

Go for Green® Color and Sodium Codes: Green and Moderate

**TOFU STIR FRY**

**Yield** 100 Portions **Pan Size and Type** Griddle or Tilting Skillet **Temp** 375°F/ 400°F  
**Each Portion** 1¼ Cup (7-1/3 Ounces) 18 x 26-Inch Sheet Pans (4), Steam-Jacketed Kettle **Time** 15 min.  
 12 x 20 x 2½-Inch Steam Table Pans (4)

Calories	Carbohydrates	Sugars*	Protein	Fat	Sat Fat	Cholesterol	Sodium	Calcium	Fiber
212 cal	17 g	7 g	12 g	12 g	1.3 g	0 mg	647 mg	200 mg	4 g

**Ingredients**

	Weight	Measure	Approx. Issue
TOFU, EXTRA FIRM, DRAINED	20 lb 8 oz		22 lb
SAUCE, HOISIN	3 lb 4 oz	4-2/3 cups	
SAUCE, SOY, REDUCED SODIUM	1 lb	1¾ cups	
SUGAR, BROWN, LIGHT	5 oz	¾ cup	
SALT	3 oz	½ cup + 3 tbsp	
PEPPER, BLACK, GROUND	2/3 oz	2 tbsp + 1 tsp	
VINEGAR, WINE, RICE	1 lb	2 cups	
GINGER, GROUND	1½ oz	¼ cup + 1 tbsp	
SOY SAUCE, REDUCED SODIUM	1 lb 9 oz	3 cups + 2 tbsp	
WATER, COLD	5 oz	2/3 cup	
SAUCE, HOISIN	14½ oz	1¾ cups	
PEPPER, RED, CRUSHED	½ oz	3 tbsp	
GARLIC, GRANULATED	1 oz	2 tbsp + 2 tsp	
CORNSTARCH	1½ oz	¼ cup + 2 tbsp	
WATER, COLD	6 oz	¾ cup	
OIL, SESAME	10¾ oz	1¾ cups	
OIL, VEGETABLE, CANOLA	7 2/3 oz	1 cup	
BROCCOLI, FRESH, FLORETS	6 lb 4 oz	2 gal + 3½ qt	13 lb 12 oz
CARROTS, FRESH, JULIENNED	6 lb 4 oz	2 gal	7 lb 13 oz
PEPPERS, GREEN, SWEET, FRESH, STRIPS, ½-INCH	6 lb 4 oz	1 gal + 2 qt	7 lb 13 oz
PEPPERS, RED, SWEET, FRESH, STRIPS, ½-INCH	6 lb 4 oz	1 gal + 2 qt	7 lb 13 oz
ONIONS, YELLOW, SLICED ½-INCH	3 lb 2 oz	1 gal	3 lb 9 oz
WATER CHESTNUTS, CANNED, ROUGH CHOPPED	3 lb 2 oz	1 qt	

**Methods**

PAN SIZE: GRIDDLE OR TILTING SKILLET & 18 x 26-INCH SHEET PANS (4) & 12 x 20 x 2½-INCH STEAM TABLE PANS (4) & STEAM-JACKETED KETTLE.

- In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- Remove tofu from the package; drain and discard liquid. On each (18 x 26-inch) sheet pan lined with 4 layers of paper towels, lay 10 lb 4 oz of tofu blocks out flat. Place another sheet pan on top and place 2 #10 cans on top to weigh the top pan down and press the liquid out of the tofu. CP: Refrigerate tofu at 41°F (5° C) for 3 hours.
- After tofu has been pressed, cut into ½-inch dices for use in Step 4.
- Place tofu in a plastic, glass, or stainless steel marinating container. Combine hoisin sauce, soy sauce, brown sugar, salt, pepper, vinegar, and ginger. Pour marinade over tofu and mix well. Cover; marinate under refrigeration for 1½ hours.
- For Sauce: Bring soy sauce, water, hoisin sauce, red pepper, and garlic to a boil in a steam-jacketed kettle or stock pot.
- Combine cornstarch and water until smooth. Gradually add slurry to broth while stirring constantly. Reduce heat; simmer for 5 minutes until thickened and clear, stir frequently. Remove from heat and whisk in sesame oil. Reserve hot for use in Step 9.
- Batch prepare per 25 portions according to following directions:
  - Drain excess marinade from tofu.
  - Place 5 lb 3 oz marinated, tofu on a lightly sprayed (18x26-inch) sheet pan.
  - Using a convection oven, bake at 375°F (191° C) on high fan, open vent for 8 to 10 minutes or until lightly browned around edges.

- Simultaneously, pour ¼ cup vegetable oil on griddle or tilting skillet, add 2¼ gallons mixed vegetables; cook for 5 to 6 minutes, stirring frequently with a spatula.
8. CCP: Internal temperature of tofu must reach 145°F (63° C) or higher. Combine tofu and vegetables.
  9. Place stir fry in the steam table pan. Pour 1½ cups sauce over the stir fry in pan, mix lightly.
  10. Serve immediately or CP: Hold for hot service at 135°F (57° C) or higher.

## Notes

1. In Step 2, pressing the Tofu is an important in order to extract water from the tofu so that it will absorb more of the marinade flavors.
2. In Step 4, 12 ounces of white vinegar combined with 4 ounces of water, per 100 portions, may be substituted for rice wine vinegar.
3. Serving suggestion: Serve over whole grain or white rice or noodles.
4. \*Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.

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