



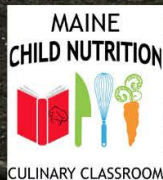
# 2021 FARM TO SCHOOL COOKBOOK

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**Featuring recipes from the 2021  
Farm to School Cook-Off using the  
challenge ingredients:**

**local parsnips  
& local eggs**

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# OUR FARM PARTNERS

THANK YOU FOR DONATING THE CHALLENGE INGREDIENTS!

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## GORANSON FARM Dresden, Maine

The local parsnips challenge ingredient was generously donated by Goranson Farm, a family-run operation in Dresden, Maine. Goranson Farm cultivates fresh nutritious organic veggies, berries, meat, and maple syrup for their community. Since 1985, Jan and Rob Goranson have worked to maintain their unique family farm and preserve the irreplaceable open space along Merry-meeting Bay. They can be found every Saturday at the Portland Farmer's Market, and have a robust on-site Farm Store in Dresden.

## WESTONS MEAT & POULTRY West Gardiner, Maine



The local eggs challenge ingredient was donated by Weston's Meat and Poultry, a market and meat processing facility in Gardiner, Maine. Weston's provides an invaluable service to the local farming community by offering a USDA certified and inspected meat processing facility for any size farm. Weston's also has a retail shop in Farmingdale where they sell their meats, dairy, and of course, eggs!

# PARTICIPATING DISTRICTS

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We would like to thank the following school districts that submitted recipes for the 2021 Farm to School Cook-Off:

- RSU 12
- RSU 14
- RSU 54
- South Portland Public Schools





# COOK-OFF FINALS!

Each participating team created a breakfast and lunch video showcasing their farm to school recipes. Online voting resulted in teams from RSU 12 and South Portland throwing down in the Child Nutrition Culinary Classroom for the finals competition. In front of a panel of three guest judges including a farmer, a chef, and a school nutrition director, each team recreated their recipes and demonstrated exemplary culinary skills and creativity.



The winning team was the RSU 12 Whitefield Wildcats with their breakfast burrito and locally-caught baked fish!

# AN INTERVIEW WITH WINNING TEAM... RSU 12 WHITEFIELD WILDCATS

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## **What made you want to participate in the cook-off?**

We have never been in a cook-off, and the challenge sounded fun. We would get to demonstrate just what we do in the kitchen at our school!

## **What was your favorite part of the cook-off?**

Presentation. When we could finally show off our hard work to the judges. We worked hard to prepare our meals and presentation is another part of preparation!

## **Does the student team member plan on pursuing culinary arts or something related?**

Kiara has expressed interest in cooking and has cooked at home. Her older sister has taken culinary classes, and Kiara has expressed interest in that as well.

## **How did you come up with the winning recipes?**

The idea was right in front of us. This is what we have been doing all year long! Showcasing fresh fish, from the coast of Maine, and complementing it with our USDA foods, is just one way we strive to broaden the pallets of the children in school. Encouraging them to try something new, and something from Maine. Anytime we have used local products on our menu, we let the students know it is local and fresh. I would have to say, the kids at this school helped pick the menu!





# PROJECT TEAM MEMBERS

THE TEAM THAT MADE THIS COOKBOOK POSSIBLE



STEPHANIE STAMBACH  
MS, RD, SNS,  
Child Nutrition Consultant



MICHELE BISBEE  
Child Nutrition Consultant,  
Culinary Specialist



ROBIN KERBER  
Farm & Sea to School Coordinator



WALTER BEESLEY  
Child Nutrition Director

*Cook book layout and design: Robin Kerber  
Meal pattern contribution completed by: Michele Bisbee & Stephanie Stambach  
We hope that you enjoy using these recipes in your school kitchens!*



# BREAKFAST SIDES RECIPES

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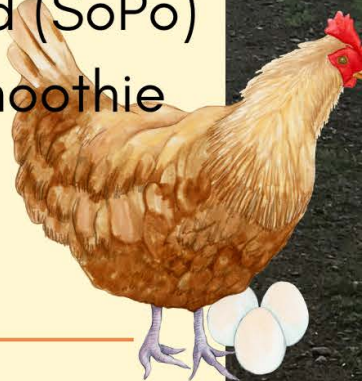
11. Cinnamon Citrus Salad  
(RSU14)

