

# Sweet Potato-Plum Bread Squares

Meal Components: Grains

B-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat/enriched blend flour	2 lb 14 oz	2 qt 2 1/2 cups	5 lb 12 oz	1 gal 1 1/4 qt	<ol style="list-style-type: none"> <li>Blend flour, sugar, brown sugar, dry milk, baking powder, baking soda, salt, allspice, nutmeg (optional), cinnamon, and shortening in a mixer for 3-5 minutes on low speed.</li> </ol>
Sugar	14 1/2 oz	2 cups	1 lb 13 oz	1 qt	
Brown sugar, packed	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups	
Instant nonfat dry milk		1/4 cup 2 Tbsp	1 3/4 oz	3/4 cup	
baking powder		2 Tbsp 1/2 tsp	2 oz	1/4 cup 1 tsp	
Baking soda		3 Tbsp	2 3/4 oz	1/4 cup 2 Tbsp	
Salt		1 1/2 tsp		1 Tbsp	
Ground allspice		1 1/2 tsp		1 Tbsp	
Ground nutmeg (optional)		1 1/2 tsp		1 Tbsp	

Trans fat-free shortening	15 oz	2 1/4 cups	1 lb 14 oz	1 qt 1/2 cup	
Canned mashed sweet potatoes	3 lb 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 8 oz	3 qt 1/2 cup (1 No. 10 can)	<b>2.</b> Add 1/2 of the sweet potatoes and mix for 2 minutes on low speed.
OR	OR	OR	OR	OR	
Canned cut sweet potatoes, drained, mashed	3 lb 4 oz	1 qt 2 1/4 cups	5 lb 8 oz	3 qt 1/2 cup	
Frozen whole eggs, thawed	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp	<b>3.</b> Add eggs and water. Mix for 1 minute on low speed.
OR		OR		OR	
Fresh large eggs (see Special Tip)		5 each		9 each	
Water		2 cups		1 qt	
Dehydrated plums without pits (prunes), chopped	7 1/2 oz	1 1/4 cups	15 oz	2 1/2 cups	<b>4.</b> Add dehydrated plums, remaining sweet potatoes, and nuts (optional). Mix for 3 minutes on low speed.
OR	OR	OR	OR	OR	
†Raisins, plumped	5 oz	1 1/3 cups	10 oz	2 2/3 cups	
Chopped walnuts (optional)	6 1/2 oz	1 1/2 cups 2 Tbsp	13 oz	3 1/4 cups	

**5.** Lightly coat steamtable pans with pan release spray. Pour 10 lb 10 oz (3 qt 1 cup) batter into

6. Bake: Conventional oven: 350° F for 1 hour.  
Convection oven: 300° F for 40 minutes.
7. Cool. Cut each pan 5 x 10 (50 pieces per pan).
8. For loaf pans: Lightly coat with pan release spray. Pour 5 lb 5 oz (1 qt 2 ½ cups) batter into each loaf pan (4" x 10" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

## Notes

### Comments:

†To plump raisins, cover the fruit with very hot tap water. Soak 2-5 minutes. DO NOT OVERSOAK. Drain well before using.

### Special Tip:

50 servings: Use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.

100 servings: Use 5 oz (1 ¾ cups) dried whole eggs and 1 ¾ cups water in place of eggs.

**A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.**

Serving	Yield	Volume
1 piece provides 1 1/2 oz equivalent grains.	<p><b>50 Servings:</b> about 7 lb 6 oz 50 pieces</p> <p><b>100 Servings:</b> about 14 lb 12 oz 100 pieces</p>	<p><b>50 Servings:</b> about 3 quarts 1 cup (batter) 1 steamtable pan or 2 loaves</p> <p><b>100 Servings:</b> about 1 gallon 2 1/2 quarts (batter) 2 steamtable pans or 4 loaves</p>