



Recipe Production

Recipe Number: PF013

Recipe Name: BI BIM BAP 9-12

Hot: Yes

Recipe Source: Plant Forward

HACCP Process Category:

Complex

Serving Description: 2 cups

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	2 CUPS				

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	12	Pound	8	Ounce	(Unassigned)
TAP	WATER	2	Gal.	3 1/2	Quart	(Unassigned)
2568	GINGER ROOT 1 LB	3	Pound	12	Ounce	(Unassigned)
9560	CARROT LOOSE 25 LB	4	Pound	4 1/4	Ounce	(Unassigned)
3020	TOFU FIRM WESTSOY 2/6 LB	22	Pound	8	Ounce	(Unassigned)
1071	SAUCE THAI CHILI 4/5 LB	1	Pound	10	Ounce	(Unassigned)
1035	SAUCE SOY 6/HALF GAL	4	Pound	1 1/2	Ounce	(Unassigned)
1514	EGG LIQUID 15/2 LB	3	Pound	8	Ounce	(Unassigned)
9031	PEAS COMM FRZ 30 LB	5	Pound	7 1/2	Ounce	(Unassigned)
2575	ONION GREEN 12 BUNCH	1	Pound			(Unassigned)
1320	OIL SUNFLOWER	2	Tbsp			(Unassigned)
1057	SAUCE SRIRACHA	1	Pound			(Unassigned)
2544	SPINACH BABY 4 LB	4	Pound			(Unassigned)
1128	SEEDS SESAME	7	Ounce			(Unassigned)
2523	CABBAGE GREEN 50 LB	5	Pound	4 3/4	Ounce	(Unassigned)
2564	CUCUMBER 45 LB	8	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 2 cups
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	40,075.2420	88.9004	400.7524		
Saturated Fat	g	190.9088	0.4235	1.9091	4.29	
Sodium	mg	88,961.4528	197.3465	889.6145		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	920.2388	2.0414	9.2024	20.67	
Cholesterol	mg	5,008.3008	11.1101	50.0830		*
Carbohydrate	g	6,296.7884	13.9684	62.9679	62.85	
Total Dietary Fiber	g	693.7629	1.5390	6.9376		
Protein	g	1,893.6256	4.2007	18.9363	18.90	
Vitamin A (RE)	RE	58,726.2838	130.2747	587.2628		*
Vitamin A (IU)	IU	501,257.4736	1,111.9581	5,012.5747		
Vitamin C	mg	2,085.7064	4.6268	20.8571		
Calcium	mg	29,224.4119	64.8296	292.2441		
Iron	mg	443.5304	0.9839	4.4353		
Moisture	g	33,378.1988	74.0441	333.7820		
Ash	g	608.3836	1.3496	6.0838		



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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)	12	0.50	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	3	0.75	CS (1 LB)	/
9560	CARROT LOOSE 25 LB	1.00	(Unassigned)	4	0.27	LB	/
3020	TOFU FIRM WESTSOY 2/6 LB	1.00	(Unassigned)	22	0.50	LB	/
1071	SAUCE THAI CHILI 4/5 LB	1.00	(Unassigned)	0	0.32	CONT (5 LB)	/
1035	SAUCE SOY 6/HALF GAL	1.00	(Unassigned)	0	0.91	JUG (HALF G/	/
1514	EGG LIQUID 15/2 LB	1.00	(Unassigned)	1	0.75	CONT (2 LB)	/
9031	PEAS COMM FRZ 30 LB	1.00	(Unassigned)	5	0.47	LB	/
2575	ONION GREEN 12 BUNCH	1.00	(Unassigned)	5	0.04	BUNCH	/
1320	OIL SUNFLOWER	1.00	(Unassigned)			JIB (35 LB)	/
1057	SAUCE SRIRACHA	1.00	(Unassigned)	30	0.24	CONTAINER	/
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	4	0.00	LB	/
1128	SEEDS SESAME	1.00	(Unassigned)	7	0.00	OZ	/
2523	CABBAGE GREEN 50 LB	1.00	(Unassigned)	5	0.30	LB	/
2564	CUCUMBER 45 LB	1.00	(Unassigned)	8	0.00	LB	/

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