12. Watermelon Fruit Pizza  
(RSU54)

13. Mango Fruit Salad (SoPo)

14. Wild Blueberry Smoothie  
(RSU12)

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# BREAKFAST ENTREE RECIPES

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- 15. Breakfast Burrito (RSU12)
- 16. Shakshuka (RSU14)
- 17. Smiley Face Egg  
Sandwich (RSU54)
- 18. Triple BFT (SoPo)





# LUNCH SIDE RECIPES

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- 19. Apple Crisp (RSU12)
  - 20. Brown Rice Pilaf (RSU12)
  - 21. Mango Salsa (RSU14)
  - 22. Parsnip Fries w/ Sweet  
Chili Sauce (South Portland)
  - 23. Parsnip Biscuit (RSU54)
  - 24. Roasted Parsnips (RSU12)
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# LUNCH ENTREE RECIPES

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25. Banh Mi Wrap (SoPo)

26. Chicken Rice Soup  
(RSU54)

27. Crunchy Baked Fish  
(RSU12)

28. Curried Carrot and  
Parsnip Soup (RSU14)

29. Spiced Beef Pitas (RSU14)

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# CINNAMON CITRUS SALAD

## INGREDIENTS:

Fresh grapefruit sections 2 qt + 1/4 cup  
Fresh orange sections 3 qt + 1/2 cup  
Peaches, diced and canned in juice 1 qt + 2 1/4 cup  
Vanilla yogurt 2 lb + 1 1/3 oz  
Cinnamon 1 tsp

## DIRECTIONS:

1. In a bowl whisk together the cinnamon and yogurt, set aside
2. Peel and segment the grapefruit and orange, cut the segments into bite size (1/2"-3/4") pieces and combine with the diced peaches in a bowl

You can:

- A.) Toss the fruit with the yogurt to combine and serve
- B.) Plate the fruit as is and drizzle with the yogurt for presentation points

SERVINGS: 50

PORTION:

1/2 cup

MEAL PATTERN:

1/2 cup fruit



# WATERMELON FRUIT PIZZA

## INGREDIENTS:

Plain yogurt	2 ½ cups
Honey	5 tsp
Vanilla	1 tsp
Watermelon	5 large slices
Strawberries	12 1/2 cups
Blueberries	12 1/2 cups

## DIRECTIONS:

1. Slice watermelon into 5, 1" thick pieces
2. Combine yogurt, honey and vanilla in small bowl
3. Spread yogurt mixture over watermelon slices
4. Cut each slice into 10 wedges
5. Dice strawberries
5. Top each "pizza slice" with strawberries and blueberries

SERVINGS: 50

PORTION:

1 wedge

MEAL PATTERN:

¾ cup fruit





# MANGO FRUIT SALAD

## INGREDIENTS:

Thawed frozen mango, cubed	12.5 cups
Red seedless grapes, cut in half	12.5 cups
Watermelon, cubed	12.5 cups
Mandarin oranges, drained	1 #10 can

## DIRECTIONS:

1. Combine fruit in large bowl
2. Portion into 1 cup servings

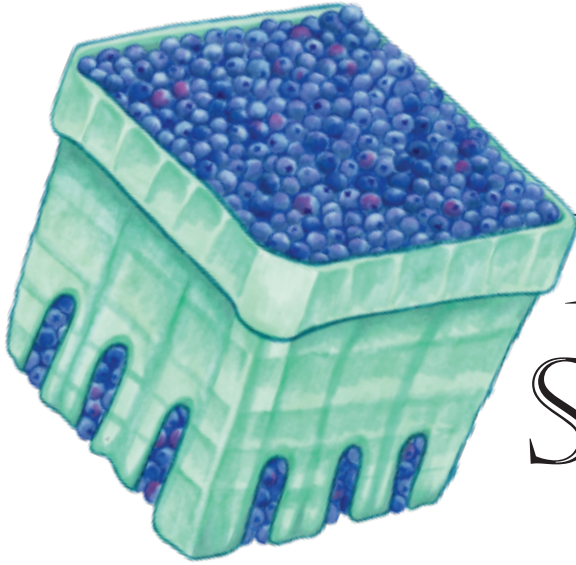
SERVINGS: 50

PORTION:

1 cup

MEAL PATTERN:

1 cup fruit



# WILD BLUEBERRY SMOOTHIE

## INGREDIENTS:

Wild blueberries, thawed	4 lb
Orange juice	32 fl oz
Vanilla yogurt	14 cups

## DIRECTIONS:

1. Add wild blueberries and orange juice to blender
2. Puree until smooth
3. Add yogurt and blend thoroughly
4. Portion into 9oz cups
5. Serve chilled

