

## Cream Corn Barley Risotto







Recipe Rating	
Total Time	60 Minutes
Cooking Time	50 Minutes
Total Labour	10 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board Spatula Mixing Bowl or Pan 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 (68g) / par 1 serv (68g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> .5g	1%
Saturated / satures 0g + Trans / trans 0g	1%
<b>Cholesterol / Cholesterol</b> 0mg	
<b>Sodium / Sodium</b> 75mg	3%
<b>Carbohydrate / Glucides</b> 28g	9%
Fibre / Fibres 5g	21%
Sugars / Sucres 1g	
<b>Protein / Proteines</b> 4g	
Vitamin A / Vitamine A	
Vitamin C / Vitamine C	2%
Calcium / Calcium	2%
Iron / Fer	6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Barley, Quick-Cook	800 gm	1.8 Lbs	1.6 Kg	3.6 Lbs
Cream Style Corn, Canned	300 gm	10.6 oz	600 gm	1.3 Lbs
Onions, Fresh, Diced	100 gm	3.5 oz	200 gm	7oz
Milk, 2%	250 mL	8.5 fl oz	500 mL	17 fl oz
Water	250 mL	8.5 fl oz	500 mL	17 fl oz
White Pepper	2.5 mL	½ tsp	5 mL	1 tsp
Salt	5 mL	1 tsp	10 mL	2 tsp

Method	
	<p>1. Peel and dice onions.</p> <p>In a large bowl, mixed all ingredients and mix with a spatula.</p>
	<p>2. Transfer to a ½ size- 2" deep production pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.</p> <p>Place pan in Multigen for 50 minutes.</p>
	<p>3. Remove from Multigen.</p> <p>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>n/a</b>	
Food Accompany: <b>Bruschetta Chicken or other suitable protein</b>	