



## Recipe Production

**Recipe Number:** FS089

**Recipe Name:** KASHMIRI VEG TOFU STIRFRY PK

**Hot:** Yes

**Recipe Source:** Boulder Valley School District

**HACCP Process Category:**

Complex

**Serving Description:** 1/4 C TOFU MIX AND 1/4 C RICE

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

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	10	Pound	11 1/3	Ounce	(Unassigned)
1320	OIL SUNFLOWER	3	Tbsp	2	tsp	(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	1	Tbsp	2 1/2	tsp	(Unassigned)
3533	RICE BROWN 25 LB	3	Pound	2	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	2	TBSP	1 1/2	TSP	(Unassigned)
TAP	WATER	1	Quart	1 1/2	Pint	(Unassigned)
1013	BASE VEG NO MSG 6/1 LB	10	Ounce	21 1/4	Gram	(Unassigned)
1062	SPICE TURMERIC	1	Tbsp	2 1/3	tsp	(Unassigned)
1205	HONEY 6/5 LB	1	Quart	1 3/4	Tbsp	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	1	Tbsp	2 3/4	tsp	(Unassigned)
2568	GINGER ROOT 1 LB	5	Ounce	10 1/8	Gram	(Unassigned)
1044	SPICE CINNAMON GRD	1	Tbsp	2 3/4	tsp	(Unassigned)
2577	PEPPER GREEN MED 25 LB	1	Pound	5 1/3	Ounce	(Unassigned)
2579	PEPPER RED 25 LB	1	Pound	5 1/3	Ounce	(Unassigned)
2596	SQUASH GREEN ZUCC 20 LB	1	Pound	5 1/3	Ounce	(Unassigned)
2528	CAULIFLOWER CS 12 CT	1	Pound	5 1/3	Ounce	(Unassigned)
2005	CRANBERRIES DRIED 5 LB	15	Ounce	5 2/3	Gram	(Unassigned)
2560	CARROT LOOSE 25 LB	1	Pound	5 1/3	Ounce	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	1	Pound	7 1/3	Ounce	(Unassigned)
2600	CILANTRO 6 CT	1	Ounce	22 1/3	Gram	(Unassigned)
2538	ONION YELLOW JUMBO 50 LB	1	Pound	1 3/4	Ounce	(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	1	Pound	12 1/2	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 vegetable yields:  
 Onion: 78%  
 Bell Peppers (red and green): 73%  
 Summer Squash (zucchini): 86%  
 Cauliflower: 61%  
 Carrots: 97%

**Preparation Instructions**



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For the rice: 2 qts rice with 2 qts 1 cup water. Add turmeric, cinnamon, and salt. Place in steamer uncovered and steam until done. Cool rice. Rice can be made a day ahead.

Cut the tofu into cubes (approx 30 per block) and mix with thai chili sauce. Place on sheetpans and roast until crispy 10 - 15 minutes. Cool the tofu.

Shred the carrots. Large dice the rest of the vegetables. Finely chop cilantro. Mince the ginger and garlic.

For the curry veg stirfry: Heat the oil in tilt skillet. Add in garlic, ginger, onions, and curry powder and saute for a minute. Add in the rest of the vegetables and saute for a few more minutes. Mix together the veg base, water, and honey.

Add in water/veg base mixture. Turn off heat and add in the cooked rice and craisins. Mix well. Put 5.5 lbs. of rice into hotel pan and top with 6 lbs. of tofu.

### Serving Instructions

Reheat at 350 degrees until internal temp of 165 is reached.

Serve 3 oz wt for grades PK (1/4 cup tofu mix with 1/4 cup rice)

Each hotel pan will have 56 servings.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	18,370.4203	129.0753	183.7042		
Saturated Fat	g	58.2814	0.4095	0.5828	2.86	
Sodium	mg	21,242.1199	149.2526	212.4212		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	349.1475	2.4532	3.4915	17.11	
Cholesterol	mg	8.0840	0.0568	0.0808		
Carbohydrate	g	3,473.6132	24.4065	34.7361	75.63	
Total Dietary Fiber	g	220.2310	1.5474	2.2023		
Protein	g	610.9938	4.2930	6.1099	13.30	
Vitamin A (RE)	RE	20,901.1133	146.8566	209.0111		*
Vitamin A (IU)	IU	122,161.3247	858.3369	1,221.6132		*
Vitamin C	mg	1,460.1088	10.2591	14.6011		*
Calcium	mg	12,938.8515	90.9117	129.3885		*
Iron	mg	145.0986	1.0195	1.4510		*
Moisture	g	8,867.9787	62.3087	88.6798		*
Ash	g	134.5240	0.9452	1.3452		*



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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)	10	0.71	LB	/
1320	OIL SUNFLOWER	1.00	(Unassigned)			JIB (35 LB)	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	0	0.39	OZ	/
3533	RICE BROWN 25 LB	1.00	(Unassigned)	3	0.12	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.02	BOX (3 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1013	BASE VEG NO MSG 6/1 LB	1.00	(Unassigned)	0	0.67	CONT (1 LB)	/
1062	SPICE TURMERIC	1.00	(Unassigned)	0	0.41	OZ	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.61	JUG (5 LB)	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.03	LB	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.33	CS (1 LB)	/
1044	SPICE CINNAMON GRD	1.00	(Unassigned)	0	0.53	OZ	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	1	0.33	LB	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	1	0.33	LB	/
2596	SQUASH GREEN ZUCC 20 LB	1.00	(Unassigned)	1	0.33	LB	/
2528	CAULIFLOWER CS 12 CT	1.00	(Unassigned)	1	0.05	HEAD	/
2005	CRANBERRIES DRIED 5 LB	1.00	(Unassigned)	0	0.95	LB	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	1	0.33	LB	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	1	0.46	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	0	0.64	BUNCH	/
2538	ONION YELLOW JUMBO 50 LB	1.00	(Unassigned)	1	0.11	LB	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.36	CONT (5 LB)	/

**REPORT CRITERIA:**

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