



## Recipe Production

**Recipe Number:** FS056

**Recipe Name:** THAI TOFU CURRY PK-8

**Hot:** Yes

**Recipe Source:** In Harvest

**HACCP Process Category:**

Same Day

**Serving Description:** 6 oz weight or 1/2 cup volume

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	6 OUNCES				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1036	SAUCE SOY GFLS 5.2 GAL	1	Fl Oz	1 1/2	tsp	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1 1/4	Cup			(Unassigned)
1055	THAI CURRY PASTE 12/4 OZ	1	Pound	4	Ounce	(Unassigned)
1211	COCONUT MILK UNSWT 6/#10	1 1/8	GALLON			(Unassigned)
3020	TOFU FIRM WESTSOY 2/6 LB	19	Pound	3 1/2	Ounce	(Unassigned)
2600	CILANTRO 6 CT	1 1/4	BUNCH			(Unassigned)
2560	CARROT LOOSE 25 LB	5	Pound			(Unassigned)
9521	BROCCOLI CROWNS 20 LB	6	Pound	4	Ounce	(Unassigned)
2575	ONION GREEN 12 BUNCH	2	Ounce	3 2/3	Gram	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	7	Ounce	14 1/8	Gram	(Unassigned)
2568	GINGER ROOT 1 LB	7	Ounce	14 1/8	Gram	(Unassigned)
2004	LIME JUICE 6/32 OZ	2	Tbsp	1/8	tsp	(Unassigned)
TAP	WATER	1	Quart			(Unassigned)
1011	SALT KOSHER 12/3 LB	2	Tbsp			(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Recipe Source: In Harvest – Whole Grains, Rice and Legumes  
 Carrots yield 83%  
 Broccoli yields 81%  
 Green onion yields 83%

**Preparation Instructions**

Cut tofu blocks into 40 bite size pieces. Toss tofu lightly in 1/3 of the oil and 1/2 of the salt and bake in 375 degree oven for about 15 minutes to slightly crisp up.  
 Make broccoli florets, slice carrots into coins, chop garlic, ginger, and green onions, and cilantro. To make sauce: In tilt heat 1/3 of the oil, add garlic, ginger, and curry paste. Cook until aromatic (about 1 minute). Add milk, water, and lime juice. Remove and cool sauce. Toss broccoli and carrots in last 1/3 of the oil and second 1/2 of salt and roast (about 10 minutes at 375 degrees) until you get color on them.  
 Cook black pearl rice (subrecipe FS048)  
 One hotel pan = 1 lb. 7 oz broccoli, 1 lb. 12 oz carrots, 7 lb. 11 oz oz tofu, 2 qt + 1 cup sauce, 5 oz green onion, 1/2 bunch cilantro.  
 40 servings per full pan.



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**Serving Instructions**

Heat in 350 degree oven for about 30 minutes. PK - 8 serving 6 oz weight or 1/2 cup volume. Serve over black pearl rice.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	18,270.9236	91.7409	182.7092		
Saturated Fat	g	739.5728	3.7135	7.3957	36.43	
Sodium	mg	35,616.4999	178.8355	356.1650		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,343.4992	6.7459	13.4350	66.18	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	894.1592	4.4897	8.9416	19.58	
Total Dietary Fiber	g	200.8906	1.0087	2.0089		
Protein	g	816.9656	4.1021	8.1697	17.89	
Vitamin A (RE)	RE	56,596.1699	284.1774	565.9617		*
Vitamin A (IU)	IU	331,282.6713	1,663.4173	3,312.8267		*
Vitamin C	mg	2,379.7177	11.9489	23.7972		*
Calcium	mg	21,556.9291	108.2404	215.5693		*
Iron	mg	173.8648	0.8730	1.7386		*
Moisture	g	12,964.2024	65.0951	129.6420		*
Ash	g	169.6029	0.8516	1.6960		*

Stock Number	Description	Units per Case	Location	Cases	Broken Units	Broken Unit Description	Actual Used
1036	SAUCE SOY GFLS 5.2 GAL	1.00	(Unassigned)			CONT (665 FL	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.03	CONTAINER (	/
1055	THAI CURRY PASTE 12/4 OZ	1.00	(Unassigned)			CONTAINER	/
1211	COCONUT MILK UNSWT 6/#10	1.00	(Unassigned)	1	0.44	#10 CAN	/
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	19	0.22	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	1	0.79	BUNCH	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	5	0.00	LB	/
9521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	6	0.25	LB	/
2575	ONION GREEN 12 BUNCH	1.00	(Unassigned)	0	0.67	BUNCH	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.47	LB	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.47	CS (1 LB)	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	0	0.67	CONT (32 FL (	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.03	BOX (3 LB)	/

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