



Recipe Production

Recipe Number: PF006

Recipe Name: BI BIM BAP K-8

Hot: Yes

Recipe Source: Plant Forward

HACCP Process Category:

Complex

Serving Description: 1 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3533	RICE BROWN 25 LB	6	Pound	4	Ounce	(Unassigned)
TAP	WATER	1	Gal.	1 2/3	Quart	(Unassigned)
2568	GINGER ROOT 1 LB	1	Pound	14	Ounce	(Unassigned)
9560	CARROT LOOSE 25 LB	2	Pound	2 1/8	Ounce	(Unassigned)
3020	TOFU FIRM WESTSOY 2/6 LB	11	Pound	4	Ounce	(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	13	Ounce			(Unassigned)
1035	SAUCE SOY 6/HALF GAL	2	Pound	22 2/3	Gram	(Unassigned)
1514	EGG LIQUID 15/2 LB	1	Pound	12	Ounce	(Unassigned)
9031	PEAS COMM FRZ 30 LB	2	Pound	11 3/4	Ounce	(Unassigned)
2575	ONION GREEN 12 BUNCH	8	Ounce			(Unassigned)
1320	OIL SUNFLOWER	1	Tbsp			(Unassigned)
1057	SAUCE SRIRACHA	8	Ounce			(Unassigned)
2544	SPINACH BABY 4 LB	2	Pound			(Unassigned)
1128	SEEDS SESAME	3	Ounce	14 1/8	Gram	(Unassigned)
2523	CABBAGE GREEN 50 LB	2	Pound	10 1/2	Ounce	(Unassigned)
2564	CUCUMBER 45 LB	4	Pound			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Recipe source: Chef Ann Foundation Plant Forward
 Carrots yield 76%
 Peas yield 98%
 Green onions yield 83%
 Cabbage yields 87%
 Cucumbers yield 98%

Preparation Instructions

1. Cook rice in steamer and cool prior to adding to recipe.
2. Over medium heat, scramble eggs until fully cooked, approximately 3 - 4 minutes. Cool prior to adding to recipe.
3. Heat oil in skillet.
4. Saute green onion and ginger in oil.
5. Add carrot and shredded cabbage and stir fry 3 - 4 minutes until just heated through but not soft.
6. Add tofu and stir fry.



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7. Add chili sauce, sriracha, and soy sauce.
8. Add rice, mix and stir fry until rice has absorbed sauce.
9. Remove from skillet.
10. Stir in spinach, sesame seeds, and frozen peas.
11. Let cool, add cooked/cooled egg to cooled rice mix.
12. Mix all ingredients well and keep cool.
13. Portion servings in hotel pans (10 lbs. per pan).
15. To reheat, place pans in 325 degree oven until an internal temperature of 165 is reached.

Serving Instructions

Serving size is 1 cup (8 oz spoodle).
Garnish with sliced cucumbers.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	20,038.9723	89.0786	200.3897		
Saturated Fat	g	95.4498	0.4243	0.9545	4.29	
Sodium	mg	44,526.9003	197.9340	445.2690		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	460.1073	2.0453	4.6011	20.66	
Cholesterol	mg	2,504.1460	11.1316	25.0415		*
Carbohydrate	g	3,148.6516	13.9966	31.4865	62.85	
Total Dietary Fiber	g	346.9532	1.5423	3.4695		
Protein	g	946.9396	4.2094	9.4694	18.90	
Vitamin A (RE)	RE	29,351.6169	130.4758	293.5162		*
Vitamin A (IU)	IU	250,562.8071	1,113.8188	2,505.6281		
Vitamin C	mg	1,043.8291	4.6401	10.4383		
Calcium	mg	14,611.9878	64.9542	146.1199		
Iron	mg	221.8089	0.9860	2.2181		
Moisture	g	16,644.9811	73.9914	166.4498		
Ash	g	304.3686	1.3530	3.0437		



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Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3533	RICE BROWN 25 LB	1.00	(Unassigned)	6	0.25	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	1	0.88	CS (1 LB)	/
9560	CARROT LOOSE 25 LB	1.00	(Unassigned)	2	0.13	LB	/
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	11	0.25	LB	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.16	CONT (5 LB)	/
1035	SAUCE SOY 6/HALF GAL	1.00	(Unassigned)	0	0.46	JUG (HALF G/	/
1514	EGG LIQUID 15/2 LB	1.00	(Unassigned)	0	0.88	CONT (2 LB)	/
9031	PEAS COMM FRZ 30 LB	1.00	(Unassigned)	2	0.73	LB	/
2575	ONION GREEN 12 BUNCH	1.00	(Unassigned)	2	0.52	BUNCH	/
1320	OIL SUNFLOWER	1.00	(Unassigned)			JIB (35 LB)	/
1057	SAUCE SRIRACHA	1.00	(Unassigned)	15	0.12	CONTAINER	/
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	2	0.00	LB	/
1128	SEEDS SESAME	1.00	(Unassigned)	3	0.50	OZ	/
2523	CABBAGE GREEN 50 LB	1.00	(Unassigned)	2	0.65	LB	/
2564	CUCUMBER 45 LB	1.00	(Unassigned)	4	0.00	LB	/

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