



Recipe Production

Recipe Number: FS057

Recipe Name: THAI TOFU CURRY 9-12

Hot: Yes

Recipe Source: In Harvest

HACCP Process Category:

Same Day

Serving Description: 10 oz weight or 1 cup volume

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	10 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	Tbsp	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1 3/4	Cup			(Unassigned)
1055	THAI CURRY PASTE 12/4 OZ	1	Pound	12 1/2	Ounce	(Unassigned)
1211	COCONUT MILK UNSWT 6/#10	1 1/2	GALLON			(Unassigned)
3020	TOFU FIRM WESTSOY 2/6 LB	27	Pound	8	Ounce	(Unassigned)
2600	CILANTRO 6 CT	1 3/4	BUNCH			(Unassigned)
2560	CARROT LOOSE 25 LB	7	Pound	2 1/4	Ounce	(Unassigned)
9521	BROCCOLI CROWNS 20 LB	8	Pound	14 3/4	Ounce	(Unassigned)
2575	ONION GREEN 12 BUNCH	2	Ounce	11 1/3	Gram	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	10	Ounce	20 1/4	Gram	(Unassigned)
2568	GINGER ROOT 1 LB	10	Ounce	20 1/4	Gram	(Unassigned)
2004	LIME JUICE 6/32 OZ	3	Tbsp	1/8	tsp	(Unassigned)
TAP	WATER	2	Quart	1 1/3	Pint	(Unassigned)
1011	SALT KOSHER 12/3 LB	4	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, 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 the salt and roast (about 10 minutes at 375 degrees) until you get color on them.
 Cook black pearl rice (subrecipe FS049).
 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.
 28 servings per full pan.



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Serving Instructions

Heat in 350 degree oven for about 30 minutes. Secondary serving = 10 oz weight or 1 cup volume served 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	26,080.4863	88.0409	260.8049		
Saturated Fat	g	1,055.7394	3.5639	10.5574	36.43	
Sodium	mg	58,816.2868	198.5484	588.1629		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,918.0692	6.4749	19.1807	66.19	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,273.6176	4.2994	12.7362	19.53	
Total Dietary Fiber	g	285.2117	0.9628	2.8521		
Protein	g	1,168.1000	3.9432	11.6810	17.92	
Vitamin A (RE)	RE	79,329.2801	267.7949	793.2928		*
Vitamin A (IU)	IU	464,052.2153	1,566.5189	4,640.5222		*
Vitamin C	mg	3,399.3155	11.4752	33.9932		*
Calcium	mg	30,800.6387	103.9749	308.0064		*
Iron	mg	248.5975	0.8392	2.4860		*
Moisture	g	19,684.5524	66.4499	196.8455		*
Ash	g	263.6164	0.8899	2.6362		*

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	0.04	CONTAINER (/
1055	THAI CURRY PASTE 12/4 OZ	1.00	(Unassigned)			CONTAINER	/
1211	COCONUT MILK UNSWT 6/#10	1.00	(Unassigned)	2	0.06	#10 CAN	/
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	27	0.50	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	2	0.50	BUNCH	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	7	0.14	LB	/
9521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	8	0.92	LB	/
2575	ONION GREEN 12 BUNCH	1.00	(Unassigned)	0	0.76	BUNCH	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.67	LB	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.67	CS (1 LB)	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	1	0.00	CONT (32 FL (/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.05	BOX (3 LB)	/

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