SERVINGS: 28

PORTION:

9oz

MEAL PATTERN:

½ cup fruit, 1 oz M/MA



# BREAKFAST BURRITO WITH SALSA

## INGREDIENTS:

Large eggs	5 lb
Frozen whole-kernel corn	1 lb
Lowfat 1% milk	3/4 cup
Fresh green peppers, diced (or 14 oz frozen green peppers)	8 oz
Fresh onions, diced (or 2.5 oz dehydrated onions)	14 oz
Fresh tomatoes, diced	2 oz
Prepared yellow mustard	2 oz
Granulated garlic	2 tsp
Hot pepper sauce	1 Tbsp
Salt	2 tsp
Shredded heddar cheese	10 oz
Enriched flour tortillas, 8"	50 each
Salsa	3 lb 5 oz

SERVINGS: 50

PORTION:

1 burrito

MEAL PATTERN:

2 oz meat/meat alternate, 1/4 cup  
of vegetable, and 1 1/2 oz grain

## DIRECTIONS:

1. In a mixer, using the paddle attachment, blend eggs, corn, milk, green peppers, onions, tomatoes, prepared mustard, granulated garlic, hot pepper sauce, and salt
  2. Pour 1 gal 2 cups of the above egg mixture into each steam table pan (12"x20"x2 1/2") which has been lightly coated with pan release spray. For 50 svgs use 2 pans
  3. Cover with foil or metal lid
- Bake options:**  
Conventional oven: 350° F for 60 minutes  
Convection oven: 325° F for 50 minutes  
Steamer: 30 minutes
4. Sprinkle 5 oz (1 1/4 cups) cheese on top of each pan. Cut each pan 5 x 5 (25 portions per pan)
  5. Place one portion in center of each tortilla
  6. Fold from bottom first, sides second, and top third, like an envelope
  7. Place 25 tortillas flap side down into each steam table pan (12"x20"x2 1/2"). For 50 svgs, use 2 pans
- Heat:**  
Compartment steamer: for 2-3 minutes  
Conventional oven: 300° F for 3 minutes covered with a clean damp cloth  
Convection oven: 300° F for 3 minutes covered with a clean damp cloth

MAINE  
CHILD NUTRITION



CULINARY CLASSROOM





# SHAK-SHUKA

## INGREDIENTS:

Olive oil	1 1/8 cup
Fresh onions, sliced	1 qt + 2 1/4 cup
Red bell pepper, diced	1 qt + 2 1/4 cup
Fresh garlic, sliced	19 cloves
Ground cumin	1/4 cup + 1/2 tsp
Paprika	1/4 cup + 1/2 tsp
Ground cayenne pepper	1 Tbsp + 1/8 tsp
Ground turmeric	1/4 cup + 1/2 tsp
Coriander seed	1/4 cup + 1/2 tsp
Salt	2 Tbsp + 1/4 tsp
Diced tomatoes, canned	10 lb + 15 oz
Queso cotija Mexican cheese	12.5 oz
Fresh eggs	50 each
Fresh cilantro, chopped	3 1/8 cup
Whole grain flatbread	50 x 1 oz each

SERVINGS: 50

## PORTION:

1 bowl + 1 flatbread

## MEAL PATTERN:

2 oz M/MA eq, 1 oz eq grain,  
1/2 cup vegetable

## DIRECTIONS:

1. Bring saucepan to medium heat and add olive oil
2. Once oil is hot add peppers and onions and cook gently until very soft, about 20 minutes
3. Add sliced garlic and cook until fragrant, 1-2 minutes
4. Add salt and spices and cook another minute
5. Add tomatoes with their juices and simmer for about 10 minutes, or until it has started to thicken. Taste and season as necessary
6. Once sauce is reduced and seasoned to your liking, remove from heat and puree with immersion blender until mostly smooth. It doesn't have to be perfect, just blend well enough to have no bite size pieces of tomato left. You may have to add a little water after pureeing, it should be the consistency of thick soup
7. When sauce is ready, ladle 5 oz each into bake-able cups
8. Crack 1 egg into each cup and place these in the oven for 10 minutes or until eggs reach internal temp of 160 degrees (remember to account for carryover cooking)
9. While eggs are cooking, toast the flatbreads, or just warm them in a warmer box until service
10. Remove egg bowl from oven and immediately top with cotija cheese
11. Garnish with fresh torn cilantro just before service
12. Serve alongside 1 oz flatbread



