

Cuban Black Bean Fritters Rice Bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Caribbean	PF Round 3	VG	12	13.40 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/2 cup	0 lb 2.82 oz	0%	0 lb 2.82 oz	Onions, Yellow, chopped	For Black Bean Fritters - Heat a fryer 350 degrees. In a food processor bowl, combine all ingredients in step 1. Pulse until mixture is broken down, but not into a paste, scraping the sides as needed.
	1 cup	0 lb 5.20 oz	19%	0 lb 6.40 oz	Pepper, Bell, Red, chopped	
	1/2 cup	0 lb 1.04 oz	54%	0 lb 2.24 oz	Cilantro, fresh, chopped	
	2 cup	1 lb 0.94 oz	0%	1 lb 0.94 oz	Beans, Black, canned, drained, rinsed <i>Reserve Aquafaba (Bean Juice)</i>	
	2 tbsp	0 lb 0.42 oz	0%	0 lb 0.42 oz	Cumin, ground	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Oregano, dried, ground	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, ground	



Black Bean Ingredients



Processed in Food Processor

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Aquafaba (bean juice)	In a large mixing bowl, remove contents from food processor and add ingredients in step 2. Mix until thoroughly combined, Place in fridge for at least an hour. Reserve.
	1 cup	0 lb 4.25 oz	0%	0 lb 4.25 oz	Flour, Chickpea	



All ingredients in bowl



Fritter mixture

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3				Scoop mixture into 1.5 ounce balls. Place into fryer and allow to cook for 5-6 minutes, or until dark golden brown. Remove and drain on paper towels. Keep hot for service.

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Scooping Fritters



Fritters in Fryer



Fritters out of Fryer



Fritters Draining on Paper Towels

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4				For Vegetable Mixture - Preheat oven to 425 degrees. In a mixing bowl, combine ingredients in step 5. Toss until combined. Place on parchment lined sheet pan and bake for 30 minutes or until sweet potatoes are tender and onions are slightly charred, rotating pan every 10 minutes.
2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz Oil, Canola	
2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz Salt, Kosher	
6 cup	1 lb 12.20 oz	25%	2 lb 5.60 oz Sweet Potato, peeled, medium diced	
6 cup	1 lb 2.00 oz	9%	1 lb 3.87 oz Onions, Red, sliced 1/4 inch slices	



Tossing Sweet Potato and Onion



Vegetables on Sheet Pan



Roasted Vegetables

	Capacity measure		EP	Trim loss	AP Name of ingredient	Methods
5	6 cup	0 lb 7.62 oz	34%	0 lb 11.58 oz	Chard, Swiss, fresh <i>Torn</i>	Remove sheet pan from oven and quickly add chard to pan, and allow to wilt. Place mixture into holding vessel and keep hot for service.



Adding Chard and allowing to wilt

	Capacity measure		EP	Trim loss	AP Name of ingredient	Methods
6	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Oranges, juice	For Mojo Sauce - In a blender place all ingredients in step 6 and blend until smooth. Cover and place into cooler until service.
	3 tbsp	0 lb 1.56 oz	58%	0 lb 3.67 oz	Limes, juice	
	3 tbsp	0 lb 0.71 oz	13%	0 lb 0.82 oz	Peppers, Serrano, deseeded	
	2 tsp	0 lb 0.35 oz	12%	0 lb 0.40 oz	Garlic, cloves, peeled, minced	
	3/4 cup	0 lb 2.52 oz	54%	0 lb 5.43 oz	Cilantro, fresh, large stems removed	
	2/3 cup	0 lb 5.15 oz	0%	0 lb 5.15 oz	Oil, Canola	
	4 tsp	0 lb 0.59 oz	0%	0 lb 0.59 oz	Sugar, White, granulated	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	



Mojo Ingredients in Blender



Mojo Sauce

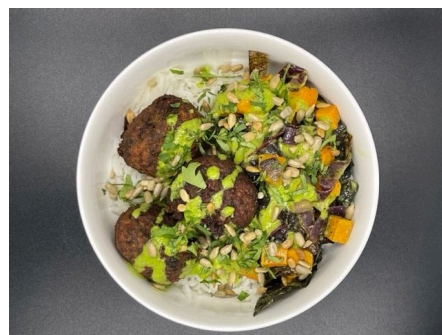
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	12 cup	3 lb 6.60 oz	0%	3 lb 6.60 oz	Rice, Jasmine, cooked	To plate - Place 1 cup rice in bottom of bowl. Toss 1 cup of vegetable mixture with 1 Tablespoon of Mojo sauce and place on right side of bowl. Stagger 3 fritters on left side. Garnish with 1 Tablespoon of Mojo sauce, 1 teaspoon cilantro, and 1 teaspoon sunflower seeds.
	4 tbsp	0 lb 0.64 oz	54%	0 lb 1.38 oz	Cilantro, fresh, minced	
	4 tbsp	0 lb 1.25 oz	0%	0 lb 1.25 oz	Sunflower Seeds, roasted, salted	



Plating with Rice on Bottom



Vegetable Mixture Tossed w/ Mojo Sauce and Fritter



Cuban Black Bean Fritters Rice Bowl

RECIPE IMAGES



Cuban Black Bean Fritters Rice Bowl

ALLERGENS

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