

White Bean Tikka Masala Bowl

Recipe group Entree, Indian	Additional name PF Round 2	Diet factors VG, NF	Portions 12	Portion size 19.66 OZ
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	1 lb 11.00 oz	0%	1 lb 11.00 oz	Beans, Cannellini, canned, drained, rinsed	For Skewers: In a food processor pulse all ingredients in step 1 until combined and flaky but do not over mix into a paste.
	1/2 cup	0 lb 2.23 oz	9%	0 lb 2.46 oz	Onions, White, small diced	
	2 1/4 tsp	0 lb 0.40 oz	12%	0 lb 0.45 oz	Garlic, cloves, peeled, minced	
	4 1/2 tsp	0 lb 0.72 oz	0%	0 lb 0.72 oz	Oil, Canola	
	6 3/4 tsp	0 lb 1.30 oz	0%	0 lb 1.31 oz	Tomato Paste, canned	
	1/2 cup	0 lb 1.75 oz	0%	0 lb 1.75 oz	Bread Crumbs, dry, plain	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, ground	
	2 tbsp	0 lb 0.54 oz	0%	0 lb 0.54 oz	Turmeric, ground	
	4 1/2 tsp	0 lb 0.36 oz	0%	0 lb 0.36 oz	Paprika, ground	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Oregano, dried, ground	



*Process ingredients
for skewers.*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2				On a parchment lined sheet pan, form 2 ounce portions on skewers. Tip - fold 2 ounce portions around the skewers and squeeze tightly to bind. Cover and place in cooler for at least 30 minutes. Skewers can also be stored in freezer until ready for service.

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Form Skewers

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods	
3	2 tbsp	0 lb 0.96 OZ	0% 0 lb 0.96 OZ	Oil, Canola	On a flat top grill heat oil over medium-high heat. Cook skewers 4 minutes on each side or until dark golden brown (6 minutes per side if cooking from frozen). Skewers can be held in hotel pans in hot box until ready for service. *Alternate cooking method - Heat oven to 400°F. Bake skewers on sheet trays for 20 minutes.



Cook Skewers.



Skewers Cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	For Tikka Masala: In a stock pot over medium-high, heat oil and cook onions 4 minutes until translucent. Add remaining step 4 ingredients, mix well and cook for 5 minutes until thickened.
	1 1/4 cup	0 lb 5.56 oz	9%	0 lb 6.14 oz	Onions, White, small diced	
	5 tbsp	0 lb 0.79 oz	0%	0 lb 0.79 oz	Garam Masala, powder	
	2 1/2 tsp	0 lb 0.20 oz	0%	0 lb 0.20 oz	Ginger, ground	
	2 1/2 tsp	0 lb 0.20 oz	0%	0 lb 0.20 oz	Paprika, ground	
	2 1/2 tsp	0 lb 0.23 oz	0%	0 lb 0.23 oz	Turmeric, ground	
	5 tbsp	0 lb 2.90 oz	0%	0 lb 2.90 oz	Tomato Paste, canned	



Cook Onions.



Add spices and tomato paste.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	4 1/4 cup	2 lb 4.46 oz	0%	2 lb 4.47 oz	Tomatoes, canned, crushed, in own juice <i>Do not drain.</i>	Add all ingredients from step 5 and bring to a boil. Let boil 15-20 minutes, stirring frequently. Tikka Masala can be stored in hotel pans in hot box or hot well until ready for service.
	7 cup	2 lb 0.90 oz	40%	3 lb 6.83 oz	Cauliflower, fresh, florets	
	5 cup	1 lb 8.70 oz	0%	1 lb 8.70 oz	Peas and Carrots mixture, frozen	
	2 1/2 cup	1 lb 4.00 oz	0%	1 lb 4.00 oz	Non-Dairy Milk, Soy, unsweetened	



Add vegetables and soy milk.



Boil 15-20 minutes until thickened.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	12 cup	4 lb 10.40 oz	0%	4 lb 10.40 oz	Rice, Basmati, cooked	For service: Portion 1 cup rice in a bowl, top with 1 cup tikka masala and 2 skewers.

RECIPE IMAGES



White Bean Tikka Masala Bowl

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 11.91	0 %	14 lb 11.91	0 %	14 lb
	OZ		OZ		11.91 oz
Size of portion	19.66 oz		19.66 oz		19.66 oz

ADDITIONAL INFO

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MEMO

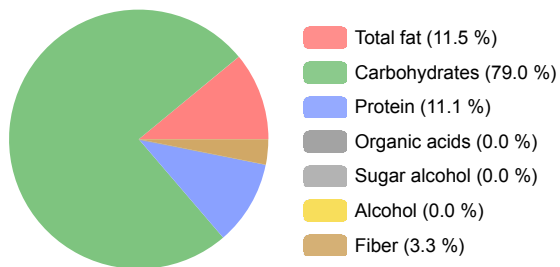
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NUTRITION INFORMATION

per portion

				Calories	RDI	Minerals	RDI		
Energy nutritives		RDI	% of energy	943.09 kcal	47 %	Salt	1.74 g		
Total fat	12.28 g	16 %	11.52 %	3,945.91 kJ		Salt	0.31 %	Vitamins	RDI
Saturated	1.51 g	8 %	1.42 %			Sodium	694.31 mg	30 %	Vitamin A
Monounsaturated	6.19 g		5.81 %			Phosphorus	452.50 mg	36 %	246.54 µg
Polyunsaturated	3.95 g		3.70 %			Potassium	1,356.10 mg	29 %	Vitamin D
Trans fatty acids	0.04 g		0.03 %			Iron	7.76 mg	43 %	0.57 µg
Cholesterol	0.00 mg	0 %				Calcium	252.91 mg	19 %	3 %
Linolenic acid	2.50 g		2.35 %			Zinc	3.81 mg	35 %	Thiamine
Alpha-linolenic acid	808.97 mg		0.76 %			Magnesium	151.54 mg	36 %	0.56 mg
Total Carbohydrate	183.45 g	67 %	79.03 %			Iodine	0.00 µg	0 %	0.42 mg
Sugars total	8.30 g	17 %				Selenium	31.54 µg	57 %	5.90 mg
Added sugar	0.00 g	0 %	0.00 %			Copper	0.88 mg	98 %	0.85 mg
Lactose	0.00 g								50 %
Fiber	16.29 g	58 %	3.30 %						Vitamin B6
Organic acids	0.00 g		0.00 %						0.54 µg
Sugar alcohol	0.00 g		0.00 %						23 %
Starch	2.49 g		1.07 %						Vitamin B12
Protein	25.74 g	51 %	11.09 %						3.39 µg
Alcohol	0.00 g		0.00 %						1 %
									Vitamin C
									53.12 mg
									30 %
									Vitamin E
									4.53 mg
									30 %
									Vitamin K
									31.05 µg
									26 %
									Others
									Water
									330.04 g

PERCENTAGE OF ENERGY



CO2



0.05 kg

Comparable values

Snacks	1.67 kg
Main courses	2.34 kg
Desserts	1.06 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.