# SMILEY FACE EGG SANDWICH

## INGREDIENTS:

Whole grain english muffins	25 each
Shredded cheddar cheese	3 lb
Large eggs	50 each
Black olives	16 oz can
Turkey bacon	1 lb
Bananas	50 each

## DIRECTIONS:

1. Scramble eggs and shredded cheese together and pour into a greased sheet pan
2. Place bacon on a separate sheet pan
3. Bake both at 350° for 25 minutes
4. Cut egg into 50 servings and place one piece on top of a half of toasted English muffin
5. Place one olive cut in half for eyes and 1/3 piece of bacon for the mouth on top of egg
5. Serve with a fruit of choice

### Fun tip:

Use a banana with a saying written on the peel!!

SERVINGS: 50

PORTION:

1 sandwich

MEAL PATTERN:

2 oz eq grain, 2.75 oz eq  
m/ma, 1/2 c fruit



# TRIPLE B F T (BLUEBERRY, BANANA, & BACON) FRENCH TOAST

## INGREDIENTS:

Oatmeal Bread	100 slices (1.25 oz per slice)
Fresh whole eggs	50 each
Low-fat milk	12.5 cups
Cinnamon	4.25 oz
Vanilla	4.25 oz
Granulated maple	1 cup
Corn flakes	18 3/4 quarts
Turkey bacon	100 slices
Butter flavored cooking spray	as needed
Frozen wild Maine blueberries	12.5 quarts
Bananas, peeled and sliced	50 each
Maine maple syrup	50 oz
Cornstarch	3 1/4 cup
Water	3 1/4 cup (plus more for pan)

SERVINGS: 50

PORTION:

2 slices and 1 cup fruit

MEAL PATTERN:

2.5 oz grain, 2 oz M/MA, 1 cup  
fruit

## DIRECTIONS:

1. Preheat oven to 375 degrees and prepare 3 large sheet pans with paper and cooking spray
2. Place bacon on pans and cook 8-9 minutes until crisp and brown on edges
3. Mix eggs, milk, cinnamon, vanilla, and granulated maple in wide, shallow bowl
4. Beat until well mixed
5. Break up bacon into small pieces, place in food processor with corn flakes and process into fine crumb coating, then place in shallow dish or pan
6. Line and spray 5 large sheet pans
7. Dip each slice of bread into egg mixture then coat well with corn flake and bacon coating
8. Place on prepared pans
9. Mix cornstarch with 3 1/4 cup water until smooth
10. Place blueberries in 4" hotel pan and just cover bottom of pan with water
10. Place in oven for 15 mins, stirring every 5 mins
11. Drizzle cornstarch over blueberries, stir well, and cook another 5 minutes until thickened
12. Add sliced bananas and place in warmer
13. Cook French toast for 7-8 minutes until lightly browned
14. Place in warmer
15. Portion maple syrup into 1 oz servings
16. Portion blueberry-banana mixture into 1 cup servings
17. Cut French toast diagonally, serve with maple syrup and blueberry banana bowl

MAINE  
CHILD NUTRITION



CULINARY CLASSROOM





# APPLE CRISP

## INGREDIENTS:

AP flour	14 oz
Rolled oats	9 oz
Brown sugar,	15 oz
Ground cinnamon	4 1/2 tsp
Ground nutmeg	4 1/2 tsp
Salt	1/2 tsp
Butter	1 lb
Canned, sliced apples, with juice	6.25 lb (#10 can)
Water	as needed
Sugar	10.5 oz
Ground cinnamon	1 1/2 tsp
Lemon juice	1/4 cup

SERVINGS: 50

PORTION:

2 1/2" piece

MEAL PATTERN:

1 piece provides 1/4 cup of fruit eq.

## DIRECTIONS:

### **For topping:**

1. Combine flour, rolled oats, brown sugar, cinnamon, salt, and butter
2. Mix until crumbly and set aside

### **For filling:**

1. Drain apples, reserving juice
2. Add enough water to juice to make 1 1/2 cups liquid and set aside
3. Place 5 lb 9 oz (2 qt 3 3/4 cups) apples into each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan
4. Sprinkle 10.5 oz sugar, 1 1/2 tsp cinnamon, and 1/4 cup lemon juice over apples
5. Stir to combine
6. Pour 1 1/2 cups liquid over apples
7. Sprinkle 3 lb 6 oz topping over apples

### **Bake until topping is browned and crisp:**

Conventional: 425° F for 35-45 minutes.

