

# Thai Tempeh Fried Rice

|               |                    |              |          |              |
|---------------|--------------------|--------------|----------|--------------|
| Recipe group  | Additional name    | Diet factors | Portions | Portion size |
| Entree, Asian | Protein Foundation | VG           | 12       | 15.32 oz     |

|   | Capacity measure | EP           | Trim loss | AP           | Name of ingredient | Methods  |
|---|------------------|--------------|-----------|--------------|--------------------|--|
| 1 | 8 1/4 cup        | 3 lb 0.31 oz | 0%        | 3 lb 0.31 oz | Tempeh, Plain      | To Prepare Tempeh - Boil Tempeh in a pot or skillet of water for 10 minutes. Remove and allow to cool. Once cool enough to handle, crumble tempeh. |



Preparing Tempeh



Cooling Tempeh



Tempeh into Crumbles

|   | Capacity measure | EP            | Trim loss | AP            | Name of ingredient       | Methods   |
|---|------------------|---------------|-----------|---------------|--------------------------|---|
| 2 | 4 tbsp           | 0 lb 1.92 oz  | 0%        | 0 lb 1.92 oz  | Oil, Canola              | For Thai Tempeh Crumbles - Heat oil in a skillet or flat top over medium high heat. Add tempeh and cook for 3-5 minutes, allowing tempeh to slightly caramelize and become crispy. While cooking tempeh mix remaining ingredients in step 2. When tempeh is ready, add sauce. Allow to cook and reduce for 3-5 minutes, or until all liquid has evaporated and tempeh is caramelized. |
|   | 1 1/2 cup        | 0 lb 14.10 oz | 0%        | 0 lb 14.10 oz | Soy Sauce, regular       |   |
|   | 1 1/4 cup        | 0 lb 8.87 oz  | 0%        | 0 lb 8.88 oz  | Sugar, White, granulated |   |
|   | 6 tbsp           | 0 lb 3.81 oz  | 0%        | 0 lb 3.81 oz  | Sauce, Chili Garlic      |   |
|   | 2 tbsp           | 0 lb 1.04 oz  | 58%       | 0 lb 2.45 oz  | Limes, juice             |   |



Sautéing Tempeh Crumbles



Adding Sauce



Sauce reduced and tempeh ready

|          | Capacity measure | EP           | Trim loss | AP           | Name of ingredient  | Methods   |
|----------|------------------|--------------|-----------|--------------|---|---|
| <b>3</b> | 6 tbsp           | 0 lb 0.78 oz | 54%       | 0 lb 1.68 oz | Cilantro, fresh, chopped  | Place tempeh into a mixing bowl and add all ingredients in step 3. Toss and hold hot for service. |
|          | 6 tbsp           | 0 lb 0.78 oz | 44%       | 0 lb 1.39 oz | Basil, fresh, chopped<br><i>Use Thai or Sweet Italian Basil</i> |   |
|          | 6 tbsp           | 0 lb 0.75 oz | 17%       | 0 lb 0.90 oz | Onions, Green, sliced thinly on bias                            |   |



*Adding Herbs to Crumble Mixture*

|          | Capacity measure | EP            | Trim loss | AP            | Name of ingredient  | Methods   |
|----------|------------------|---------------|-----------|---------------|---|---|
| <b>4</b> | 6 tbsp           | 0 lb 2.88 oz  | 0%        | 0 lb 2.88 oz  | Oil, Canola   | For Fried Rice - Heat oil in a large skillet or flat top grill over medium high heat. Add onions and cook for 3-5 minutes or until translucent. Add ginger, sauce, bell pepper, and broccoli and cook for 3-5 minutes or until vegetables are tender. Add remaining ingredients in step 4 and cook until basil has wilted and everything is warmed through. Hold hot for service. |
|          | 3 cup            | 0 lb 9.00 oz  | 9%        | 0 lb 9.93 oz  | Onions, Yellow, sliced  |   |
|          | 6 tbsp           | 0 lb 1.50 oz  | 0%        | 0 lb 1.50 oz  | Ginger, fresh, minced   |   |
|          | 6 tbsp           | 0 lb 3.81 oz  | 0%        | 0 lb 3.81 oz  | Sauce, Chili Garlic   |   |
|          | 3 cup            | 0 lb 9.90 oz  | 16%       | 0 lb 11.73 oz | Pepper, Bell, Red, sliced   |   |
|          | 2 cup            | 0 lb 11.00 oz | 37%       | 1 lb 1.52 oz  | Broccoli, fresh, florets  |   |
|          | 12 cup           | 3 lb 6.60 oz  | 0%        | 3 lb 6.60 oz  | Rice, Jasmine, cooked<br><i>Prepared the day before</i>             |   |
|          | 3/4 cup          | 0 lb 7.05 oz  | 0%        | 0 lb 7.05 oz  | Soy Sauce, regular  |   |
|          | 2 tbsp           | 0 lb 1.00 oz  | 0%        | 0 lb 1.00 oz  | Oil, Sesame   |   |
|          | 3 cup            | 0 lb 2.70 oz  | 44%       | 0 lb 4.82 oz  | Basil, fresh, whole<br><i>Torn, use Thai or Sweet Italian Basil</i> |   |



