



# Ham and Scalloped Potatoes Recipe



**SHALITFOODS**  
INNOVATIVE BRANDS | CANADA | USA





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Recipe Items:	1 Portion	5 Portions
PE Ham (PE#21739)	#12 Scoop (80 gm)	400 gm (14.1 oz)
Mashed Potatoes	#16 Scoop (53 gm)	265 ml (9 fl oz)
Cream Sauce	1 fl oz (30 ml)	150 ml (5 fl oz)
Parmesan Cheese, fine ground	1 tsp (5 ml)	25 ml (1 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate the #16 Scoop (53 gm) of mashed potatoes. With the back of the scoop, create a small depression or divot in the centre of the mashed potatoes (base).



3. Place the #12 Scoop (80 gm) of ham mousse on top of the mashed potatoes. Using the back of the scoop evenly spread the ham mousse over the top.

If cold plating, make sure to spread out so the plate cover can fit tight.



4. Cover the ham evenly with 1 fl oz (30 ml) of cream sauce.

5. Finish the dish by topping evenly with 1 tsp (5 ml) of fine ground parmesan cheese.



Garnish with green coloured vegetables as desired (garnish is not included in nutritional analysis).

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F

**Options:** alter protein and add vegetables as desired to create different variations. For additional flavours and variety, add ground herbs, maple syrup and other smooth condiments.

Nutrition Facts	
Valeur nutritive	
Per 1 plate (165g) / par 1 plate (165g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>210</b>
<b>Fat / Lipides</b> 8g	<b>12%</b>
Saturated / satures 2g	
+ Trans / trans 0g	<b>10%</b>
<b>Cholesterol / Cholesterol</b> 10mg	
<b>Sodium / Sodium</b> 750mg	<b>31%</b>
<b>Carbohydrate / Glucides</b> 24g	<b>8%</b>
Fibre / Fibres 1g	<b>6%</b>
Sugars / Sucres 5g	
<b>Protein / Proteines</b> 15g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	6%
Calcium / Calcium	8%
Iron / Fer	15%

