



THAI WALNUT AND EDAMAME BOWL

SERVINGS: 100 SERVINGS CALORIES: 525 KCAL

Looking for a way to add vegetables to your meals? Try this blend of rice and Asian vegetables topped with a mouthwatering sweet thai chili sauce!

INGREDIENTS

6 pounds 4 ounces Walnuts, California

9 pounds 6 ounces Edamame, shelled frozen

1 quart 2 cups Thai Sweet Chili Sauce

12 pounds 8 ounces Rice, brown USDA material #101031

5 gallons 2 quarts Water

20 pounds 2 ounces Vegetable blend, Asian frozen

1 ounce Pan Spray

INSTRUCTIONS

PRE-PREP:

1. Clean and sanitize workstation.

PREP:

1. Pull 5 full sheet pans and place at workstation.
2. Pull 4 full deep pans and place at workstation.
3. Pull 4 full steamer pans with inserts and place at workstation.
4. Pull brown rice and Thai Sweet Chili Sauce from dry storage and place at workstation.

PREP:

1. Preheat convection oven to 350° F.
2. Preheat steamer, if available.
3. Spray sheet pans well.
4. Spray steamtable pans well.

PREP:

1. Wash hands thoroughly.
2. Divide rice between 4 deep hotel pans, 3 pounds + 2 ounces each.
3. Add 1 gallon + 1-½ quarts (190° F) water to each pan. Stir and cover.

COOK:

1. Baked covered rice for 45 minutes or until most of the liquid is absorbed.
2. Stir to ensure rice is cooked and cover.
3. Hold: Pull cooked brown rice from oven, place in warmer and hold above 135° F for service.

PREP:

1. Pull California walnuts and shelled edamame from the freezer and place at workstation.
2. Wash hands thoroughly and put on gloves.
3. Remove 6 pounds + 4 ounces walnuts from case, reseal and date stamp with remaining quantity,
4. Remove 9 pounds + 6 ounces edamame from the case, reseal and date stamp with the remaining quantity.
5. Return sealed cases to freezer.
6. Wash hands thoroughly and put on gloves.
7. Divide the walnuts onto 2 sheet pans with 3 pounds + 2 ounces per pan.
8. Wash hands thoroughly and put on gloves.
9. Divide the shelled edamame onto 3 sheet pans with 3 pounds + 2 ounces per pan.

10. Wash hands thoroughly.

COOK:

1. Place walnuts and edamame in pre heated convection oven set to 350° F.
2. Roast for 5-7 minutes until the walnuts are toasted and the edamame reaches at least 140° F.

PREP:

1. Carefully add walnuts to a bowl with 3 cups of the Thai sweet chili sauce.
2. Wash hands thoroughly and put on gloves.
3. Toss walnuts in sauce, evenly coating all walnuts.
4. Place in steamtable pan and cover.
5. Carefully add edamame to a bowl with 3 cups of the Thai sweet chili sauce.
6. Wash hands thoroughly and put on gloves.
7. Toss edamame in sauce, evenly coating all the edamame.
8. Place edamame into a steam table pans and cover tightly.
9. Wash hands thoroughly.
10. Hold: Place seasoned walnuts and edamame into warmer and hold above 135° F for service.

PREP:

1. Pull Asian vegetable blend from freezer and place at workstation.
2. Wash hands thoroughly.
3. Place 5 pounds + 2 ounces of vegetables into one full steamer pan.
4. Place 5 pounds of vegetables into each of 3 more full steam pans.

COOK:

1. Steam vegetables for 7 minutes until they reach an internal temperature of 140° F.
2. Alternately, bake covered vegetables for 12 minutes in a 350° F convection oven.

SERVE:

1. Using 8 ounce spoodle, place 1 cup of brown rice in bowl.
2. Top rice with 1 ounce of seasoned walnuts using one 2 ounce spoodle.
3. Add ¼ cup seasoned edamame using one 2 ounce spoodle.
4. Encircle rice with ½ cup Asian vegetable blend using one 4 ounce spoodle.
5. Serve: One Thai Walnut & Edamame Bowl.

RECIPE NOTES

Production Notes: California walnuts are best kept frozen, and can be used from a frozen state. Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz). Roast edamame from a frozen state. The sweet and spicy seasoned walnuts and edamame are great additions to your Asian bars and pasta bars. Walnuts and edamame are great together to provide a nutritious, hearty, plant-based protein.

Allergens: Tree Nuts, Soybeans.

CCP: Heat until internal temperature is 140° F for 15 seconds.

CCP: Batch cook as necessary to ensure the best end product and nutritional.

CCP: Hold above 135° F.

CCP: Prepare foods at room temperature in two hours or less.

CCP: Batch cook as necessary to ensure best quality product.

Yield 100 servings

Crediting:s 2 oz meat/meat alternative (1 oz eq each from walnuts and edamame), 2 oz eq whole grain-rich, 1/2 cup other vegetable

NUTRITION FACTS PER SERVING (2CUPS)

Calories: 525 kcal | Fat: 23 g | Saturated fat: 2 g | Sodium: 270 mg | Fiber: 9 g | Protein: 16 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.