



Recipe Production

Recipe Number: FS052

Recipe Name: SWEET CHILI TOFU PK-8

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Same Day

Serving Description: 1 serving = 3 ounces

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	3 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3020	TOFU FIRM WESTSOY 2/6 LB	14	Pound	1 1/2	Ounce	(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	12	Tbsp	1/8	tsp	(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	12	Tbsp	1/8	tsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	7 1/8	Gram			(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	1	Pound	11 3/4	Ounce	(Unassigned)
2577	PEPPER GREEN MED 25 LB	9	Pound	3 1/3	Ounce	(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Cooked bell peppers yield 73%

Preparation Instructions

Cut tofu blocks in half lengthwise and cut again the same way. Mix canola oil and sesame oil together. Heat 1/2 of the oil in tilt and place tofu in it to make a crust on each side (3 - 5 minutes per side). Remove and salt tofu. Cut pieces in half and then into triangles to make 1 oz pieces.

Dice green peppers with large dice. Heat second half of oil the oil and saute in hot tilt skillet for 2 minutes, remove and mix with chili sauce.

Portion tofu into hotel pans (60 pieces) 20 servings per pan. Add 2 cups sauce and peppers.

Cool according to HACCP if preparing for cook/chill/ship.

Serving Instructions

Heat tofu in 350 degree oven for about 20 minutes. 3 (1 oz pieces) per serving. Serve with black pearl rice (FS048).



Recipe Production

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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	9,746.9586	92.3038	97.4696		
Saturated Fat	g	96.8003	0.9167	0.9680	8.94	
Sodium	mg	9,521.5417	90.1691	95.2154		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	627.4333	5.9418	6.2743	57.93	
Cholesterol	mg	7.8669	0.0745	0.0787		
Carbohydrate	g	619.0701	5.8626	6.1907	25.41	
Total Dietary Fiber	g	132.9038	1.2586	1.3290		
Protein	g	565.5010	5.3553	5.6550	23.21	
Vitamin A (RE)	RE	3,319.5634	31.4363	33.1956		
Vitamin A (IU)	IU	17,952.7784	170.0130	179.5278		
Vitamin C	mg	2,460.7998	23.3038	24.6080		
Calcium	mg	13,234.6316	125.3321	132.3463		
Iron	mg	113.3473	1.0734	1.1335		
Moisture	g	8,289.5579	78.5022	82.8956		
Ash	g	84.7306	0.8024	0.8473		

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	14	0.09	LB	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.05	GAL	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.05	GAL	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.35	CONT (5 LB)	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	9	0.21	LB	/

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