

Chickpea Biryani

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



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.

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

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

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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

2 oz. meat/meat alternate and 2 oz. equivalent grain serving

Calories: 453 Total Fat: 8g Saturated Fat: 1g Carbohydrate: 82g (13g fiber) Protein: 15g Sodium: 705mg