



Recipe Production

Recipe Number: FS030

Recipe Name: KASHMIRI VEG TOFU STIRFRY K-8

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1/2 C TOFU MIX AND 1/2 C RICE

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	6 OUNCES				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3020	TOFU FIRM WESTSOY 2/6 LB	21	Pound	6 3/4	Ounce	(Unassigned)
3533	RICE BROWN 25 LB	6	Pound	4	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	5	TBSP			(Unassigned)
TAP	WATER	3	Quart	1 1/8	Pint	(Unassigned)
1013	BASE VEG NO MSG 6/1 LB	1	Pound	5 1/2	Ounce	(Unassigned)
1062	SPICE TURMERIC	3	Tbsp	1 3/4	tsp	(Unassigned)
1205	HONEY 6/5 LB	2	Quart	2 2/3	Tbsp	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	3	Tbsp	2 1/2	tsp	(Unassigned)
2568	GINGER ROOT 1 LB	10	Ounce	20 1/4	Gram	(Unassigned)
1044	SPICE CINNAMON GRD	3	Tbsp	2 1/2	tsp	(Unassigned)
2577	PEPPER GREEN MED 25 LB	2	Pound	10 3/4	Ounce	(Unassigned)
2579	PEPPER RED 25 LB	2	Pound	10 3/4	Ounce	(Unassigned)
2596	SQUASH GREEN ZUCC 20 LB	2	Pound	10 3/4	Ounce	(Unassigned)
2528	CAULIFLOWER CS 12 CT	2	Pound	10 3/4	Ounce	(Unassigned)
2005	CRANBERRIES DRIED 5 LB	1	Pound	14 1/2	Ounce	(Unassigned)
2560	CARROT LOOSE 25 LB	2	Pound	10 3/4	Ounce	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	3	Ounce	16 1/4	Gram	(Unassigned)
2600	CILANTRO 6 CT	3	Ounce	16 1/4	Gram	(Unassigned)
2538	ONION YELLOW JUMBO 50 LB	2	Pound	3 3/4	Ounce	(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	3	Pound	9 1/2	Ounce	(Unassigned)
1320	OIL SUNFLOWER	3	Ounce	12	Gram	(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	3	Tbsp	1 1/2	tsp	(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Cooked vegetable yields:
 Onion: 78%
 Bell Peppers (red and green): 73%
 Summer Squash (zucchini): 86%
 Cauliflower: 61%
 Carrots: 97%

Preparation Instructions



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For the rice: 2 qts rice with 2 qts 1 cup water. Add turmeric, cinnamon, and salt. Place in steamer uncovered and steam until done. Cool rice. Rice can be made a day ahead.

Cut the tofu into cubes (approx 30 per block) and mix with thai chili sauce. Place on sheetpans and roast until crispy 10 - 15 minutes. Cool the tofu.

Shred the carrots. Large dice the rest of the vegetables. Finely chop cilantro. Mince the ginger and garlic.

For the curry veg stirfry: Heat the oil in tilt skillet. Add in garlic, ginger, onions and saute for a minute. Add in the rest of the vegetables and saute for a few more minutes. Mix together the veg base, water, and honey.

Add in water/veg base mixture. Turn off heat and add in the cooked rice and craisins. Mix well. Put 5.5 lbs. of rice into hotel pan and top with 6 lbs. of tofu.

Serving Instructions

Reheat at 350 degrees until internal temp of 165 is reached.

Serve 6 oz wt for grades K - 8 (1/2 cup tofu mix with 1/2 cup rice)

Each hotel pan will have 28 servings.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	35,159.8951	125.3161	351.5990		
Saturated Fat	g	115.5105	0.4117	1.1551	2.96	
Sodium	mg	42,439.4151	151.2616	424.3942		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	690.5942	2.4614	6.9059	17.68	
Cholesterol	mg	16.3292	0.0582	0.1633		
Carbohydrate	g	6,601.2709	23.5281	66.0127	75.10	
Total Dietary Fiber	g	428.0090	1.5255	4.2801		
Protein	g	1,153.0291	4.1096	11.5303	13.12	
Vitamin A (RE)	RE	41,974.2306	149.6036	419.7423		*
Vitamin A (IU)	IU	245,212.2960	873.9801	2,452.1230		*
Vitamin C	mg	2,603.7706	9.2803	26.0377		*
Calcium	mg	23,842.7252	84.9797	238.4273		*
Iron	mg	270.7778	0.9651	2.7078		*
Moisture	g	17,758.4319	63.2942	177.5843		*
Ash	g	253.4386	0.9033	2.5344		*



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Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	21	0.42	LB	/
3533	RICE BROWN 25 LB	1.00	(Unassigned)	6	0.25	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.04	BOX (3 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1013	BASE VEG NO MSG 6/1 LB	1.00	(Unassigned)	1	0.34	CONT (1 LB)	/
1062	SPICE TURMERIC	1.00	(Unassigned)	0	0.83	OZ	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	1	0.21	JUG (5 LB)	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.05	LB	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.67	CS (1 LB)	/
1044	SPICE CINNAMON GRD	1.00	(Unassigned)	1	0.05	OZ	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	2	0.67	LB	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	2	0.67	LB	/
2596	SQUASH GREEN ZUCC 20 LB	1.00	(Unassigned)	2	0.67	LB	/
2528	CAULIFLOWER CS 12 CT	1.00	(Unassigned)	2	0.11	HEAD	/
2005	CRANBERRIES DRIED 5 LB	1.00	(Unassigned)	1	0.90	LB	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	2	0.67	LB	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.22	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	1	0.28	BUNCH	/
2538	ONION YELLOW JUMBO 50 LB	1.00	(Unassigned)	2	0.23	LB	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.72	CONT (5 LB)	/
1320	OIL SUNFLOWER	1.00	(Unassigned)			JIB (35 LB)	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	0	0.74	OZ	/

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