

Category:Vegetable Curry with Brown Rice

T-203-00

Meatless Entree

G4G Color Code

green

Sodium Code

moderate

Yield

100 Portions

Each Portion

1 cup curry (8-½ oz) + ¾ cup rice (5-¼ oz)

Pan Size and Number

12 x 10 x 4-Inch Steam Table Pans (4)



Ingredients

Item	Measure	Weight	Approx issue
CUMIN, GROUND	¼ cup + 1 tsp	0.92 oz	
CARDOMOM, GROUND	2 tbsp + ½ tsp	0.46 oz	
CORIANDER, GROUND	2 tbsp + ½ tsp	0.39 oz	
CINNAMON, GROUND	1 tbsp + 1-¼ tsp	0.35 oz	
PEPPER, BLACK, GROUND	1 tbsp + 1-¼ tsp	0.35 oz	
PEPPER, WHITE, GROUND	2-⅝ tsp	0.18 oz	
NUTMEG, GROUND	2-⅝ tsp	0.18 oz	
CLOVE, GROUND	2-⅝ tsp	0.17 oz	

Item	Measure	Weight	Approx issue
OIL, CANOLA	1-½ cups	9-½ oz	
ONIONS, FRESH, CHOPPED	1-½ qt	1 lb 8 oz	1 lb 11 oz
CURRY POWDER	2-¾ cups + 2 tbsp	10 oz	
GARLIC, MINCED	¾ cup + 1 tbsp	5 oz	
SALT	½ cup	3-¼ oz	
BAY LEAVES, DRY, WHOLE	32 each	1 oz	
WATER	1 gal + 2-½ qt	13 lb 8 oz	

Directions

1. 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.
2. Create garam masala: In a mixing bowl, combine cumin, cardamom, coriander, cinnamon, black pepper, white pepper, nutmeg and clove; mix well until all ingredients are combined. Cover and reserve for use in Step 5.
3. Heat 1-½ cups (9-½ oz) canola oil in steam-jacketed kettle or stock pot. Add onions and sauté for 6-10 minutes until onions are golden and tender; stir occasionally.
4. Add curry powder, garlic, salt, garam masala and bay leaves and sauté for 1 minute, while stirring constantly to prevent spices from sticking to the bottom of the cooking vessel.
5. In a large mixing bowl combine vegetable base and 1 gal + 2-½ qt (13 lb 8 oz) warm water. Whisk well until base is completely dissolved. Add reconstituted vegetable base, potatoes, and diced tomatoes to onion-spice mixture and cook for 15-20 minutes on medium heat; stir occasionally.
6. Add cream, chickpeas, cauliflower, carrots, peas, bell peppers and tomato paste; stir until all ingredients are well incorporated. Bring to a simmer and cook for 15-20 minutes. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
7. Transfer 1-½ gal (13 lb 10 oz) of curry mixture to each (12 x 10 x 4-inch) steam table pan. CP: Hold hot at 135°F (57°C) or higher for service.
8. Combine brown rice, 3 gal + 3 qt (30 lb) cold water, 3 tbsp (2 oz) salt, and 3 tbsp (1-½ oz) canola oil in a steam-jacketed kettle or stockpot; bring to a boil, stirring occasionally.
9. Reduce heat, simmer, tightly covered for 35 to 40 minutes until the brown rice is tender and most of the water is absorbed. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
10. Transfer brown rice to serving pans. Fluff rice lightly with fork before serving. CP: Hold for hot service at 135°F (57°C) or higher.
11. For service: Ladle 1 cup (8-½ oz) of curry mixture over ¾ cup (5-¼ oz) brown rice. Garnish with 1 tbsp (0.13 oz) parsley.

Time

75 - 90 min.

Recipe Notes

1. In Step 9, 6-¾ qt (12 lb 11 oz) long grain white rice may be substituted for brown rice. The following nutrition profile and G4G® Codes reflect the substitution: Green and Low (634 kcal; 109 g carbohydrates, 9 g sugars*, 16 g protein, 4.6 g saturated fat, 14 g fat, 23 mg cholesterol, 443 mg sodium, 156 mg calcium, 9.8 g fiber).

To cook:

Combine white rice, 3 gal + 1-½ qt (28 lb) cold water, 3 tbsp (2 oz) salt, and 3 tbsp (1-½ oz)

- canola oil in a steam-jacketed kettle or stockpot; bring to a boil, stirring occasionally.

Reduce heat, simmer, tightly covered for 22 to 25 minutes until the brown rice is tender and most of the water is absorbed. CCP: Internal temperature must reach 135°F (57°C) or higher

- for 15 seconds.

1. In Step 12, two No. 10 scoops may be used for each portion of rice.

2. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

Nutrition Facts

Calories	440
Carbohydrates	70 g
Sugars*	9 g
Protein	11 g
Fat	15 g
Saturated Fat	5.2 g
Cholesterol	24 mg
Sodium	929 mg
Calcium	130 mg
Fiber	9.8 g