Convection: 350° F for 25-35 minutes.

8. Cool then cut each pan 5 x 10 (50 pieces per pan)



# BROWN RICE PILAF

## INGREDIENTS:

Brown rice	2 lb 14 oz
White rice	1 lb 11 oz
Chicken stock	1 gallon 1 1/2 cups
Ground pepper	1/2 tsp
Fresh onions, diced 1/4"	4 oz

## DIRECTIONS:

1. Place 1 lb 7 oz of brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings use 2 pans.
  2. Place 13 1/2 oz regular rice into each steam table pan (12" x 20" x 2 1/2 ").
  3. Heat the chicken stock, pepper, and onions in a pot
  4. Bring to a boil
  5. Add 2 qt 1 cup of hot chicken stock mixture to each pan
  6. Cover with foil or metal lid
- Bake options:**
- Conventional: 350° F for 50 minutes  
Convection: 350° F for 40 minutes  
Steamer: 40 minutes
8. Portion with No. 8 scoop (1/2 cup)

SERVINGS: 50

PORTION:

1/2 cup (No. 8 scoop)

MEAL PATTERN:

2 oz M/MA, 1/4 cup vegetable,  
1.5 oz grain equivalent

*Recipe adapted from USDA recipes*



# MANGO SALSA

## INGREDIENTS:

Fresh mango pieces	1 gal + 3/4 cup
Red bell pepper, diced	1 qt + 1/8 cup
Fresh red onions, chopped	1 qt + 1/8 cup
Fresh cilantro, chopped	2 cups + 1 Tbsp
Fresh jalapenos, small diced	1 lb + 0.66 oz
Lime juice	2 cups + 1 Tbsp
Kosher salt	1 Tbsp + 1 tsp
Black pepper	pinch (to taste)

## DIRECTIONS:

1. In a bowl combine the prepared mangos, diced peppers, onions, jalapeno and cilantro
2. Drizzle mixture with lime juice, season with salt and pepper to taste
3. Let sit for at least 10 minutes before serving

SERVINGS: 50

PORTION:

1/2 cup

MEAL PATTERN:

1/4 cup fruit, 1/4 cup vegetable





# PARSNIP FRIES

WITH SWEET CHILI SAUCE

## INGREDIENTS:

Fresh parsnips	12.5 lbs
Olive oil cooking spray	as needed
Salt	1 Tbsp
Sweet chili sauce	25 oz

## DIRECTIONS:

1. Preheat oven to 400 degrees
  2. Wash, peel, and trim parsnips, cut into 3" to 4" by 1/4" pieces
  3. Spread on 2 large sheet pans lined with paper
  4. Spray well with cooking spray, divide salt in half and sprinkle over parsnips, toss well to coat with cooking spray
  5. Cook in oven for 10-12 minutes, tossing with spatula after 5 minutes until brown and slightly crisp
- \*Can also be cooked in an air fryer in batches for 12 mins at 400 degrees, tossing after 6 minutes

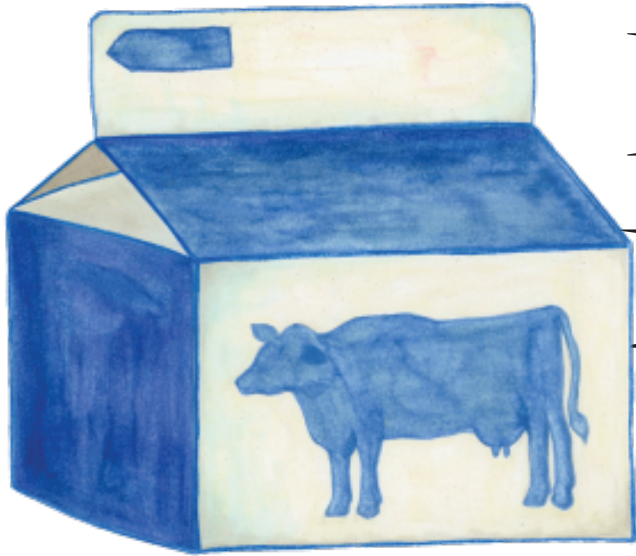
SERVINGS: 50

PORTION:

1/2 cup

MEAL PATTERN:

