

Aloo Gobi



“Aloo Gobi”

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

Ingredient Name	Measurements
Potatoes, russet, raw	7 lb + 8 oz
Cauliflower, raw	5 lb + 10 oz
Salt	2 ½ Tbsp.
Lime juice	¾ cup + 1 Tbsp
Oil, olive	1 ¼ cup
Garlic, raw	10 cloves
Ginger root, raw	12 ½ slices (1” diameter)
Cumin, ground	2 ½ Tbsp
Paprika	¼ cup + 1 Tbsp
Chili powder	2 ½ Tbsp
Garam masala	2 ½ Tbsp
Turmeric, ground	2 ½ Tbsp
Cilantro, minced	1/3 cup + 6 ½ tsp

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Preheat oven to 400°F. (375°F for convection oven).
2. Break up cauliflower into florets. Peel and chop potatoes into ½ inch squares.
3. In a large bowl, combine all ingredients (except cilantro) and coat the vegetables well.

4. Place the marinated vegetables on a lightly oiled hotel pan (do not overcrowd) and roast in oven. After 20 minutes, rotate the vegetables with a spatula. Continue roasting for another 15-20 minutes or until tender with a little bite.
5. Wash and air dry the cilantro. Then, roughly chop and sprinkle on top of vegetables just before service.
6. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	122.31 kcal
Total Fat	5.95 g
Saturated Fat	0.87 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	381.37 mg
Total Carbohydrate	15.46 g
Dietary Fiber	2.47 g
Total Sugars	1.59 g
Protein	2.76 g

Meal Component Information:

Meal Components	Amount
Vegetable	0.5 cup

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of “John C. Stalker” as the district.*