



Sweet and Tangy Tofu Poke Bowl

T-311-00
Meatless Entree

Color Code: Green
Sodium: Moderate

Yield: 25 Portions

Each Portion: 1 bowl

Pan Size and Number: 18 x 26-Inch Sheet Pans (4), 12 x 20 x 4-Inch Steam Table Pan (1)

Temperature: 350°F (177°C), 375°F (191°C)

Time: 53 - 62 min.

INGREDIENTS

Garnishes for Assembly:

Item	Measure	Weight	Approx issue
MANGO, CHUNKS, FROZEN	1-½ qt + ¼ cup	2 lb 5 oz	2 lb 14 oz
BELL PEPPER, RED	1-½ qt + ¼ cup	1 lb 15 oz	2 lb 7 oz
EDAMAME, FROZEN	1-½ qt + ¼ cup	2 lb 1 oz	
CILANTRO	1-½ cup + 1 tbsp	1-½ oz	1-½ oz

Pickled Onions:

Item	Measure	Weight	Approx issue
WATER	¾ cup	6-¼ oz	
VINEGAR, RED WINE	¼ cup + 3 tbsp	3-¾ oz	
VINEGAR, WHITE, DISTILLED	¼ cup + 3 tbsp	3-¾ oz	
SUGAR, GRANULATED	¾ cup + 1 tbsp	5-¾ oz	
SALT	2 tbsp + 2 tsp	1-¾ oz	
ONION, RED, SLICED ⅛-INCH	3-¼ cup + 2 tbsp	14 oz	1 lb

Sweet Chili Sauce:

Item	Measure	Weight	Approx issue
WATER	1-¼ cup	10-½ oz	
VINEGAR, RICE WINE	1-¼ cup	10-½ oz	

SUGAR, GRANULATED	1 cup	6-7/8 oz
GARLIC, PREMINCED IN WATER	3 tbsp + 2 tsp	1-1/2 oz
SOY SAUCE, LOW SODIUM	2 tbsp	1-1/4 oz
PEPPER, RED, CRUSHED FLAKES	1-1/4 tsp	0.09 oz
WATER	1/4 cup	2 oz
CORNSTARCH	1/4 cup	1 oz

Quinoa (Oven):

Item	Measure	Weight	Approx issue
WATER	3 qt	6 lb 4 oz	
QUINOA, WHITE, DRY	1-1/2 qt	2 lb 3 oz	
SALT	2-1/4 tsp	0.48 oz	

Seared Tofu:

Item	Measure	Weight	Approx issue
TOFU, FIRM		9 lb 13 oz	11 lb 4 oz
CORNSTARCH	1 cup	4 oz	
SALT	2 tbsp	1-1/4 oz	
PEPPER, WHITE, GROUND	1 tsp	0.08 oz	
OIL, CANOLA	1 cup + 3 tbsp	9 oz	

DIRECTIONS

Pickled Onions:

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Slice onions to a 1/8-inch slice.
2. In a large stock pot or steam-jacketed kettle, combine first measure of water, red wine vinegar, white vinegar, first measure of sugar, and first measure of salt. Over medium heat, bring mixture to a boil, stirring occasionally, until sugar is dissolved.
3. Remove from heat and pour over sliced onions. CCP: Internal temperature must reach 135°F (57°C).
4. Allow to sit at room temperature for 20 minutes. Ensure that onions are completely submerged.
5. Refrigerate at 41°F (5°C) for at least 8 hours or overnight. Hold cold at 41°F (5°C) for use in Step 21.

Sweet Chili Sauce:

6. In a large stock pot, combine second measure of water, rice wine vinegar, second measure of sugar, garlic, soy sauce, and red pepper flakes.
7. Bring to a boil over medium heat.
8. Combine third measure of water and cornstarch to make a slurry. Add cornstarch slurry to sauce and boil for 3 to 5 minutes or until thickened. Remove from heat and CP: Hold cold at 41°F (5°C) for use in Step 21.

Quinoa (Oven):

9. Preheat oven to 350°F (177°C).
10. Combine fourth measure of water, quinoa and second measure of salt in a steam table pan. Stir to combine.
11. In an oven, on convection mode, bake covered at 350°F (177°C) for 38 to 42 minutes or until water is fully absorbed. CCP: Internal temperature must reach 135°F (57°C). CP: Hold hot at 135°F (57°C) for use in Step 21.

Seared Tofu:

12. Preheat griddle to 375°F (191°C).
13. Drain tofu.
14. Press tofu: Line two sheet pans with wire racks. Place tofu blocks in a single layer on racks; place additional sheet pans on top of tofu. Weigh down the sheet pans with heavy objects such as bags of potatoes or a few stockpots. Press tofu for at least 1 hour.
15. Pat surface of tofu dry with paper towels.
16. Cut tofu in 1-inch pieces.
17. In a large mixing bowl, toss tofu with cornstarch, third measure of salt and pepper. Toss gently to evenly distribute dry ingredients.
18. Add oil to preheated griddle. Place dredged tofu onto griddle. Sear, undisturbed, for 4 to 5 minutes, until tofu is golden brown.
19. Flip tofu and sear on another side for 4 to 5 minutes.
20. Again, flip tofu and cook for 4 to 5 minutes, until tofu is golden brown on multiple sides. CCP: Internal temperature must reach 135°F (57°C). Remove from heat and CP: hold hot at 135°F (57°C) for use in Step 21.

Assembly:

21. Place 3/4 cup quinoa on bottom of bowl. Top 1/4 cup bell pepper, 1/4 cup edamame, 1/4 cup mango, 1 cup tofu, 2 tbsp pickled onions, 2 tbsp sweet chili sauce and 1 tbsp cilantro. Serve immediately or CP: hold under refrigeration at 41°F (5°C) for Grab & Go.

RECIPE NOTES

1. Pickled Onions
 - a. In Step 1, 3 qt + 1-½ cup onions diced ½-inch can be used in place of sliced onions.
2. Seared Tofu
 - a. This recipe was developed on a griddle with dimensions measuring 2 ft. 4 in. x 3 ft. If using other sizes of equipment, cook times and batch sizes may vary.
 - b. Alternatively, Baked Tofu (T-312-01) can be used in place of Seared Tofu.
3. Cook time is a total of cooking times for all components of the bowl concurrently; preparation may go quicker if being done by multiple cooks.
4. For 25 portions of this bowl, the following recipes and portions were used: 25 portions of Pickled Onions (M-319-00), 25 portions of Sweet Chili Sauce (O-342-00), 25 portions of Quinoa (Oven) (E-323-00) and 25 portions of Seared Tofu (T-312-00).
5. This bowl recipe can be deconstructed and made into an action station. If making into an action station, other menu options can also be provided for a wider variety for the diner to choose from.
6. This bowl can be served either warm or cold.
7. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	496
Carbohydrates	60 g
Sugars*	19 g
Protein	28 g
Fat	17 g
Saturated Fat	0.9 g
Sodium	907 mg
Calcium	280 mg
Fiber	9.7 g



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