1/2 cup vegetable



# PARSNIP BISCUITS

## INGREDIENTS:

Parsnips- peeled weight, giving ½ c puree	2.50 lb
Whole wheat flour	1 lb 2 oz
All purpose flour	1 lb 2 oz
Baking powder	1/4 cup
Sugar	1/2 cup
Cinnamon	2 Tbsp
Nutmeg	2 Tbsp
Salt	2 Tbsp
Butter	2 cups
Buttermilk	2 cups

SERVINGS: 50

PORTION:

1 biscuit

MEAL PATTERN:

1.25 oz eq grain

## DIRECTIONS:

1. Cut parsnips into chunks and boil or steam until tender (10 minutes)
2. Blend into a puree
3. Remove chunks that do not blend
4. Preheat oven to 400°
5. In food processor pulse together flour, baking powder, sugar, cinnamon, nutmeg, and salt
6. Add the butter and pulse until you have bread-crumb texture
7. Add the buttermilk and parsnip puree and pulse a few times until combined and coming together but do not overmix
8. Tip mixture onto a floured surface and pat out the dough with floured hands
9. Fold it over and pat out again to give you a layer around ¾ in thick
10. Cut out circles with a cutter or glass, trying to not twist as you cut, and place the circles on a greased baking sheet
11. Bake for 12-15 min until risen and lightly brown



# ROASTED PARSNIPS

## INGREDIENTS:

Parsnips, peeled and cut into 1/4" coins	12.5 lb.
Vegetable oil	3/4 cup
Dried oregano	3 Tbsp
Kosher salt or sea salt	3 Tbsp
Ground black pepper	1 Tbsp
Crushed red pepper	1/2 tsp

## DIRECTIONS:

1. Preheat oven to 425°
2. Spread parsnips on sheet pan, being sure to not overcrowd
3. Drizzle with olive oil and season with oregano, salt, pepper, and red pepper flakes
4. Toss to evenly coat
5. Roast until golden and easily pierced with a knife, about 30 minutes, tossing once halfway through

SERVINGS: 50

PORTION:

1/2 cup

MEAL PATTERN:

1/2 cup vegetable





# BANH MI WRAP

## INGREDIENTS:

Shredded pork, thawed	3 ea 5 lb bags
8" whole grain tortillas	50 each
Lime juice	2 cups
Low sodium soy sauce	2 cups
Madras curry powder	5 Tbsp
Garlic powder	5 Tbsp
Prepared broccoli slaw	25 cups
European cucumbers	100 pieces
Fresh cilantro sprigs	10 cups
Sesame oil	1/2 cup
Rice vinegar	1 cup
Low fat mayonnaise	5 cups
Sriracha sauce	1 cup

SERVINGS: 50

PORTION:

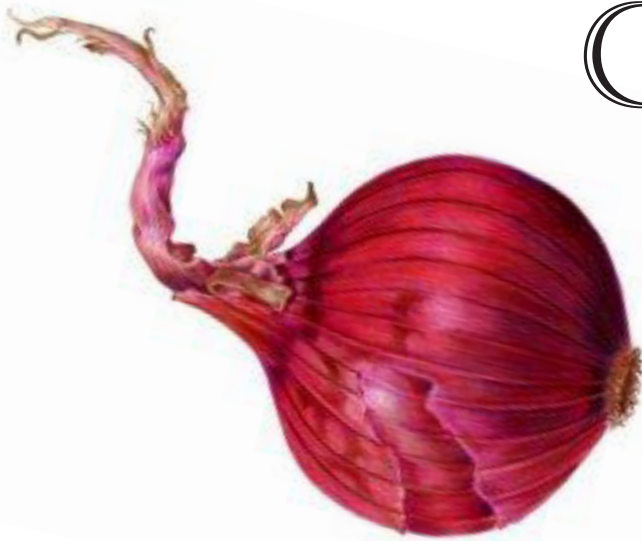
1 wrap

MEAL PATTERN:

1.5oz grain, 2 oz M/MA, 1/2 cup vegetable

## DIRECTIONS:

1. Combine pork with lime juice, soy sauce, curry powder and garlic powder in hotel pan, cover and set aside
2. Turn on steamer or put combi oven on 100% steam
3. Combine broccoli slaw with sesame oil and rice vinegar, set aside
4. Steam pork for 10-15 mins until it reaches 165 degrees
5. Stir well and place in warmer
6. Combine mayonnaise with sriracha sauce
7. Slice cucumbers lengthwise into 4" long pieces
8. Assemble wrap:
  - Spread 2 Tbsp mayo mixture
  - Top with 1/2 cup broccoli slaw
  - Add 2 oz seasoned pork,
  - Top with 2 cucumber slices
  - Top with 5-6 sprigs of cilantro
  - Tuck ends and wrap tightly, cut on an angle



