

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					For best results, have all ingredients and utensils at room temperature.
Active dry yeast (see Special Tip)		2 Tbsp 1 ½ tsp	2 oz	¼ cup 1 Tbsp	1. Dissolve dry yeast in warm water. Let stand for 4-5 minutes.
Water, warm (110° F)		3 cups		1 qt 2 cups	
Enriched all-purpose flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt	2. Place flour in mixer bowl. Make well in the center.
Vegetable oil		¼ cup		½ cup	3. Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.
					4. Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp	2 oz	¼ cup	
Dried basil		2 Tbsp ¼ tsp		¼ cup ½ tsp	5. Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for step 9.
Dried oregano		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Dried marjoram		1 ½ tsp		1 Tbsp	
Dried thyme		¼ tsp		½ tsp	
*Fresh green or red bell peppers, chopped	1 lb 4 oz	3 ¾ cups 2 Tbsp	2 lb 8 oz	1 qt 3 ¾ cups	6. Mix peppers, carrots, mushrooms, onions, yellow squash, and zucchini into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Steam vegetable mixture for 3 minutes.
*Fresh carrots, shredded	7 ½ oz	1 ½ cups	15 oz	3 cups	
*Fresh mushrooms, sliced	7 ½ oz	¾ cup 3 Tbsp	15 oz	1 ¾ cups 2 Tbsp	
*Fresh red onions, chopped	6 ¼ oz	1 cup 1 Tbsp	12 ½ oz	2 cups 2 Tbsp	
*Fresh yellow squash, sliced	12 ½ oz	3 cups 2 Tbsp	1 lb 9 oz	1 qt 2 ¼ cups	
*Fresh zucchini, sliced	1 lb ¼ oz	3 ½ cups	2 lb ½ oz	1 qt 3 cups	
*Fresh tomatoes, chopped	1 lb 5 ¼ oz	¾ cup 3 Tbsp	2 lb 10 ½ oz	1 ¾ cups 2 Tbsp	7. Add tomatoes to vegetables and mix. Reserve for step 9.

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06B

					8. On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".
Lite mozzarella cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	9. Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding. For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture For 24" x 8" rectangle use: 1st layer-2 ½ oz cheese 2nd layer-1 ¾ tsp seasonings 3rd layer-9 oz vegetable mixture
					10. Fold top third of dough over cheese and vegetable mixture. Place another layer of cheese, seasoning, and vegetable on top of folded dough as follows: For 24" x 16" rectangle use: 1st layer-5 oz cheese 2nd layer-1 Tbsp ½ tsp seasonings 3rd layer-1 lb 2 oz vegetable mixture For 24" x 8" rectangle use: 1st layer-2 ½ oz cheese 2nd layer-1 ¾ tsp seasoning 3rd layer-9 oz vegetable mixture
					11. Fold bottom third of dough over the second layer of cheese and vegetable. Pinch to seal end and top seams. (If desired, brush seams with egg wash)
					12. Place rolled dough on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.
					13. Allow rolled stromboli to rise for 30 minutes.
					14. Bake until crust is lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes
					15. Remove from oven. Let stand for 15 minutes before cutting.

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06B

16. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces).
Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces).

17. CCP: Hold for hot service at 135° F or higher.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Bell peppers	1 lb 9 oz	3 lb 2 oz
Carrots	9 oz	1 lb 2 oz
Mushrooms	8 oz	1 lb
Red onions	8 oz	1 lb
Yellow squash	14 oz	1 lb 12 oz
Zucchini	1 lb 2 oz	2 lb 4 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz

SERVING:

1 piece provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.

YIELD:

50 Servings: 2 ½ stromboli rolls
about 10 lb 4 oz

100 Servings: 5 stromboli rolls
about 20 lb 8 oz

VOLUME:

50 Servings: 50 pieces
2 pans

100 Servings: 100 pieces
3 pans

Tested 2004

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

Vegetable Stromboli

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-06B

Nutrients Per Serving

Calories	145	Saturated Fat	1.19 g	Iron	1.65 mg
Protein	7.09 g	Cholesterol	5 mg	Calcium	123 mg
Carbohydrate	22.28 g	Vitamin A	1205 IU	Sodium	126 mg
Total Fat	3.01 g	Vitamin C	13.1 mg	Dietary Fiber	1.6 g