



Recipe Production

Recipe Number: HK2276

Recipe Name: Crazy Curry Bowl

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description: 1 2/3 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 2/3 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
HK2275	Curried Tempeh	3	Pound	3 1/4	Ounce	(Unassigned)
SI301	RICE BROWN STEAM BULK	51	Pound			(Unassigned)
2601	BROCCOLI FROZEN 12/2 LB	5	Pound	10	Ounce	(Unassigned)
9606	SNOW PEAS	5	Pound	8	Ounce	(Unassigned)
2501	BEANS GARBANZO 6/10	10	Pound	10 2/3	Ounce	(Unassigned)
2560	CARROT LOOSE 25 LB	3	Pound, Shredded ((Unassigned)
TAP	WATER	1	Cup	4	Fl Oz	(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	10	Tbsp	2	tsp	(Unassigned)
1063	SPICE GARLIC POWDER BULK 25 LB	8	Tbsp			(Unassigned)
1022	SPICE PEPPER BLK 18OZ	4	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	2	Tbsp			(Unassigned)
1211	COCONUT MILK UNSWT 6/#10	3/4	GALLON			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

1) Prepare curry - seasoned tempeh and brown rice according to sub - recipes HK2275

Preparation Instructions

2) Combine broccoli, carrots, sugar snap peas, garbanzo beans, and water in a steam table pan. Steam for 10 minutes, until vegetables have softened. CCP - Minimum internal temperature should be 140 degrees F. or above.

3) Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to simmer for about 3 minutes.

4) Transfer to a service pan and toss with curry - seasoned tempeh crumbles.

5) Cover and hold in warmer until meal service.

6) To assemble bowl: Portion 2/3 cup of curry on top of 1 cup of brown rice. Serve Immediately.

Serving Instructions

CCP - Hold hot (140 degrees F. or above) for service.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	47,934.2134	122.6945	479.3421		*
Saturated Fat	g	511.7119	1.3098	5.1171	9.61	*
Sodium	mg	32,744.5203	83.8143	327.4452		*
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	910.2439	2.3299	9.1024	17.09	*
Cholesterol	mg	0.0000	0.0000	0.0000		*
Carbohydrate	g	8,690.5460	22.2447	86.9055	72.52	*
Total Dietary Fiber	g	739.3608	1.8925	7.3936		*
Protein	g	1,305.0645	3.3405	13.0506	10.89	*
Vitamin A (RE)	RE	41,973.0318	107.4360	419.7303		*
Vitamin A (IU)	IU	283,854.0159	726.5651	2,838.5402		*
Vitamin C	mg	3,516.6615	9.0014	35.1666		*
Calcium	mg	8,062.9977	20.6384	80.6300		*
Iron	mg	325.2015	0.8324	3.2520		*
Moisture	g	25,194.7972	64.4897	251.9480		*
Ash	g	317.5442	0.8128	3.1754		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
HK2275	Curried Tempeh	1.00	(Unassigned)	8	0.31	1/2 cup	/
SI301	RICE BROWN STEAM BULK	1.00	(Unassigned)	48	0.07	1 POUND	/
2601	BROCCOLI FROZEN 12/2 LB	1.00	(Unassigned)	5	0.62	LB	/
9606	SNOW PEAS	1.00	(Unassigned)	5	0.50	LB	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	1	0.54	CAN (111 OZ)	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	2	0.96	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	2	0.26	OZ	/
1063	SPICE GARLIC POWDER BULK 25	1.00	(Unassigned)			LB	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.89	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.03	BOX (3 LB)	/
1211	COCONUT MILK UNSWT 6/#10	1.00	(Unassigned)	0	0.99	#10 CAN	/

REPORT CRITERIA:

Sections Filter(s):

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