperature. Total cooking time is about 20-25 minutes depending on weight of chicken.</li> <li>3. Remove chicken and serve. Drain skillet.</li> </ol>
1-1 1/2 doz.	1-1 1/2 doz	Eggs, beaten	
2 lbs.	0.9 kg	Flour	
1 oz.	28 g	Salt	
2 tsp	2 tsp	Pepper	
1/2 oz	14 g	Paprika	
16 lbs.	7.3 kg	Shortening or Oil	
2 gal.	7.6 kg		

Skillet Size	Capacity Per Load
23 gal.	50
40 gal.	80

## Chili

Yield: 50 - 8 oz. (227 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
10 lbs.	4.5 kg	Beef, coarse ground	<ol style="list-style-type: none"> <li>1. Preheat skillet to 300°F (150°C).</li> <li>2. Brown meat lightly, stirring to break into small pieces. Drain off excess fat.</li> <li>3. Add onions and green peppers and cook until soft.</li> <li>4. Add remaining ingredients, except beans and bring to a boil. Reduce heat to 200-225°F (95-107°C) and simmer, stirring occasionally for 1 hour.</li> <li>5. Add beans and simmer for 15-20 minutes covered. Serve garnished with grated cheddar cheese, raw chopped onions, sour cream.</li> </ol>
2 lbs.	0.9 kg	Onions, chopped	
2 lbs.	0.9 kg	Green Peppers, chopped	
10 lbs. (5 qts.)	4.5 kg (4.7 l)	Tomatoes, canned	
2 lbs. (1 qt.)	0.9 kg (0.9 l)	Tomato Puree	
2 oz.	57 g	Chili Powder	
1 oz.	28 g	Salt	
1 tsp.	1 tsp	Cayenne Pepper	
2-#10 cans	6.3 kg	Beans (Pinto or Red Kidney, canned, drained)	

## Macaroni Beef & Tomato

Yield: 100 - 6 oz. (170 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
3 lbs. 8 oz. 5-6 gal. 4 oz.	1.58 kg 19-23 l 115 g	Macaroni, Elbow, raw Water Salt	1. Bring water to a boil in skillet. Stir in first, salt and macaroni and cook until just barely tender. Wash, drain and reserve for later use.
2 lbs. 8 oz. 1 lbs. 10 oz. 18 lbs. 9 qts. 1 qt. 2 oz. 1 tap.	1.13 kg 0.45 kg 208 g 8.2 kg 8.5 l 0.9 l 57 g 1 tsp	Onions, chopped Green Peppers, chopped Butter or Margarine Ground Beef Tomatoes, canned Tomato Puree Salt Pepper	2. Preheat skillet to 325°F (165°C). Add onions, green peppers and butter and sauté for 5-10 minutes. Add ground beef, continue browning, stirring to separate beef into small pieces. 3. Add tomatoes, tomato puree, salt and pepper, bring to a boil. 4. Lower temperature to 225°F (107°C) cover and simmer for about 1 hour. 5. Add cooked macaroni and bland carefully. Cook for 10 minutes or until macaroni is cooked through.

## Taco Meat Filling

Yield: 200 Tacos - 2 oz. (28 g) - 1/4 cup filling / taco shell.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
24 lbs. 2 lbs. 1 tbsp. 4 oz. 1 oz. 2 oz. 2 gal.	10.8 kg 0.9 kg 1 tbsp 113 g 28 g 56 g 7.6 l	Ground Beef Onions, chopped Garlic Powder Chili Powder Cumin Powder Salt Tomatoes, canned	1. Preheat skillet to 300°F (150°C). Add beef, stirring frequently to break into small pieces till brown. Drain off excess fat. 2. Add onions and sauté until transparent. Add remaining ingredients, blend well. 3. Lower thermostat to 225°F (107°C) and simmer for 30 minutes to 1 hour, stirring occasionally.  Serve 1/4 cup taco filling in taco shell and garnish with any of the following: <ul style="list-style-type: none"> <li>• Shredded Lettuce</li> <li>• Chopped Tomatoes</li> <li>• Grated Cheese</li> <li>• Chopped Onions</li> <li>• Salsa Sauce</li> </ul>

