



Recipe Name: Vegetable Biryani with Tofu

File No:



Recipe Adapted From:

Healthy School Recipes

Grade Group (s): K-8, 9-12	<b>HACCP Process</b> <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 8 oz spoodle + 4.4 oz tofu	
Serving Utensil:	
Servings Per Pan:	

Ingredients		Weight	Measure	Procedure
Butter			1 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 1½ tsp 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 2 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.  <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
Garlic, Fresh, Minced			½ cup	
Ginger, Fresh, Minced			1 cup	
Coriander, Ground			⅓ cup	
Allspice, Ground			3 Tbsp	
Cumin, Ground			⅓ cup	
Rice, Brown, Long Grain, Dry, USDA #100500	5¾ lbs			
Onions, Sweet, Raw, Diced, Divided	2 lbs 8 oz			
Potatoes, Russet, Unpeeled, Diced	4 lbs 12 oz			
Carrots, Raw, Sliced	2 lbs			
Corn Frozen, No Salt Added USDA #100348	2 lbs 4 oz			
Eggplant, Italian, Unpeeled, Diced	2 lbs			
Water			6 qt 1 cup	
Cilantro, Fresh, Chopped			1 bunch	
Tofu, Drained, Pressed, Diced	13 lbs 12 oz			
Oil, Olive			¼ cup	
Salt, Divided			1 Tbsp	
Pepper, Black, Ground			1 tsp	
<b>Meal Component Contribution</b>		<b>Total Yield</b>		
Meat/Meat Alternate: 2 oz eq		Weight:		
Vegetable Subgroups		Number of Pans:		
DG	RO	BPL	Pan size:	
			Volume:	
S	O	A	<b>Nutritional Analysis Based on Portion Size</b>	
¼ cup	⅓ cup	⅓ cup	Calories: 420 kcal	
Fruit:			Saturated Fats (g): 3.84 g	
Grains: 1 oz eq			Sodium (mg): 133.10 mg	
Based on USDA Food Buying Guide-RAW			Calculated using NutriKids	