

Go For Green® Color and Sodium Level: Green and Moderate

**TOFU STIR FRY (SPEED SCRATCH)**

**Yield** 100 Portions **Pan Size and Type** Griddle or Tilting Skillet **Temp** 375°F/ 400°F  
**Each Portion** 1¼ Cup (7½ Ounces) 18 x 26-Inch Sheet Pans (4), Steam-Jacketed Kettle **Time** 15 min.  
 12 x 20 x 2½-Inch Steam Table Pans (4)

Calories	Carbohydrates	Sugars*	Protein	Fat	Sat Fat	Cholesterol	Sodium	Calcium	Fiber
232 cal	20 g	6 g	12 g	12 g	1.2 g	0 mg	541 mg	210 mg	4.9 g

**Ingredients**

Ingredients	Weight	Measure	Approx. Issue
TOFU, EXTRA FIRM, DRAINED	20 lb 8 oz		22 lb
SAUCE, TERIYAKI	2 lb 13 oz	1¼ qt	
SOY SAUCE, REDUCED SODIUM	1 lb 9 oz	3 cups + 2 tbsp	
WATER, COLD	5 oz	2/3 cup	
SAUCE, HOISIN	14½ oz	1¾ cups	
PEPPER, RED, CRUSHED	½ oz	3 tbsp	
GARLIC, GRANULATED	1 oz	2 tbsp + 2 tsp	
CORNSTARCH	1½ oz	¼ cup + 2 tbsp	
WATER, COLD	6 oz	¾ cup	
OIL, SESAME	10¾ oz	1¾ cups	
OIL, VEGETABLE, CANOLA	7-2/3 oz	1 cup	
VEGETABLE, STIR FRY, FROZEN	33 lb 6 oz	10 gal	

**Methods**

PAN SIZE: GRIDDLE OR TILTING SKILLET & 18 x 26-INCH SHEET PANS (8) & 12 x 20 x 2½-INCH STEAM TABLE PANS (4) & STEAM-JACKETED KETTLE.

1. Remove tofu from the package; drain and discard liquid. On each (18 x 26-inch) sheet pan lined with 4 layers of paper towels, lay 10 lb 4 oz of tofu blocks out flat. Place another sheet pan on top and place 2 #10 cans on top to weigh the top pan down and press the liquid out of the tofu. CP: Refrigerate tofu at 41°F (5° C) for 3 hours.
2. After tofu has been pressed, cut into ½-inch dices for use in Step 3.
3. Combine tofu and teriyaki sauce in plastic, glass, or stainless steel container. Cover; marinate under refrigeration for 1½ hours.
4. For Sauce: Bring soy sauce, water, hoisin sauce, red pepper, and garlic to a boil in a steam-jacketed kettle or stock pot.
5. Combine cornstarch and water until smooth. Gradually add slurry to broth while stirring constantly. Reduce heat; simmer for 5 minutes until thickened and clear, stir frequently. Remove from heat and whisk in sesame oil. Reserve hot for use in Step 8.
6. Batch prepare per 25 portions according to following directions:
  - Drain excess marinade from tofu.
  - Place 5 lb 3 oz marinated tofu on a lightly sprayed (18x26-inch) sheet pan.
  - Using a convection oven, bake at 375°F (191° C) on high fan, open vent for 8 to 10 minutes or until lightly browned around edges.
  - Simultaneously, pour ¼ cup vegetable oil on griddle or tilting skillet, add 2½ gallons mixed vegetables; cook for 5 minutes, stirring frequently with a spatula.
7. CCP: Internal temperature of tofu must reach 145°F (63° C) or higher. Combine tofu and vegetables.
8. Place stir fry in the steam table pan. Pour 1½ cups sauce over the stir fry in pan, mix lightly.
9. Serve immediately or CP: Hold for hot service at 135°F (57° C) or higher.

## Notes

1. In Step 1, pressing the Tofu is an important in order to extract water from the tofu so that it will absorb more of the marinade flavors.
2. When possible, choose a colorful, Asian stir fry vegetable blend.
3. Serving suggestion: Serve over regular or whole grain rice or noodles.
4. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.

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