## Pot Roast of Beef

Yield: 100 - 3 oz. (85 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
2 cups 40 lbs.	470 ml 18 kg	Oil or Shortening Beef, boneless chuck or round	<ol style="list-style-type: none"> <li>Season meat with salt and pepper. Pre-heat skillet to 350°F (175°C). Heat oil in skillet.</li> <li>Add meat to skillet and brown well on all sides. About half way through browning process add carrots, celery and onions and continue browning meat.</li> <li>Reduce heat to about 200°F (95°C).</li> <li>Add water, tomato puree and bay leaves, cover and simmer slowly until meat is tender. About 3-4 hours.</li> <li>Reduce meat and strain juices. Make gravy from juices and adjust seasonings.</li> </ol>
2 oz.	56 g	Salt	
1 tsp.	1 tsp	Pepper	
1 lb.	453 g	Carrots, chopped	
1 lb.	453 g	Celery, chopped	
1 lb.	453 g	Onions, chopped	
1 gal.	3.8 l	Water	
2 qts.	1.9 l	Tomato Puree	
2	2	Bat Leaves	

## Swiss Steak

Yield: 100 - 4 oz. (115 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
3 cups 25 lbs.	0.7 l 11 kg	Oil Bottom Round Steaks 4 oz. (115 g), trimmed	<ol style="list-style-type: none"> <li>Preheat skillet to 300°F (150°C).</li> <li>Pound steaks and dredge with seasoned flour.</li> <li>Sear steaks in skillet on both sides until well browned, approximately 10 minutes the transfer steaks to roasting pan .</li> <li>Saute celery, onions and green peppers and remove to roasting pan.</li> <li>Add water to skillet and bring to full boil to produce stock. Add roux and blend gravy. Cook for approximately 15 minutes. Reduce heat to 225°F (107°C).</li> <li>Add meat and vegetables back to skillet. Add tomatoes.</li> <li>Lower cover and cook for approximately 1 hour or until meat is tender.</li> </ol>
10 oz.	285 gm	Flour	
1 oz.	25 gm	Salt	
2 tsp.	2 tsp	Pepper	
2 lbs.	900 gm	Onions	
1 lb.	450 gm	Celery	
1 lb.	450 gm	Green Peppers	
8 lbs.	3.6 kg	Tomatoes, canned	
8 oz.	235 gm	Roux	
2 gal.	7.6 l	Water	
<b>Skillet Size</b>	<b>Capacity Per Load</b>	<b>Per Hour</b>	
23 gal.	100	1 1/2 hours	
40 gal.	135	1 1/2 hours	

## Sauces

### Spaghetti Meat Sauce

Yield: 4 1/2 gal. (17 l)

96 - 6 oz. (170 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
8 lbs.	3.6 kg	Ground Beef	<ol style="list-style-type: none"> <li>1. Preheat skillet to 325°F (163°C).</li> <li>2. Add ground beef and brown lightly. Add onions, celery, carrots, parsley, garlic and herbs and cook at 250°F (120°C) covered until soft but not browned.</li> <li>3. Add salt, pepper, tomatoes, and tomato puree. Increase heat to 350°F (175°C) and bring to a boil. Reduce heat to 225°F (107°C), cover and cook the sauce for 2-3 hours, stirring occasionally. Taste sauce to adjust seasoning as desired.</li> </ol>
2 lbs.	900 g	Onions, finely chopped	
8 oz.	226 g	Celery, finely chopped	
8 oz.	226 g	Carrots, finely chopped	
2 oz.	56 g	Parsley, finely chopped	
1 oz. (8 cloves)	28 g	Garlic, minced	
1 1/2 oz.	42 g	Basil, dried, crushed	
1 oz.	28 g	Oregano, dried, crushed	
2 each	2 each	Bay leaves	
2-3 oz.	56-85 g	Salt	
1/2 oz.	14 g	Pepper	
13 lbs. (#10 can <sup>2</sup> )	5.9 kg	Tomatoes, canned	
14 lbs. (#10 can <sup>2</sup> )	6.3 kg	Tomato Puree	

## Soups

### Beef Rice Soup

Yield: 12 gal. (45.4 l)

