



Recipe Production

Recipe Number: TT001

Recipe Name: TIKKA MASALA TACOS

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Same Day

Serving Description: 2 OZ PER TACO/2 TACOS PER SERV

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
62	2 TACOS				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
9002	CHICKEN DICED COMM 30 LB	10	Pound			(Unassigned)
1532	YOGURT NF BULK CHOB 2/5 LB	2	Pound	8 3/4	Ounce	(Unassigned)
2004	LIME JUICE 6/32 OZ	1	Cup			(Unassigned)
9045	TOMATOES DICED COMM 6/10	6	Pound	3 1/3	Ounce	(Unassigned)
9538	ONION YELLOW JMB 50 LB	13	Ounce			(Unassigned)
1011	SALT KOSHER 12/3 LB	2	TBSP			(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	2	tsp			(Unassigned)
1048	SPICE NUTMEG	2	tsp			(Unassigned)
1046	SPICE CUMIN BULK 10 LB	1	Tbsp			(Unassigned)
9608	CARDAMOM, GROUND	2	TSP			(Unassigned)
1320	OIL SUNFLOWER	12	Tbsp			(Unassigned)
1535	MILK, 1%, LOWFAT	1	Pint			(Unassigned)
2528	CAULIFLOWER CS 12 CT	5	Pound	9	Ounce	(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	6	Tbsp			(Unassigned)
2600	CILANTRO 6 CT	2	BUNCH			(Unassigned)
3510	TACO SHELLS 8/25 CT	124	EACH			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Yields:
 Drained diced tomatoes: 66%
 Cooked yellow onion: 78%
 Cooked trimmed cauliflower: 61%

Preparation Instructions

Toss thawed chicken with lime juice and greek yogurt to marinate for at least 1 hour.
 Spread chicken onto sheetpan and baked at 350 degrees for about 30 minutes.
 Dice onion.
 While chicken is cooking, sautee onion in medium stockpot.
 Add in spices - 2/3 of the salt (save 1/3 for cauliflower), pepper, nutmeg, cumin, cardamom. Stir to combine and cook about 2 minutes.
 Add in drained tomatoes and milk. Bring to a boil.
 Continue to simmer sauce.



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Using burr mixer blend the sauce to thin out tomato chunks.
 Trim cauliflower into bite size pieces.
 Toss cauliflower with remaining 1/3 of salt and curry powder.
 Spread onto lined sheetpan and roast at 375 degrees for about 15 minutes.
 While cauliflower is cooking, combine chicken and sauce.

Serving Instructions

Serve 2 oz chicken/sauce mix in each taco shell. Top with 1 tbsp cauliflower.
 Garnish with chopped cilantro
 2 tacos per serving.

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	20,786.0723	125.5865	335.2592		
Saturated Fat	g	235.8711	1.4251	3.8044	10.21	
Sodium	mg	21,670.1877	130.9282	349.5192		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	892.4738	5.3922	14.3947	38.64	
Cholesterol	mg	4,092.5489	24.7266	66.0089		
Carbohydrate	g	1,689.2154	10.2060	27.2454	32.51	
Total Dietary Fiber	g	146.2133	0.8834	2.3583		
Protein	g	1,468.5879	8.8730	23.6869	28.26	
Vitamin A (RE)	RE	1,305.8400	7.8897	21.0619		*
Vitamin A (IU)	IU	6,137.3503	37.0810	98.9895		
Vitamin C	mg	1,860.8845	11.2432	30.0143		
Calcium	mg	8,457.1665	51.0970	136.4059		
Iron	mg	107.0035	0.6465	1.7259		
Moisture	g	7,392.2788	44.6631	119.2303		*
Ash	g	65.7248	0.3971	1.0601		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
9002	CHICKEN DICED COMM 30 LB	1.00	(Unassigned)	10	0.00	LB	/
1532	YOGURT NF BULK CHOB 2/5 LB	1.00	(Unassigned)	2	0.55	LB	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	5	0.29	CONT (32 FL (/
9045	TOMATOES DICED COMM 6/10	1.00	(Unassigned)	0	0.97	CAN (102 OZ)	/
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	0	0.81	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.02	BOX (3 LB)	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	0	0.15	OZ	/
1048	SPICE NUTMEG	1.00	(Unassigned)	0	0.16	OZ	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.01	LB	/
9608	CARDAMOM, GROUND	1.00	(Unassigned)	0	0.01		/
1320	OIL SUNFLOWER	1.00	(Unassigned)			JIB (35 LB)	/
1535	MILK, 1%, LOWFAT	1.00	(Unassigned)	0	0.12	GAL	/
2528	CAULIFLOWER CS 12 CT	1.00	(Unassigned)	4	0.39	HEAD	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	1	0.27	OZ	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	2	0.86	BUNCH	/
3510	TACO SHELLS 8/25 CT	1.00	(Unassigned)	4	0.96	SLVE (25 CT)	/



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