

Roasted Root Vegetables



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Recipe Rating	
Total Time	150 Minutes
Cooking Time	110 Minutes
Total Labour	40 Minutes
Knife Skills	Basic





Equipment	
Cutting board	
Chef's knife	
Peeler	
Large mixing bowl	
½ size-2" production pans	
Bulk Retherm Cart (or regular oven)	

Nutrition Facts Valeur nutritive	
Per 1 serv (153g) / par 1 serv (153g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	80
Fat / Lipides 2.5g	4%
Saturated / satures 0g	
+ Trans / trans 0g	2%
Cholesterol / Cholesterol	0mg
Sodium / Sodium 120mg	5%
Carbohydrate / Glucides 13g	4%
Fibre / Fibres 3g	12%
Sugars / Sucres 4g	
Protein / Proteines	2g
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C	25%
Calcium / Calcium	4%
Iron / Fer	4%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Red potatoes	600 g	1.3 Lbs	1.2 kg	2.6 Lbs
Carrots, peeled and trimmed	360 g	12.7 oz	720 g	1.6 Lbs
Rutabaga	1.15 kg	2.5 lbs	2.3 kg	5.1 Lbs
Red onions	210 g	7.4 oz	420 g	14.8 oz
Parsnips	425 g	15 oz	850 g	1.9 Lbs
Garlic	45 g	1.6 oz	90 g	3.2 oz
Rosemary, dried	6 g	3 Tbsp	12 g	6 Tbsp
Olive oil	60 ml	2 Fl oz	120 ml	4 Fl oz
Vegetable broth	1 L	1.1 quarts	2 L	2.1 quarts

Method

	<p>1. Cut washed potatoes into ½" pieces. Peel and cut root vegetables into ½" pieces. Peel and cut onion into wedges. Peel and slice garlic.</p>
	<p>2. Divide vegetables evenly between two ½ size pans. Add a ½ tbsp. of rosemary to each pan. Pour 375 ml of broth in each pan and add enough water to each pan to cover vegetables. Cover with plastic wrap and aluminum foil. Place in Multigen for 55 minutes at 130°C.</p>
	<p>3. Drain liquid from tray and allow to cool overnight. Divide rosemary and olive oil evenly between two pans and mix well. Pour 125 ml of broth into each pan. Cover with plastic wrap and aluminum foil. Place in Multigen for 55 minutes at 130°C.</p>
	<p>4. Bulk: Portion into service dishes or leave in bulk for dining room service</p> <p>Cold Plating: allow to cool and plate alone or as a side dish. Place on the hot side of the tray prior to service</p>

*Any combination of root vegetables can be used, need at total of 2.75 kg of vegetables for 25 portions or 5.5 kg for 50 portions.

Food Accompany: Any appropriate entrée