

VEGETABLE BIRYANI WITH TOFU

SERVINGS: 50 CALORIES: 425 KCAL

The kids will love this vegetable packed biryani. Seasoned with coriander, allspice and ginger this mixed rice dish will bring new and exciting flavors to the lunch room.



INGREDIENTS

- 1 cup Butter, unsalted
- 1/2 cup Garlic, fresh, chopped
- 1 cup Ginger, fresh, chopped
- 1/3 cup Coriander, ground
- 3 tablespoons Allspice, ground
- 1/3 cup Cumin, ground
- 5 pounds 9 ounces Rice, brown, long grain, raw
- 2 pounds 8 ounces Onions, peeled, 1/2-inch diced
- 4 pounds 11 ounces Potatoes, russet, unpeeled, 1-inch diced
- 2 pounds Carrots, unpeeled, sliced
- 2 pounds 4 ounces Corn kernels
- 2 pounds Eggplant, italian, unpeeled, 1-inch diced
- 1/4 cup 3 tablespoons Salt
- 6 quarts 1 cup Water
- 1 bunch Cilantro, fresh, chopped
- 3 ounces Onions, green, chopped

FOR THE TOFU:

- 13 pounds 13 ounces Tofu*, firm, 1-inch diced
- 1/4 cup Oil, olive
- 1 tablespoon Salt, kosher
- 1 teaspoon Pepper, black, ground

RECIPE NOTES

*A serving size of tofu per meal plan contribution is 1/4 cup or 2.2 ounces by weight and must have a minimum of 5 grams protein. May substitute cooked chicken. Use 12 pounds + 8 ounces for 100 portions and 6 pounds + 4 ounces for 50 portions.

Note: If using a stovetop braising pan, it may be covered and cooked in a 350° F oven.

CCP: Hold for hot service at 135° F or higher.

Other cooking methods

Portioned retherm/reheat method:

INSTRUCTIONS

FOR THE BIRYANI:

1. Heat the butter in a tilt skillet or stovetop braising pan large enough to hold all ingredients except the tofu.
2. Add garlic and ginger and sauté for 3 minutes, taking care not to burn.
3. Mix in the coriander, allspice, and cumin.
4. Add the brown rice and stir well to coat the rice with the butter and spices.
5. Add onions and sauté, stirring occasionally, until onions are translucent.
6. Add potatoes, carrots, corn, eggplant, salt, and water and stir well.
7. Bring to a boil, reduce heat to a simmer, and cook, covered, until liquid is absorbed and vegetables are cooked, about 50 minutes.
8. Mix biryani well with a rubber spatula, transfer to steam table pans, and sprinkle with cilantro and scallions.

FOR THE TOFU:

1. Preheat the oven to 400° F.
2. Cut the tofu into 1-inch cubes.
3. Toss tofu with the oil, salt, and pepper and lay out onto parchment-lined sheet pans in one layer.
4. Roast tofu until golden. Transfer to steam table pans.

Cook the tofu and biryani exactly as above until cooked. Do not add the scallions and cilantro.

Ladle the biryani into 6-inch hotel pans to cool.

Cool the tofu and the biryani in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Place an 8 oz spoodle/scoop of biryani in the center of food trays, then place 4 oz (weight) of tofu on top. Sprinkle with a pinch of scallions and cilantro.

Seal the trays and keep cold until service.

Heat/retherm the biryani on medium-high for 25–30 minutes or until hot (165°F with a calibrated food thermometer).

Serve immediately.

Serving Suggestion: Serve with Cucumber Raita.

Crediting: 1 Serving Provides: 2 ounces Meat Alternate, 2 ounces Vegetable (1/4 starchy, 1/4 other)

Serving Size: 8 ounce spoodle biryani, 4.4 ounces tofu

One 8 ounce spoodle portion biryani weighs 9.8 ounces

Yield 50 servings

NUTRITION FACTS PER SERVING (12.4OUNCES)

Calories: 425 kcal | Fat: 12.1 g | Saturated fat: 3.9 g | Cholesterol: 9.8 mg | Sodium: 703.1 mg | Carbohydrates: 65.1 g |

Fiber: 7.9 g | Protein: 17.7 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.