192 - 8 oz. (240 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
8 lbs.	3.6 kg	Ground Beef	<ol style="list-style-type: none"> <li>1. Preheat skillet to 275°F (135°C).</li> <li>2. Sauté ground beef in preheated skillet until brown.</li> <li>3. Add stock, rice and vegetables to meet; heat until stock just comes to a boil. Cover lower thermostat to approximately 200°F (95°C), and simmer until rice is cooked about 20-25 minutes.</li> <li>4. Add remaining ingredients. Simmer at 200°F (95°C) for 30 minutes to an hour to allow flavors to develop.</li> </ol>
10 lbs.	38 l	Beef Stock	
1 lb. 8 oz.	680 g	Rice, raw	
2 lbs.	907 g	Onions, chopped	
3 lbs.	1.4 kg	Carrots, chopped	
2 (#10 cans)	6.6 l	Tomatoes, canned	
12 oz.	340 g	Ketchup	
4 oz.	113 g	Worcestershire Sauce	
1 oz.	28 g	Salt	
1 tbsp	7 g	Pepper	

## Cream Soup (*Basic Recipe*)

Yield: 10 gal. (37.8 l)

200 - 6 oz. (180 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
3 lbs.	1.36 kg	Butter or Margarine	<ol style="list-style-type: none"> <li>1. Preheat skillet to 200°F (95°C).</li> <li>2. Melt butter or margarine and turn thermostat off. With thermostat off, blend in flour and seasonings stirring constantly with whip until smooth. DO NOT BROWN.</li> <li>3. Add milk, stirring constantly with whip to blend thoroughly.</li> <li>4. Turn thermostat back on to 225°F (107°C) and cook stirring until consistency of thin white sauce. DO NOT ALLOW TO BOIL.</li> <li>5. Add puree vegetables and optional chopped onions. Remove and serve.</li> </ol>
1 lb. 8 oz.	680 g	Flour	
4 oz.	113 g	Salt	
2 tsp.	4.4 g	Pepper	
9 gal.	34 l	Milk	
2 1/2 gal.	9.5 l	Vegetables Puree**	
6 oz. - 1 lb.	170-453 g	Onions, finely chopped*	

\*Optional.

\*\*Vegetable Puree - Such as Asparagus Puree, Cream Style Corn Puree, Pureed Peas, Pureed Spinach, Mashed Potatoes.

## Onion Soup

Yield: 10 gal. (37.8 l)

160 - 8 oz. (240 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
2 lbs.	907 g	Butter or Margarine	<ol style="list-style-type: none"> <li>1. Preheat skillet to 350°F (175°C).</li> <li>2. Heat butter and oil in preheated skillet then add onions. Cook onions for 3-5 minutes stirring constantly.</li> <li>3. Reduce heat to 225-250°F (107-120°C) and simmer onions covered with vent open for 45 minutes or until onions are soft and deep golden brown.</li> <li>4. Increase thermostat to 350°F (175°C) add stock and carrots and bring to a boil. Taste and adjust seasonings. Keep warm until served.</li> </ol>
1 1/4 cups	590 ml	Oil	
20 lbs.	9 kg	Onions, thinly sliced	
10 gal.	38 l	Beef Stock	
5 lbs.	2.3 kg	Carrots, thinly sliced	
<p>*Optional - 3/4" (19mm) thick slices of day old french bread topped with shredded cheese.</p> <p>Before serving place *bread slices on sheet pan and toast in a 300-325°F (150-165°C) oven until golden brown. Remove from oven and set aside. Place toasted bread slices in individual soup bowls, top bread with shredded cheese, if desired. Spoon hot soup into bowls and serve hot.</p>			

## Navy Bean Soup (or Split Pea Soup)

Yield: 10 gal. (37.8 l)

160 - 8 oz. (240 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
10 lbs.	37.8 l	Water	<ol style="list-style-type: none"> <li>1. Soak beans overnight in salted water.</li> <li>2. Next day, add ham bone and simmer at 250°F (120°C) until beans are tender, about 2 hours. Stir occasionally.</li> <li>3. Add remaining ingredients and simmer for 30 minutes.</li> </ol>
15 lbs.	6.8 kg	Dry Navy Beans or Split Peas	
4 oz.	115 g	Salt	
6 lbs.	2.7 kg	Ham Shank or Bone	
3 lbs.	1.4 kg	Celery, diced	
3 lbs.	1.4 kg	Onions, chopped	
3 lbs.	1.4 kg	Carrots, Grated	
1/2 oz.	15 g	Pepper	

## Vegetable Soup

Yield: 12 gal. (46 l)

