

TRAINING MANUAL

Heat & Serve Bowls

Kroger and Banner



Confidential

Product Name**Korean Style Beef Bowl - Yakisoba Instructions**

Category	Training Manual	Issue Date	7/9/24
Prep Time	46:30 Minutes	Revision	NEW
Standard Time	4:13 Minutes		
Net Weight	15oz	Container	AFC-55
Allergens	Soy, Sesame Wheat	Shelf Life	3 Days

Recipe

	Ingredient	Amount
Base (Yakisoba)	Yakisoba Noodle	1pk
	Green Cabbage	1.5oz
	Carrot	0.5oz
	Onion	0.5oz
	Sesame Oil	1t/s
Vegetable	Bok Choy	1oz
	Carrot	0.5oz
Protein	Kalbi Style Beef	2.4oz
Sauce & Topping	Kalbi Sauce	0.5oz
	Sesame Seeds	0.05oz
Condiment	Kalbi Sauce	1.5 oz (2oz cup)

Instructions

Vegetable Prep for 20 Bowls

Yakisoba
Prep

1

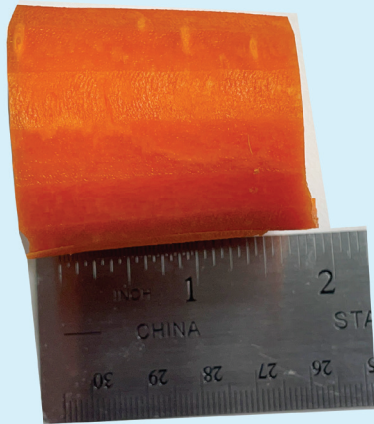
3 min



Cabbage
Cut to **1/2 inch** width

2

10 min



Carrot
Peel skin off and cut **2 inch**
wide



Carrot
Cut to **1/8 inch** slices



Carrot
Cut into strips (**1/8 inch** thin)

3

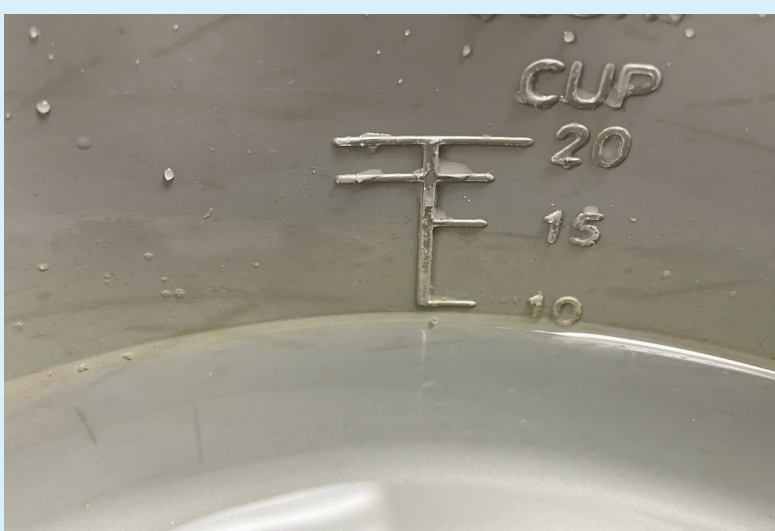
3 min



Onion
Cut to **1/4 inch** width

4

30 sec



Fill the rice cooker with water
to the **10 cup** line

5

20 min



Power on the rice cooker and boil for 20 minutes

6

1 min



Boil all cut vegetables for 1 minute



Cabbage

[Total 30oz = 1.5oz x 20Bowls]

Carrots

[Total 10oz = 0.5oz x 20Bowls]

Onion

[Total 10oz = 0.5oz x 20Bowls]

7

30 sec



Dip boiled vegetable in ice water for 30 seconds

8

30 sec

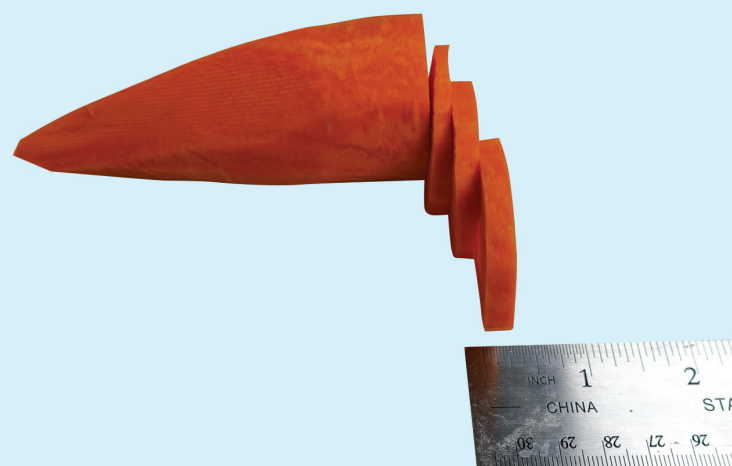


Drain water and place in NSF® container with absorbent pad

Vegetable Prep

9

3 min



Carrot

Peel skin off and cut to 2 inch round slices

10

3 min



Bok Choy
Cut in $\frac{1}{2}$ as shown in the picture
(If bigger, cut in $\frac{1}{4}$)

11

1 min



Boil all cut vegetables for **1 minute**
Carrots
[Total 10oz = 0.5oz x 20Bowls]
Bok Choy
[Total 20oz = 1oz x 20Bowls]

12

30 sec



Dip boiled vegetable in ice water for **30 seconds**

13

30 sec



Drain water and place in NSF[®] container with absorbent pad

Start

1

3 sec



Yakisoba Noodle
Open from the bag (2 packs each)

2

30 sec



Place bags in NSF[®] container and soak in hot water (**140°F or higher**)

3

2 min



Put another NSF® container over the top
Keep the hot water running for **2 minutes**
***To prevent the noodle package from being washed away**

4

10 sec



Unwrap noodles and place in a bowl

5

10 sec



Add **2.5oz** vegetable
(Cabbage 1.5oz / Carrots 0.5oz / Onion 0.5oz)

6

5 sec



Add the accompanying
(Yakisoba) sauce

7

5 sec



Add **1 tea spoon (0.04oz)** of
sesame oil

8

5 sec



Mix them well

9

5 sec



Transfer them into AFC-55 container

10

1 min



Place vegetables and protein on top
Pour sauce (0.5oz) over protein and sprinkle with sesame seeds
Place 2oz cup sauce



Finish

