



Recipe Production

Recipe Number: FS053

Recipe Name: SWEET CHILI TOFU 9-12

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Same Day

Serving Description: 1 serving = 6 ounces

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	6 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	28	Pound	3	Ounce	(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	1	Cup	8 1/8	Tbsp	(Unassigned)
1307	OIL SESAME TOASTED 4/1 GAL	1	Cup	8 1/8	Tbsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	14 1/8	Gram			(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	3	Pound	7 1/2	Ounce	(Unassigned)
2577	PEPPER GREEN MED 25 LB	18	Pound	6 2/3	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) 10 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. 6 (1 oz pieces) per serving. Serve with black pearl rice (FS049).



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	19,505.7146	92.3165	195.0571		
Saturated Fat	g	193.7545	0.9170	1.9375	8.94	
Sodium	mg	19,023.9694	90.0365	190.2397		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,256.0027	5.9444	12.5600	57.95	
Cholesterol	mg	15.7412	0.0745	0.1574		
Carbohydrate	g	1,238.5500	5.8618	12.3855	25.40	
Total Dietary Fiber	g	265.9529	1.2587	2.6595		
Protein	g	1,131.0659	5.3531	11.3107	23.19	
Vitamin A (RE)	RE	6,644.6606	31.4478	66.4466		
Vitamin A (IU)	IU	35,938.0850	170.0875	359.3808		
Vitamin C	mg	4,928.6547	23.3263	49.2865		
Calcium	mg	26,470.1230	125.2776	264.7012		
Iron	mg	226.7372	1.0731	2.2674		
Moisture	g	16,587.3741	78.5046	165.8737		
Ash	g	169.4560	0.8020	1.6946		

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	28	0.19	LB	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.09	GAL	/
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.09	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	0.69	CONT (5 LB)	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	18	0.42	LB	/

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