

Mrs. Patel's Rajma

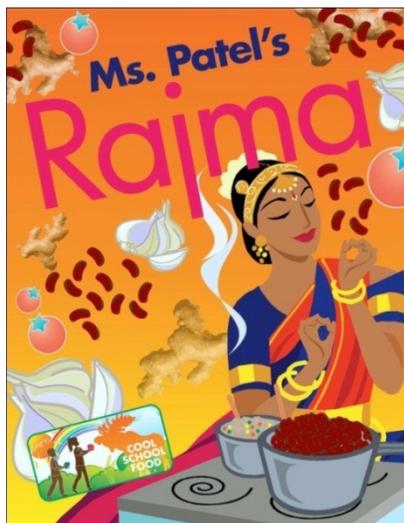
Indian Kidney Bean Curry
60 Servings

The children were thrilled to have Indian food at school. The fragrant spices captured their attention. In addition, Mrs. Patel, an assistant teacher and afterschool teacher developed this recipe. At her school, she's a rock star! The dish is as popular as our Pasta Fazool recipe.

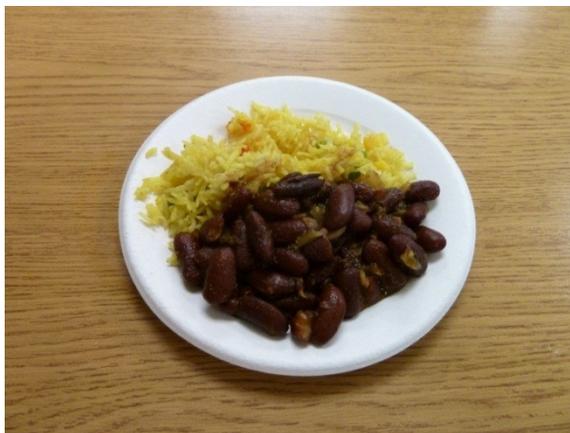
Recipe created by Mrs. Patel with the help of Haley Dossinger's Whole Foods Cooking Club of the Academic Plus Program at BJM Elementary, and Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients for Beans:

- 2 quarts peeled onions (NYS farm product)
- ½ cup peeled ginger
- ½ cup minced garlic (NYS farm product)
- ¼ cup oil
- ¼ cup ground coriander
- ¼ cup ground cumin
- 2 tablespoons ground turmeric
- 1 ½ tablespoons salt
- 1 gallon dry kidney beans, cooked (yields: 2 gallons cooked) (NYS farm product)
- 1 #10 can tomato sauce (NYS farm product)



Poster by Michelle Bando, www.michellebando.com



Mrs. Patel's Rajma made by the Academic Plus afterschool program

Preparation:

1. Finely chop onion and ginger in buffalo chopper.
2. On sheet pans, mix onion, ginger, and garlic with oil.
3. Add spices and salt and mix until the spices are thoroughly incorporated.

4. Roast in oven at 400 for 5 minutes.
5. In a large pot, mash 1/3 of the kidney beans and combine with the rest of the beans, tomato sauce and roasted vegetable/spice mixture.

Ingredients for Rice:

- 1 cup oil
- ½ cup ground coriander
- ¼ cup ground cumin
- 2 tablespoons ground turmeric
- 2 tablespoons salt
- 1 quart dry brown rice (cooked in 6 cups water = 1 gallon cooked)
- 2 quarts mixed frozen vegetables (for example corn, peas, carrots) (NYS farm product)

Preparation:

1. Thoroughly mix the oil and spices and warm over medium heat for 3-4 minutes.
2. Mix the spices with the rice and water and cook covered in steam oven for 30 minutes or until rice is tender.
3. Add frozen vegetables and cook until vegetables are hot.
4. Serve Rajma on top of or next to the rice. Children may enjoy mixing them together.

Note: If preparing in a central kitchen or where pans are limited, do not add vegetables to rice as above. Cook rice for 20 minutes. Add Rajma beans to the cooked rice mixture. Combine the rice and beans and heat covered in oven. Steam the vegetables in oven for a few minutes. When the rice and beans are almost at serving temperature, add in the vegetables and finish cook time.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

For one serving: ¾ cup

Contributes to NSLP meal pattern (Beans and Rice together)
2 M/MA, ¼ cup Vegetable, ¼ cup Grain/Bread

Meets Alliance School Meals criteria for legumes, whole grains and low fat entrée and contributes to daily vegetable total.