

Easy Tofu Cauliflower Korma

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Brown rice, dry	5 lbs. 12 oz.		11 lbs. 8 oz.	
Oil, coconut or olive		1 ½ cups		1 ½ pints
Curry powder		¼ cup		½ cup
Garam Masala		¼ cup		½ cup
Salt		1/3 cup		2/3 cup
Onions, diced	4 lbs.		8 lbs.	
Carrots, peeled, chopped	4 lbs. 12 oz.		9 lbs. 8 oz.	
Garlic, roughly chopped		½ cup		1 cup
Diced tomatoes, canned		3-#10 cans		5-#10 cans
Coconut milk, canned		1 qt.		2 qt.
Tofu, extra firm, drained, cut into small cubes	6 lbs. 4 oz.		12 lbs. 8 oz.	
Cauliflower, florets – ready to use OR Cauliflower, whole, cut into florets	6 lbs. 4 oz. OR 8 lbs. 12 oz.		12 lbs. 8 oz. OR 17 lbs. 8 oz.	
Lemon juice		¾ cup		1 ½ cups

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe

Preparation

1. Prepare rice according to package, or as follows.
 - a. Steam in large pot covered for approximately 15 minutes.
 - b. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
2. In pot, steam kettle or skillet, heat oil over medium heat; add spices, salt, carrots, onion, and garlic. Sauté or steam for 5-6 minutes, until onions are translucent. Make sure to stir often to prevent the vegetables from burning. Add tomatoes and coconut milk to the vegetables and bring to a boil. Then reduce to medium, cover, and cook for 10 to 15 minutes, or until vegetables are very tender.
3. Using a large potato masher, mash ingredients until broken down. Add tofu, cauliflower, and lemon juice and bring to a boil. Reduce to medium, cover, and cook until cauliflower is extremely tender, about 15 – 20 minutes.

*Cauliflower is tender enough if a fork can pierce it easily. Serve over rice.



Easy Tofu Cauliflower Korma Continued

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Serving Information

Serve 1 ¼ cups Cauliflower Korma over 1 cup brown rice.

Each serving provides 1 meat/meat alternates, 2 ounce equivalent grains, ½ cup red/orange vegetable and ½ cup other vegetable.

OR

Serve ¾ cup Cauliflower Korma over ½ cup brown rice.

Each serving provides ½ meat/meat alternate, 1 ounce equivalent grains, and ½ cup vegetable component.

Nutrition Information per 1 m/ma and 2 grain equivalents *From USDA Nutrient Database

Calories: 431 Total Fat: 16g Saturated Fat: 7g Monounsaturated Fat: 5.6g Polyunsaturated Fat: 2.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 62g Fiber: 8g Total Sugar: 7g Protein: 13g Sodium: 668mg Vitamin A: 214µg Vitamin C: 34mg Calcium: 176mg Iron: 3.4mg Folate: 68µg