192 - 8 oz. (240 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
12 lbs.	5.4 kg	Ground Beef	<ol style="list-style-type: none"> <li>1. Preheat skillet to 275°F (135°C).</li> <li>2. Sauté ground beef in skillet until lightly browned.</li> <li>3. Add beef stock, onions, potatoes, carrots, celery, tomatoes, tomato juice and raw rice. Bring to a simmer; then reduce heat to 200°F (93°C) and cook for 30 minutes or until vegetables are tender.</li> <li>4. Add seasoning, green beans and peas. Simmer for 1 hour.</li> </ol>
6 gal.	22.7 l	Beef Stock	
4 lbs.	1.8 kg	Onions, chopped	
3 lbs.	1.4 kg	Potatoes, diced	
2 lbs.	907 g	Carrots, diced	
1 lb.	450 g	Celery, diced	
2 (#10 cans)	6.6 l	Tomatoes, canned	
1 1/2 qts.	1.4 l	Tomato Juice	
1 lb. 8 oz.	680 g	Rice, raw	
3 oz.	84 g	Salt	
1/4 oz.	7 g	Garlic Powder	
1/2 oz.	14 g	Pepper	
2 lbs.	907 g	Green Beans	
6 lbs.	2.7 kg	Green Peas	

# Miscellaneous

## Refried Beans

Yield: 48 - 4 oz. (115 g) servings.

Measures (U.S.)	Measures (Metric)	Ingredients	Directions
8 oz.	227 g	Lard or Shortening	<ol style="list-style-type: none"> <li>1. Preheat skillet to 300°F (150°C), melt fat and sauté onions until transparent.</li> <li>2. Add beans and cook stirring until dry.</li> <li>3. Add all remaining ingredients except cheese and cook stirring until well blended. Add cheese stir until cheese begins to melt.</li> <li>4. Serve on preheated plates.</li> </ol>
2 lbs. 10 oz.	1.2 kg	Onions, finely chopped	
1 tsp.	1 tsp	Garlic Powder	
2 (#10 cans)	6.3 kg	Pinto or Kidney Beans, canned, well drained	
8 oz.	227 g	Tomato Pate	
3/4 oz.	21 g	Chili Powder	
1 oz.	28 g	Salt	
1 tbsp.	1 tbsp	Oregano, dried	
2 lbs.	908 g	Cheese, grated.	

## Vegetables

Yield: 25 - 3 oz. (85 g) servings per 12" x 20" x 2.5" pan.

6 lbs. (2.7 kg) vegetables per pan.

		Directions
		<ol style="list-style-type: none"> <li>1. Set skillet temperature to 400°F (204°C) and fill skillet with about 1" to 2" of water. Cover and bring to a boil. Place 1, 2 or 3 pan holder inserts in skillet depending on pan size or invert 1 to 3 - 2.5" deep perforated pans in skillet.</li> <li>2. Put up to 6 lbs. of frozen or fresh vegetables into each perforated pan. Place pan(s) in insert(s) or on top of inverted pans. Cover, reduce temperature to 325-350°F (162-176°C) and steam cook vegetables until tender.</li> </ol>
Skillet Size	Insert Pan Capacity - 12" x 20" x 2.5" pan	
23 gal.	2 pans	
40 gal.	3 pans	

