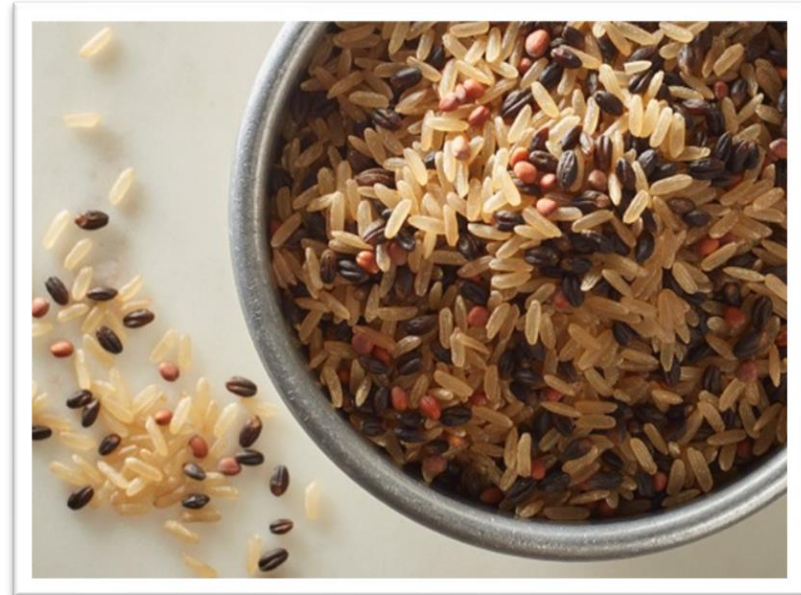


KASHMIRI TOFU AND RICE

This hearty dish uses Black Pearl Medley® rice with warm spices to host a variety of colorful vegetables. A touch of sweetness is added with honey and dried cranberries for a combination of delicious flavors.



ONE PORTION PROVIDES:
 1/8 cup fruit, 1/2 cup vegetable, 1.5 oz. eq. meat/meat alternative, 1/2 oz. eq. grain

INGREDIENTS	100 SERVINGS	DIRECTIONS
Black Pearl Medley® rice	6 pounds	1. Add rice to water. Stir in turmeric, cumin, cinnamon, and salt. 2. Bake rice in a pre-heated 350°F. (400°F. standard) oven for 50 minutes or until tender and all liquid is absorbed. CCP--Minimum internal temperature should be 140°F. or above.
Water	6 quarts	
Turmeric, ground, spice	3 tablespoons	
Cumin, ground, spices	3 tablespoons	
Cinnamon, ground, spices	3 tablespoons	
Salt, kosher	1/4 cup	CCP--Minimum internal temperature should be 140°F. or above. 3. Toss tofu cubes with Thai Chili sauce. 4. Transfer tofu to sheet pans and roast at 375°F. for about 15 minutes, or until the tofu is caramelized CCP--Minimum internal temperature should be 140°F. or above. CCP--Hold hot (140°F. or above) for use.
Tofu, cubes or filets	21 1/2 pounds	
Thai style chili sauce	3 1/2 pounds	

Canola/olive oil blend	½ cup	5. Heat oil in tilt skillet. Add in garlic, ginger, onions and curry powder and sauté for a minute until fragrant.
Ginger root, raw	3 cups	
Garlic, raw, peeled, chopped	¾ cup	
Onion, yellow, 1/4-inch diced	2 ½ pounds	
Curry, dry powder, spices	4 tablespoons	
Matchstick carrots, fresh	4 ½ pounds	6. Add in the remainder of the vegetables, and sauté for 3-5 minutes.
Peppers, red, sweet (bell), 1/4-inch diced	4 pounds	
Peppers, green, sweet (bell), 1/4-inch diced	4 pounds	
Squash, summer, zucchini, 1/4-inch coin	3 pounds	
Cauliflower, fresh, florets	3 pounds	7. Mix together the veg base, water, and honey. Add to the vegetables and toss to coat and heat through. Add cilantro.
Ultimate vegetable base, no MSG	2 1/2 cups	
Honey, pure	1 cup	
Cilantro, finely chopped	2 1/2 cups	
Cranberries, dried, sweetened	2 pounds	8. Add dried cranberries. Mix well. 9. Transfer 5 1/2 pounds of rice mixture into each full hotel pan. Top each pan with 6 pounds of roasted tofu.

SERVING NOTES:

Serving size	3/4 Cup	Yield, weight	70 Pounds, 3 1/2 Ounces
--------------	---------	---------------	-------------------------

RECIPE NOTES:

NUTRIENTS PER SERVING							
Calories	197	Total Fat (gm)	6.5	Vitamin A (IU)	2975	Iron (mg)	2.5
Protein (gm)	10	Saturated Fat (gm)	1	Vitamin C (mg)	30	Sodium (mg)	449
Carbohydrate (gm)	28	Cholesterol (mg)	0.5	Calcium (mg)	241	Dietary Fiber (gm)	4