



Recipe Name: Vegetable Biryani with Tofu

File No:



Recipe Adapted From:

Healthy School Recipes

Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 100	
Portion Size: 8 oz spoodle + 4.4 oz tofu	
Serving Utensil:	
Servings Per Pan:	

Ingredients		Weight	Measure	Procedure
Butter			2 cup	1. Heat the butter in a tilt skillet or a large oven top braising pan. 2. Add garlic and ginger, cook for 3 minutes, stirring often. 3. Mix coriander, allspice, and cumin. 4. Add rice and stir well to coat the rice with butter and spices. 5. Add 5 lbs chopped onions and cook, stirring occasionally, until onions are translucent. 6. Add potatoes, carrots, corn, eggplant, water, and 1 Tbsp salt. Stir well. 7. Bring to a boil, reduce heat to simmer. Cook covered, until liquid is absorbed, and vegetables are cooked, about 50 minutes. 8. Mix well, divide between 4 steam table pans, and sprinkle with cilantro and remaining onions. CCP: Cover and hot hold at 135°F or higher for service. 9. See Tofu in a Nutshell for tofu preparation information. 10. Preheat oven to 400°F. 11. Toss prepared tofu with olive oil, remaining salt and pepper. 12. Place tofu in a single layer on a parchment lined baking sheets. 13. Bake Tofu until golden. Transfer to a separate steam table pans. CCP: Hot hold for service at 135°F or higher. 14. Serve Biryani (rice and vegetables) with an 8 oz spoodle and 4.4 oz by weight of tofu.
Garlic, Fresh, Minced			1 cup	
Ginger, Fresh, Minced			2 cup	
Coriander, Ground			2/3 cup	
Allspice, Ground			6 Tbsp	
Cumin, Ground			2/3 cup	
Rice, Brown, Long Grain, Dry, USDA #100500	12 lbs			
Onions, Sweet, Raw, Diced, Divided	5 lbs			
Potatoes, Russet, Unpeeled, Diced	9 1/2 lbs			
Carrots, Raw, Sliced	4 lbs			
Corn Frozen, No Salt Added USDA #100348	4 1/2 lbs			
Eggplant, Italian, Unpeeled, Diced	4 lbs			
Water			1 gallon 2 1/2 qt	
Cilantro, Fresh, Chopped			1 cup	
Tofu, Drained, Pressed, Diced	27 1/2 lbs			
Oil, Olive			1/2 cup	
Salt, Divided			2 Tbsp	
Pepper, Black, Ground			2 tsp	
Meal Component Contribution		Total Yield		<u>Equipment (if not specified in procedures above):</u> DG - dark green RO - red orange BPL - bean, peas, legumes S - starchy O - other A - additional
Meat/Meat Alternate: 2 oz eq		Weight:		
Vegetable Subgroups		Number of Pans:		
DG	RO	BPL	Pan size:	
			Volume:	
S	O	A	Nutritional Analysis Based on Portion Size	
1/4 cup	1/8 cup	1/8 cup	Calories: 420 kcal	
Fruit:		Saturated Fats (g): 3.84 g		
Grains: 1 oz eq		Sodium (mg): 133.12 mg		
Based on USDA Food Buying Guide-RAW		Calculated using NutriKids		