*Sautéing Onions*



*Adding Vegetables*



*Adding Rice, Torn Basil, and Sauce*

| Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods  |
|------------------|----|-----------|----|--------------------|--|
| 5                |    |           |    |                    | To serve - In a bowl add 8 ounces Fried Rice and top with 4 ounces of tempeh crumbles. |

**RECIPE IMAGES**



*Thai Basil Fried Rice with Thai Tempeh*

**ALLERGENS**

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**WEIGHTS**

|                 | Raw           | Cooking loss | Cooked        | Loss when served | Final         |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight    | 11 lb 7.80 oz | 0 %          | 11 lb 7.80 oz | 0 %              | 11 lb 7.80 oz |
| Size of portion | 15.32 oz      |              | 15.32 oz      |                  | 15.32 oz      |

**ADDITIONAL INFO**

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**MEMO**

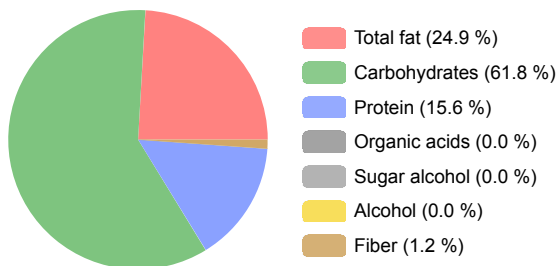
You can also steam tempeh in a perforated hotel pan in a steamer for 10 minutes. Follow same steps as before.

## NUTRITION INFORMATION

per portion

| Energy nutritives    |             |      |         | Calories    | RDI  | Minerals   |             |       | RDI |             |               |
|----------------------|-------------|------|---------|-------------|------|------------|-------------|-------|-----|-------------|---------------|
| Total fat            | 27.43 g     | 35 % | 24.95 % | 972.14 kcal | 48 % | Salt       | 9.29 g      |       |     |             |               |
| Saturated            | 4.27 g      | 21 % | 3.89 %  | 4,067.46 kJ |      | Salt       | 2.14 %      |       |     | Vitamin A   | 90.41 µg 10 % |
| Monounsaturated      | 12.09 g     |      | 11.00 % |             |      | Sodium     | 3,715.19 mg | 162 % |     | Vitamin D   | 0.00 µg 0 %   |
| Polyunsaturated      | 9.52 g      |      | 8.66 %  |             |      | Phosphorus | 487.50 mg   | 39 %  |     | Thiamine    | 0.40 mg 33 %  |
| Trans fatty acids    | 0.05 g      |      | 0.04 %  |             |      | Potassium  | 1,075.84 mg | 23 %  |     | Riboflavin  | 0.66 mg 51 %  |
| Cholesterol          | 0.00 mg     | 0 %  |         |             |      | Iron       | 6.38 mg     | 35 %  |     | Niacin      | 8.01 mg 50 %  |
| Linolenic acid       | 8.10 g      |      | 7.37 %  |             |      | Calcium    | 190.15 mg   | 15 %  |     | Vitamin B6  | 0.71 mg 42 %  |
| Alpha-linolenic acid | 1,036.12 mg |      | 0.94 %  |             |      | Zinc       | 3.31 mg     | 30 %  |     | Vitamin B12 | 0.09 µg 4 %   |
| Total Carbohydrate   | 147.78 g    | 54 % | 61.76 % |             |      | Magnesium  | 158.72 mg   | 38 %  |     | Folate      | 0.00 µg 0 %   |
| Sugars total         | 25.91 g     | 52 % |         |             |      | Iodine     | 0.00 µg     | 0 %   |     | Vitamin C   | 69.31 mg 77 % |
| Added sugar          | 0.00 g      | 0 %  | 0.00 %  |             |      | Selenium   | 21.06 µg    | 38 %  |     | Vitamin E   | 3.47 mg 23 %  |
| Lactose              | 0.00 g      |      |         |             |      | Copper     | 0.96 mg     | 107 % |     | Vitamin K   | 55.77 µg 46 % |
| Fiber                | 6.02 g      | 22 % | 1.18 %  |             |      |            |             |       |     | Others      |               |
| Organic acids        | 0.00 g      |      | 0.00 %  |             |      |            |             |       |     | Water       | 209.33 g      |
| Sugar alcohol        | 0.00 g      |      | 0.00 %  |             |      |            |             |       |     |             |               |
| Starch               | 0.00 g      |      | 0.00 %  |             |      |            |             |       |     |             |               |
| Protein              | 37.42 g     | 75 % | 15.64 % |             |      |            |             |       |     |             |               |
| Alcohol              | 0.00 g      |      | 0.00 %  |             |      |            |             |       |     |             |               |

## PERCENTAGE OF ENERGY



## CO2



### Comparable values

|              |         |
|--------------|---------|
| Snacks       | 1.30 kg |
| Main courses | 1.82 kg |
| Desserts     | 0.83 kg |

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.