**NOTE:** Vegetables should not be submerged in water.

# Reference Material

## Tilting Skillet Capacities

Item	Cooked Portion Size	Thermostat Setting	Amount Raw & Portions	Skillet Size 30 Gallon (115 l)	Skillet Size 40 Gallon (150 l)	Batches Per Hour
<b>Breakfast Foods</b>						
Bacon	3 slices	350 °F 175 °C	Amt. Raw Portions	2 lbs. 0.9 kg 12	3 lbs. 1.4 kg 18	12
Eggs, Hard Boiled	1 egg	225 °F 105 °C	Amt. Raw Portions	50 50	75 75	5
Eggs, Soft Boiled	1 egg	225 °F 105 °C	Amt. Raw Portions	50 50	75 75	8
Eggs, Fried	1 egg	400 °F 205 °C	Amt. Raw Portions	30 30	45 45	4
Eggs, Poached	1 egg	225 °F 105 °C	Amt. Raw Portions	36 36	60 60	5
Eggs, Scrambled	1 1/2 eggs	300-200 °F 150-90 °C	Amt. Raw Portions	22 gal. 80 l 880	28 gal. 106 l 1100	1
French Toast	3 pieces	450 °F 230 °C	Amt. Raw Portions	35 12	50 17	7
Oatmeal, Regular	3/4 cup 180 ml	250 °F 120 °C	Amt. Raw Portions	30 lbs. 14 kg 600	40 lbs. 18 kg 850	2
Pancakes	2	400 °F 205 °C	Amt. Raw Portions	30 15	30 15	8
<b>Fish</b>						
Clams, Steamed	2 cups 480 ml	400 °F 205 °C	Amt. Raw Portions	15 gal. 57 l 120	20 gal. 76 l 160	10
Fish Cakes	2-3 oz. 2-85 g	400 °F 205 °C	Amt. Raw Portions	70 35	110 55	5
Fish Filet, Sautéed	4 oz. 115 g	400 °F 205 °C	Amt. Raw Portions	60 60	90 90	4
Fish Steak	5 oz. 140 g	400 °F 205 °C	Amt. Raw Portions	60 60	90 90	3
Lobster, Live	1 lb. 455 g	350 °F 175 °C	Amt. Raw Portions	20 20	30 30	4
<b>Frozen</b>						
Beans, Green	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	12 lbs. 5.4 kg 48	18 lbs. 8 kg 72	7
Broccoli, Spears	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	12 lbs. 5.4 kg 48	18 lbs. 8 kg 72	8
Carrots, Sliced	3 oz. 85 g	250 °F 120 °C	Amt. Raw Portions	15 lbs. 6.8 kg 60	22.5 lbs. 10 kg 90	6
Peas, Green	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	15 lbs. 6.8 kg 60	22.5 lbs. 10 kg 90	10

# Reference Material

Item	Cooked Portion Size	Thermostat Setting	Amount Raw & Portions	Skillet Size 30 Gallon (115 l)	Skillet Size 40 Gallon (150 l)	Batches Per Hour
<b>Vegetables</b>						
Vegetables, Canned	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	35 lbs. 15.8 kg 140	45 lbs. 20.6 kg 200	6
Beans, Green, Fresh	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	35 lbs. 15.8 kg 175	50 lbs. 22.7 kg 250	3
Broccoli, Spears, Fresh	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	35 lbs. 15.8 kg 175	50 lbs. 22.7 kg 250	3
Cabbage, Fresh	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	25 lbs. 11 kg 100	30 lbs. 13.6 kg 125	5
Carrots, Fresh	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	45 lbs. 20.6 kg 185	70 lbs. 32 kg 300	2
Cauliflower, Fresh	3 oz. 85 g	250 °F 120 °C	Amt. Raw Portions	15 lbs. 6.8 kg 75	25 lbs. 11 kg 125	5
Corn on the Cob, Fresh	1 ear	400 °F 205 °C	Amt. Raw Portions	50 ears 50	75 ears 75	8
Potatoes, Fresh	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	45 lbs. 20.6 kg 225	60 lbs. 27 kg 300	2
<b>Gravy - Sauces - Soups</b>						
Brown Gravy	1 oz. 28 ml	350-200 °F 175-90 °C	Amt. Raw Portions	25 gal. 95 l 3200	35 gal. 130 l 4500	2
Cream Sauce	2 oz. 60 ml	250-175 °F 120-80 °C	Amt. Raw Portions	25 gal. 95 l 1600	35 gal. 130 l 2250	1
Cream Soup	6 oz. 175 ml	200 °F 90 °C	Amt. Raw Portions	25 gal. 95 l 530	35 gal. 130 l 725	1
Broth Type Soup	8 oz. 240 ml	225 °F 105 °C	Amt. Raw Portions	25 gal. 95 l 400	35 gal. 130 l 560	1
Meat Sauce	6 oz. 175 ml	350-200 °F 175-90 °C	Amt. Raw Portions	25 gal. 95 l 530	35 gal. 130 l 725	--
<b>Miscellaneous</b>						
Grilled Cheese Sandwich	1	400 °F 205 °C	Amt. Raw Portions	35 35	50 50	8
Macaroni & Cheese	8 oz. 240 ml	200 °F 90 °C	Amt. Raw Portions	25 gal. 95 l 400	35 gal. 130 l 560	2
Rice	4 oz. 115 ml	350-225 °F 175-105 °C	Amt. Raw Portions	25 lbs. 11 kg 400	40 lbs. 18 kg 650	1
Pasta	8 oz. 240 ml	350 °F 175 °C	Amt. Raw Portions	10 lbs. 4.5 kg 80	12 lbs. 5.4 kg 96	2
<b>Meat - Poultry</b>						
Beef Stew	8 oz. 240 ml	300 °F 150 °C	Amt. Raw Portions	25 gal. 95 l 400	35 gal. 130 l 560	--
Corned Beef Hash	5 oz. 140 ml	400 °F 205 °C	Amt. Raw Portions	16 lbs. 7.3 kg 50	25 lbs. 11.3 kg 75	4

