



## Recipe Production

**Recipe Number:** HK2278

**Recipe Name:** Kashmiri Rice and Tofu

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Complex

**Serving Description:** 3/4 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	3/4 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
HK2270	Black Pearl Rice	6	Pound	4	Ounce	(Unassigned)
2577	PEPPER GREEN MED 25 LB	2	Pound, julienned	2 1/8	Cup, julienned	(Unassigned)
TAP	WATER	1	Gal.	2	Quart	(Unassigned)
3020	TOFU FIRM WESTSOY 2/6 LB	21	Pound	7	Ounce	(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	3	Pound	8	Ounce	(Unassigned)
1062	SPICE TURMERIC	3	Tbsp	2/3	tsp	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	3	Tbsp	3/4	tsp	(Unassigned)
1044	SPICE CINNAMON GRD	3	Tbsp	2/3	tsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	4	Tbsp			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	8	Tbsp			(Unassigned)
9538	ONION YELLOW JMB 50 LB	8	Cup, finely diced 1/			(Unassigned)
2560	CARROT LOOSE 25 LB	3 1/4	Pound, Shredded (			(Unassigned)
9579	PEPPER RED 25 LB	11	Cup, Jullliened			(Unassigned)
2594	SQUASH YELLOW SUMMER 20 LB	2	Quart			(Unassigned)
9528	CAULIFLOWER CS 12 CT	1	Pound	10	Ounce	(Unassigned)
2600	CILANTRO 6 CT	2 1/2	Cup, finely chopper			(Unassigned)
2568	GINGER ROOT 1 LB	1	Pint	1	Cup	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	12	Tbsp			(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	3	Tbsp	2	tsp	(Unassigned)
1013	BASE VEG NO MSG 6/1 LB	2 1/2	CUP			(Unassigned)
TAP	WATER	2	Quart			(Unassigned)
1205	HONEY 6/5 LB	336	Gram			(Unassigned)
2005	CRANBERRIES DRIED 5 LB	1	Pound			(Unassigned)

### Cooking Instructions

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

### Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

### Preparation Instructions

- 1) Add rice to water. Stir in turmeric, cumin, cinnamon, and salt.
- 2) Bake rice in a pre - heated 350 degree F. (400 degree F. standard) oven for 50 minutes or until tender and all liquid is absorbed. CCP - - Minimum internal temperature should be 140 degrees F. or above.
- 3) Toss tofu cubes with Thai Chili sauce.



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- 4) Transfer tofu to sheet pans and roast at 375 degrees F. for about 15 minutes, or until the tofu is caramelized and CCP - Minimum internal temperature should be 140 degrees F. or above. CCP - Hold hot (140 degrees F. or above) for use.
- 5) Heat oil in tilt skillet. Add in garlic, ginger, onions and curry powder and saute for a minute until fragrant.
- 6) Add in the remainder of the vegetables, and saute for 3 - 5 minutes.
- 7) Mix together the veg base water and honey. Add to the vegetables and toss to coat and heat through. Add cilantro.
- 8) Add vegetable mixture to cooked and add dried cranberries. Mix Well.
- 9) Transfer 5 1/2 pounds of rice mixture into each full hotel pan. Top each pan with 6 pounds of roasted tofu.

### Serving Instructions

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	19,656.5363	65.7909	196.5654		
Saturated Fat	g	106.2436	0.3556	1.0624	4.86	
Sodium	mg	44,885.3063	150.2322	448.8531		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	630.9187	2.1117	6.3092	28.89	
Cholesterol	mg	15.8648	0.0531	0.1586		
Carbohydrate	g	2,787.9095	9.3312	27.8791	56.73	
Total Dietary Fiber	g	416.2205	1.3931	4.1622		
Protein	g	1,042.2991	3.4886	10.4230	21.21	
Vitamin A (RE)	RE	50,857.1188	170.2200	508.5712		*
Vitamin A (IU)	IU	297,483.8493	995.6856	2,974.8385		*
Vitamin C	mg	2,963.6477	9.9194	29.6365		*
Calcium	mg	24,064.1832	80.5434	240.6418		*
Iron	mg	253.8673	0.8497	2.5387		*
Moisture	g	23,819.2193	79.7235	238.1922		*
Ash	g	227.1869	0.7604	2.2719		*



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Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
HK2270	Black Pearl Rice	1.00	(Unassigned)	11	0.64	1/2 cup	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	2	0.43	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	21	0.44	LB	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.70	CONT (5 LB)	/
1062	SPICE TURMERIC	1.00	(Unassigned)	0	0.75	OZ	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.05	LB	/
1044	SPICE CINNAMON GRD	1.00	(Unassigned)	0	0.88	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.05	BOX (3 LB)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (	/
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	2	0.03	LB	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	3	0.23	LB	/
9579	PEPPER RED 25 LB	1.00	(Unassigned)	2	0.23	LB	/
2594	SQUASH YELLOW SUMMER 20 LI	1.00	(Unassigned)	2	0.24	LB	/
9528	CAULIFLOWER CS 12 CT	1.00	(Unassigned)	0	0.97	HEAD	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	1	0.57	BUNCH	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.63	CS (1 LB)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.22	LB	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	0	0.78	OZ	/
1013	BASE VEG NO MSG 6/1 LB	1.00	(Unassigned)	0	0.71	CONT (1 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.15	JUG (5 LB)	/
2005	CRANBERRIES DRIED 5 LB	1.00	(Unassigned)	1	0.00	LB	/

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