

Chickpea Biryani

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 GUIDELINES



THE HUMANE SOCIETY
OF THE UNITED STATES

Biryani is a mixed rice dish popular in Indian cuisine. It's typically made with a variety of spices, rice, beans and vegetables.

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned		1 quart + 1 pint		$\frac{3}{4}$ gallon
Garbanzo beans, drained	10 lbs. 6 oz.	1 $\frac{1}{2}$ gallons + 1 cup	20 lbs. 12 oz.	3 gallons + 1 pint
Olive or vegetable oil		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cup
Onion, diced	3 lbs.		6 lbs.	
Cumin, ground		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Potatoes, red, quartered	3 lbs.		6 lbs.	
Cauliflower florets (ready-to-use)	1 lb. 8 oz.		3 lbs.	
Green beans, fresh, trimmed	2 lbs. 8 oz.		5 lbs.	
Salt		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Garlic powder		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Cilantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		$\frac{1}{4}$ cup
Garam Masala (spice blend)		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Vegetable stock		1 $\frac{1}{2}$ gallons + 1 cup		3 gallons + 1 pint
Lemon juice		$\frac{2}{3}$ cup		1- $\frac{1}{3}$ cups
Rice Preparation				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Rice

Prepare rice by combining with water and cooking. Fluff. Place in warmer until service. See AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Garam Masala

Purchase pre-made or prepare AFRS O-305-00 and use portion needed.

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Biryani

1. Heat oven to 350°F.
3. Combine the onion, cauliflower and potatoes in a steamtable pan and toss with oil, salt and 2pepper. Roast the vegetables for approximately 30 minutes.
3. Meanwhile, combine tomato puree, stock, and remaining ingredients (except the garam masala and lemon) in a large bowl.
4. Once the vegetables are roasted, add the stock, seasonings, chickpeas, green beans and brown rice to the steamtable pans. Stir to combine, cover with a lid and bake for another 20-30 minutes.
5. Add garam masala and lemon juice.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 cup of chickpea biryani to provide 2 meat/meat alternates, 2 ounce equivalent grains, and ½ cup vegetable serving.

Nutrition Information

*From USDA Nutrient Database using peanut butter

Calories: 453 Total Fat: 8g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 82g Fiber: 13g Total Sugar: 9g Protein: 15g Sodium: 705mg Vitamin A: 25µg
Vitamin C: 20mg Calcium: 101mg Iron: 5mg Folate: .112µg