# Reference Material

Item	Cooked Portion Size	Thermostat Setting	Amount Raw & Portions	Skillet Size 30 Gallon (115 l)	Skillet Size 40 Gallon (150 l)	Batches Per Hour
<b>Meat - Poultry</b>						
Hamburgers	3 oz. 85 g	300 °F 150 °C	Amt. Raw Portions	7 lbs. 3.2 kg 35	10 lbs. 4.5 kg 50	10
Macaroni Beef & Tomato	8 oz. 240 ml	400-225 °F 205-105 °C	Amt. Raw Portions	25 gal. 95 l 400	35 gal. 130 l 560	2
Meatballs	1 oz. 28 g	400-225 °F 205-105 °C	Amt. Raw Portions	12.5 lbs. 5.7 kg 65	18 lbs. 8.2 kg 100	3
Pot Roast of Beef	4 oz. 115 g	350-200 °F 175-90 °C	Amt. Raw Portions	120 lbs. 54 kg 300	180 lbs. 82 kg 450	--
Salisbury Steak	5 oz. 140 g	400 °F 205 °C	Amt. Raw Portions	16 lbs. 7.3 kg 50	24 lbs. 10.9 kg 75	3
Sirloin Steak	6 oz. 170 g	400 °F 205 °C	Amt. Raw Portions	15 lbs. 6.5 kg 40	22.5 lbs. 10.2 kg 60	5
Swiss Steak	5 oz. 115 g	300-225 °F 150-105 °C	Amt. Raw Portions	25 lbs. 11.3 kg 100	40 lbs. 18 kg 160	--
Chicken, Fried	1/4	350 °F 175 °C	Amt. Raw Portions	50 pieces 50	80 pieces 80	3
Chicken, Whole	5 lbs. 2.3 kg	350-200 °F 175-90 °C	Amt. Raw Portions	5-16 lbs. 3-8 kg --	5-24 lbs. 3-11 kg --	--
Frankforts, Boiled	2 oz. 55 g	300 °F 150 °C	Amt. Raw Portions	22 lbs. 10 kg 176	33 lbs. 15kg 264	8
Frankforts, Grilled	2 oz. 55 g	250 °F 120 °C	Amt. Raw Portions	20 lbs. 9 kg 160	25 lbs. 11.3 kg 200	12
Ham Steak	3 oz. 85 g	400 °F 205 °C	Amt. Raw Portions	10 lbs. 4.5 kg 50	15 lbs. 6.8 kg 75	8
Pork Chop	5 oz. 140 g	350 °F 175 °C	Amt. Raw Portions	15 lbs. 6.8 kg 50	25 lbs. 11.3 kg 75	4
Sausage Link	3 each	350 °F 175 °C	Amt. Raw Portions	30 lbs. 13.6 kg 120	45 lbs. 20.4 kg 180	7
Turkey, Deboned	3 oz. 85 g	400-200 °F 205-90 °C	Amt. Raw Portions	3-30 lbs. 2-14 kg --	4-30 lbs. 2-14 kg --	--
Turkey, Whole	3 oz. 85 g	400-200 °F 205-90 °C	Amt. Raw Portions	4-20 lbs. 2-9 kg --	6-20 lbs. 4-9 kg --	--
<b>Desserts</b>						
Sauces, Butterscotch, Chocolate, etc.	1 oz. 28 g	200 °F 90 °C	Amt. Raw Portions	25 gal. 95 l 3200	35 gal. 130 l 4500	1
Fruit Pie, Cobbler Fillings	--	200 °F 90 °C	Amt. Raw Portions	25 gal. 95 l --	35 gal. 130 l --	1
Puddings, Cornstarch	4 oz. 115 g	200 °F 90 °C	Amt. Raw Portions	25 gal. 95 l 800	35 gal. 130 l 1100	1
Gelatin	4 oz. 115 g	250 °F 120 °C	Amt. Raw Portions	25 gal. 95 l 400	35 gal. 130 l 1100	2