# CHICKEN RICE SOUP

## INGREDIENTS:

Onions, diced	3 lb
Carrots, peeled, chopped	2.5 lb
Parsnips, peeled, chopped	2.5 lb
Garlic cloves, minced	16 ea
Olive oil	$\frac{3}{4}$ cups
Chicken breast, diced	8 lb
Chicken broth	4 gallons
Rice	3 lb 4 oz
Black pepper	1 tsp
Salt	1 Tbsp

## DIRECTIONS:

1. Heat oil in large stock pot over medium heat
2. Add onion, carrot and parsnips season with salt and pepper
3. Cover with lid and sauté until vegetables are tender 5-7 minutes, stirring occasionally
4. Add Garlic and sauté without lid for 30 seconds
5. Turn heat up to high, add broth and bring to a boil
6. Add rice stir to combine
7. Season chicken with salt and pepper and add to broth and combine
8. Turn heat down to medium and simmer uncovered until rice is tender, about 15-20 minutes
9. Remove from heat cover and let stand for 5 minutes
10. Ladle out and serve

SERVINGS: 50

PORTION:

2 cups

MEAL PATTERN:

2.5 oz eq m/ma, 1 oz eq grain,  
 $\frac{1}{4}$  cup veg



# BAKED CRUNCHY FISH

## INGREDIENTS:

Local flakey white fish	4.5 lb
Vegetable oil	3 cups
Onion powder	3 Tbsp
Garlic powder	3 Tbsp
Parmesan Cheese – fine grate	2 cups
Whole wheat breadcrumbs	4 cups
Parsley, dried	½ cup

## DIRECTIONS:

### **Breading station preparation:**

1. Mix oil with onion and garlic powder
2. Mix dry ingredients – breadcrumbs, parmesan cheese and parsley
3. Separate oil into two equal containers – purpose is to control coating quality, during production of bread-ing fish
4. Separate crumbs into two equal containers – pur-pose is to control coating quality, during production of breading fish

### **Prepare fish within two days of arrival:**

1. Clean and sanitize the workstation
2. Select appropriate color-coded cutting board accord-ing to posted notice for kitchen staff.

### **Fish breading steps:**

1. Dip fish portion in oil, suspend to let drain
2. Coat (“firm pack”) in crumbs
3. Place fish on sheet pan = 30 pieces per full size sheet pan
4. Wrap pan and freeze for future use
5. Cook (frozen) at 400 degrees for approximately 30 minutes - until internal temperature reads 145 degrees minimum. Cook longer if needed.

SERVINGS: 50

PORTION:

3oz piece

MEAL PATTERN:

2 oz M/MA



CULINARY CLASSROOM





# CURRIED CARROT & PARSNIP SOUP

## INGREDIENTS:

Olive oil	1/2 cup + 2 Tbsp
Fresh onions, chopped	2 1/2 cups
Fresh carrots	5 lb
Fresh parsnips	5 lb
Low-sodium chicken broth	1 3/4 gal + 2 cups
Curry powder	1/3 cup + 6 1/2 tsp
Ground cayenne pepper	1 1/4 tsp
Salt	2 1/2 tsp
Greek yogurt	1 lb + 4 oz
Fresh chives	1/2 cup + 2 Tbsp
Cold water	1/2 cup + 2 Tbsp

SERVINGS: 50

PORTION:

8 oz

MEAL PATTERN:

1/2 cup vegetable

## DIRECTIONS:

1. Heat olive oil in pan
2. Sauté onions, parsnips, and carrots for 5 minutes
3. Add chicken broth, curry, cayenne and salt
4. Simmer until Carrots and Parsnips are VERY tender
5. Once vegetables are tender, process soup with an immersion blender until soup is pureed and well blended
6. Add additional stock if needed
7. Whisk together water and Greek yogurt to make it a little thinner
8. Garnish the soups with a swirl of yogurt and some fresh chopped chives





For more recipes, video instruction, and farm and sea to school resources, visit:  
[www.maine.gov/farmentoschool](http://www.maine.gov/farmentoschool)