

## Cajun Potatoes







Recipe Rating	
Total Time	100 Minutes
Cooking Time	80 Minutes
Total Labour	20 Minutes
Knife Skills	Basic

Equipment	
Chef's knife/Peeler/Cutting Board	
Spoon/Scoop	
Mixing Bowl	
½ size- 2" deep production pans	
Bulk Retherm Cart (or regular oven) <b>or</b>	
Tray Service Retherm Cart	

Nutrition Facts Valeur nutritive	
Per 1 serv (94g) / par 1 serv (94g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b>	<b>100</b>
<b>Fat / Lipides</b> 1.5g	<b>3%</b>
Saturated / satures	0g
+ Trans / trans	0g <b>1%</b>
<b>Cholesterol / Cholesterol</b>	<b>0mg</b>
<b>Sodium / Sodium</b>	<b>170mg</b> <b>7%</b>
<b>Carbohydrate / Glucides</b>	<b>19g</b> <b>6%</b>
Fibre / Fibres	2g <b>9%</b>
Sugars / Sucres	2g
<b>Protein / Proteines</b>	<b>2g</b>
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	20%
Calcium / Calcium	2%
Iron / Fer	6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Potatoes, Fresh	2.125 Kg	4.7 Lbs	4.25 Kg	9.4 Lbs
Olive Oil, Extra Virgin	40 mL	1 1/3 fl oz	80 mL	2 2/3 fl oz
Cajun Spice Mix	50 gm	1.8 oz	100 gm	3.6 oz
Parsley, Fresh, Chopped	50 mL	1 1/3 fl oz	20 gm	2 2/3 fl oz
Water	600 mL	20.3 fl oz	1.2 L	1.3 quarts

Method	
	<p>Wash potatoes, add water and place in a ½ size- 2” deep production pan that has been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.</p> <p>Place pan in Multigen for 30 minutes.</p>
	<p>2. Once potatoes are cooked, allow to cool 10-15 minutes. Cut in half and remove any dark spots or blemishes.</p> <p>Place all ingredients into a large bowl and mix together.</p>
	<p>3. Transfer to a ½ size- 2” deep production pan. Cover the middle half of the pan with aluminum foil, leaving the ends uncovered.</p> <p>Place pan in Multigen for 50 minutes. Serve Hot</p>
	<p>4. <b>Bulk:</b> Portion into service dishes or leave in bulk for dining room service.</p> <p><b>Cold Plating:</b> allow to cool and plate alone or as a side dish. Place on the hot side of the tray prior to service.</p>
Garnish: <b>Finely chopped parsley or other herbs</b>	
Food Accompany: <b>An Egg Frittata dish or Bruschetta Chicken</b>	

