

Tofu and Broccoli “Fried” Rice

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD’S CHEFS IN SCHOOLS INITIATIVE

“A great way to get kids eating tofu. [REDACTED]

[REDACTED] For the best results, cook the rice a day early and place it in the oven without a cover. If you’re using fresh broccoli, cut into tinier pieces so it will cook fast, and don’t forget to include the stems—chop them up. It’s delicious!”
—*Chef Didi, Project Bread’s Cookbook Consultant*

15²/₃ cups dry brown rice (6¹/₄ pounds dry rice or 50 cups cooked)
34¹/₂ cups water
1 teaspoon salt

Stir Fry:

1 cup vegetable oil
4 large Spanish onions, minced (1¹/₄ pounds)
1 cup peeled and minced whole garlic (1/3 pound)
1 cup minced fresh ginger, skin scrubbed with warm water (1/4 pound)
4 large carrots, chopped into 1/2-inch pieces (about 2²/₃ pound)
30¹/₃ cups frozen broccoli, thawed in a colander, and chopped into bite-size pieces (about 10¹/₂ pounds)
11 cups frozen corn kernels (4 pounds)
27 cups firm tofu [REDACTED] (about 15 pounds)
1¹/₂ cups soy sauce or 3 tablespoons salt
1/2 cup cider vinegar

YIELD: 100 SERVINGS (K–5) * SERVING SIZE: 1¹/₃ CUPS

Stir rice, water, and salt together into two 4-inch deep hotel pans. Spray top edges with pan release spray. Cover with plastic, then foil, and bake at 350°F for 1¹/₂ hours. Remove the plastic wrap and foil. Turn the oven to 400°F, and bake another 45 minutes so that the rice develops some “crunch” on top. Chill overnight in fridge with foil still covering it.

Pulverize the onion, garlic, and ginger in a buffalo chopper and transfer to a bowl or pan. Then pulverize the carrots, but not too fine.

Heat the oil in a tilt skillet or steam-jacketed kettle over medium high heat. Sauté the carrots and broccoli, stirring for 5 minutes. Add the onion, garlic, ginger mixture and cook for a few more minutes. Add the rice and corn. Stir well with a big spatula, until heated through.

Add the tofu, soy sauce, and vinegar and heat through to temperature, adding some water if necessary to loosen any bits that are stuck to the pan. Transfer the rice mixture into hotel pans.

NUTRITIONAL INFORMATION

CALORIES: 348; SODIUM: 299.16 MG; SATURATED FAT: 3.07%

USDA REQUIREMENTS MET

2¹/₄ OUNCES M/MA
1 OUNCE EQUIVALENT WHOLE GRAIN
1/4 CUP DARK GREEN VEGETABLE