

CRAZY CURRY BOWL

A delicious combination of rice, tempeh, vegetables, and spices. This colorful, flavorful main dish has a lot of appeal!

ONE PORTION PROVIDES:
 ½ cup vegetable, 2 oz. eq. meat/meat alternative, 2 oz. eq. grain



INGREDIENTS	100 SERVINGS	DIRECTIONS
<i>Rice, brown, oven, steamed</i>		
Rice, brown, long grain, parboiled, dry	13 pounds	1. Combine rice and hot tap water in 4-inch baking pan. (1# rice = half pan; 2# rice = full size pan) 2. Cover each pan tightly with aluminum foil. Bake in 350°F convection oven for 35-45 minutes or until water is absorbed.
Water	3 ¼ gallon	3. Carefully transfer rice into 2-inch serving pan. Hot Hold: Hold at >= 140°F
<i>Tempeh, crumbled, curry-seasoned</i>		
Tempeh	14 pounds	4. Cover tempeh with boiling water and cover for 30 minutes to soften
Water	2 gallons	5. Drain water completely and crumble onto a vegetable oil sprayed sheet pan.
Pan coating spray, bakery release	As needed	
Curry, dry powder, spices	½ cup	6. Add curry and chili powders and toss to evenly coat

Chili, dry powder, spices	½ cup	7. Bake at 350°F. for 20 minutes. CCP-Minimum internal temperature should be 140° F. or above. Hot Hold: Hold at >= 140°F
Broccoli, frozen, cut or chopped, without salt	5 ½ pounds,	8. Combine broccoli, carrots, sugar snap peas, garbanzo beans, and water in a steam table pan. Steam for 10 minutes, until vegetables have softened.
Sugar snap peas	5 ½ pounds	
Carrots, shredded (matchstick)	3 pounds	CCP-Minimum internal temperature should be 140°F. or above.
Beans, garbanzo, canned, drained	2 ½ no. 10 cans	
Water	1 ½ cups	
Curry, dry powder, spices	2/3 cup	9. Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to simmer for about 3 minutes. 10. Transfer to a service pan and toss with curry-seasoned tempeh crumbles. CCP-Hold hot (140°F. or above) for service. 11. Cover and hold in warmer until meal service. 12. To assemble bowl: Portion 2/3 cup of curry on top of 1 cup of brown rice. Serve Immediately.
Garlic, dry powder, spices	½ cup	
Pepper, black, ground, spices	¼ cup	
Salt, kosher	2 tablespoons	
Coconut milk, unsweetened	3 quarts	

SERVING NOTES:

Serving size	1 2/3 Cups	Yield, weight	63 Pounds, 3 1/8 Ounces
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RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	479	Total Fat (gm)	9	Vitamin A (IU)	2839	Iron (mg)	3.5
Protein (gm)	13	Saturated Fat (gm)	5	Vitamin C (mg)	35	Sodium (mg)	327
Carbohydrate (gm)	87	Cholesterol (mg)	0	Calcium (mg)	81	Dietary Fiber (gm)	7.5