

LETTUCE - SHREDDED

07/13/2012

Yield: 1.25 quarts (Approximately)

Shelf Life: 24 hours

Equipment: Green cutting board, chef knife, ruler, China cap
1/3 pans with lids and false bottoms

Ingredients

1 head Romaine Hearts

Procedure

1. Fill a sanitized prep sink 3/4 full with water and enough ice to bring the temperature to 40 degrees.
2. Once the temperature is reached, skim out any unmelted ice.
3. Remove and discard any bruised, rusted, or browned **parts** of the leaves.
Do NOT remove the entire leaf!
4. Beginning at the top of the Romaine heart, cut across the heart to form 1/4" wide ribbons. Continue cutting until the core of the Romaine heart is reached.
5. Transfer to the sink. Make sure there is enough room in the sink for all of the lettuce to float. The lettuce must not touch the bottom of the sink because that is where the dirt from the lettuce will settle.
NOTE: The lettuce can only remain in the water for a maximum of 10 minutes.
6. Use a China cap to remove the lettuce from the water. Allow the lettuce to drain in the China cap.
7. Transfer to 1/3 pans with false bottoms and lids, and store refrigerated.
8. Label, Date, and Rotate.

C: Light green to white lettuce ribbons; No rust or wilted pieces; 1/4" wide

T: Dry; free flowing; not clumpy or wet

F/A: Fresh; naturally sweet with some bitterness

HR: 1/3 pan with false bottom; Refrigerated

SL: 24 hours