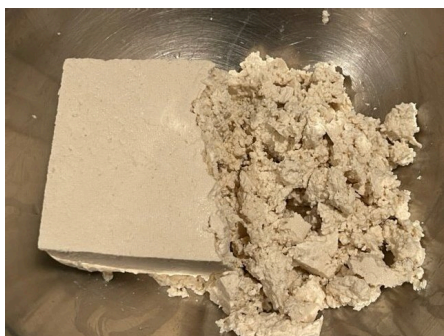


Savory Indian Chickpea Pancake with Tofu

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, Indian	PF Round 3	VG	12	8.17 oz

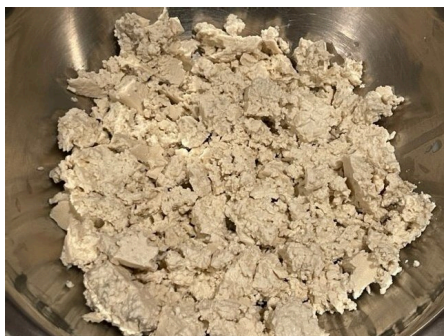
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	2 lb 1.00 oz	2%	2 lb 1.57 oz	Tofu, Extra Firm	For Crispy Tofu - Preheat oven to 375 F. Press Tofu for 15 minutes.



Breaking Up Tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						In a mixing bowl, crumble tofu. Reserve.

2



Crumbled Tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Stock, Vegetable	In a mixing bowl, whisk all ingredients in step 3 to combine.
	4 tsp	0 lb 0.77 oz	0%	0 lb 0.77 oz	Tomato Paste, canned	
	4 tsp	0 lb 0.28 oz	0%	0 lb 0.28 oz	Curry Powder, mild	
	4 tsp	0 lb 0.45 oz	0%	0 lb 0.45 oz	Garlic, powder	
	4 tsp	0 lb 0.39 oz	0%	0 lb 0.39 oz	Salt, Kosher	



Sauce Ingredients



Sauce Mixed

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4				Add sauce mixture to tofu and coat tofu. Place on parchment lined sheet pan and bake for 40-45 minutes or until golden brown and crispy, rotating pan and stirring every 10 minutes. Reserve.

4				



Adding Sauce to Tofu



Tossed Tofu



Baked Crispy Tofu

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5				For Cilantro Mint Chutney - In a blender, add all ingredients in step 5 and blend until smooth. Reserve.
2 cup	0 lb 4.16 oz	54%	0 lb 8.97 oz Cilantro, fresh, large stems removed	
2 cup	0 lb 3.52 oz	58%	0 lb 8.42 oz Mint, fresh, stems removed	
1 tbsp	0 lb 0.24 oz	13%	0 lb 0.27 oz Peppers, Serrano, seeded <i>Seeded</i>	
3.0 ea	0 lb 0.63 oz	8%	0 lb 0.69 oz Garlic, cloves, peeled, whole	
1 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz Cumin, ground	
1 tsp	0 lb 0.17 oz	59%	0 lb 0.42 oz Lemons, juice	
1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz Salt, Kosher	
1/3 cup	0 lb 2.64 oz	0%	0 lb 2.64 oz Water	



Cilantro Mint Chutney Ingredients



Cilantro Mint Chutney

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	3/4 cup	0 lb 7.20 oz	0%	0 lb 7.20 oz	Ketchup	For Curry Ketchup - In a mixing bowl, combine all ingredients in step 6. Allow to sit for at least 5 minutes. Reserve.
	4 tsp	0 lb 0.28 oz	0%	0 lb 0.28 oz	Curry Powder, mild	
	3/4 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Pepper, Black, ground	

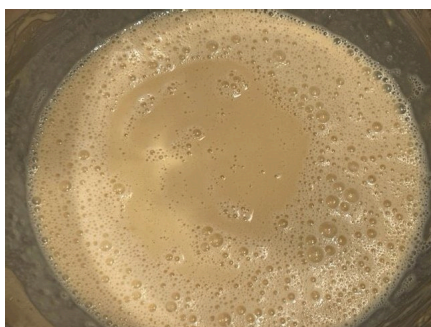


Curry Ketchup Ingredients



Curry Ketchup

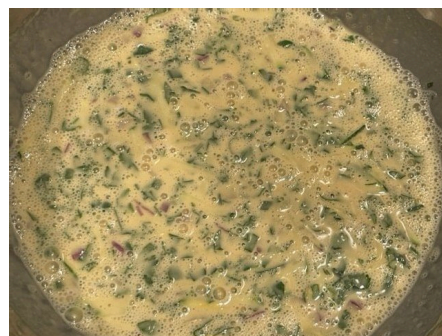
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	1 1/2 cup	0 lb 6.37 oz	0%	0 lb 6.38 oz	Flour, Chickpea	For Chickpea Pancakes - In a large mixing bowl place chickpea flour and half of water, whisking well. Whisk remaining water slowly to create a smooth batter. Batter should be consistency of a crepe batter, somewhat thin. Add remaining ingredients in step 7 and whisk well. Allow batter to sit for at least 5 minutes.
	2 1/4 cup	1 lb 2.00 oz	0%	1 lb 2.00 oz	Water	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Turmeric, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Cumin Seed, whole	
	3/4 cup	0 lb 3.34 oz	9%	0 lb 3.68 oz	Onions, Red, small dice	
	2 tbsp	0 lb 0.47 oz	13%	0 lb 0.55 oz	Peppers, Serrano, minced	
	1/2 cup	0 lb 1.04 oz	54%	0 lb 2.24 oz	Cilantro, fresh, chopped	
	1 cup	0 lb 8.00 oz	6%	0 lb 8.53 oz	Squash, Zucchini, grated	
	1 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Oil, Canola	



Chickpea Pancake Batter



Pancake Filling



Batter with Filling

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
8	4 tbsp	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	Heat a non-stick skillet over medium heat. Add 1 teaspoon oil to pan. Place 1/4 cup batter into skillet and spread around with a spatula to create a 6 inch pancake. Cook until edges start to come up and bottom is golden brown, about 4-6 minutes. Flip and cook for another 2-3 minutes. Remove and keep hot. Repeat step with remaining batter.



Batter in Pan



Golden Brown Pancake

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
9	4 tbsp	0 lb 0.64 oz	54%	0 lb 1.38 oz	Cilantro, fresh, minced	To Plate - Place 1 chickpea pancake on a plate. On right side of pancake 1/2 cup of crispy tofu. Drizzle 1 Tablespoon of chutney over tofu. Fold pancake over top of tofu. Drizzle 1 Tablespoon curry ketchup over top and sprinkle with 1 teaspoon cilantro.



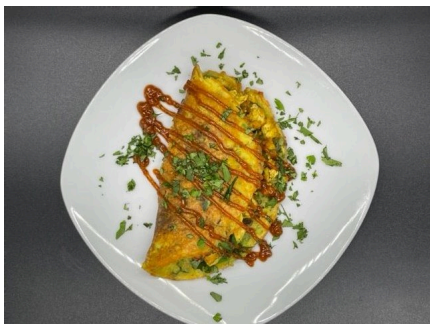
Tofu in Pancake



Adding Chutney



Adding Ketchup and Cilantro



Savory Indian Chickpea Pancake with Tofu

RECIPE IMAGES



Savory Indian Chickpea Pancake with Tofu

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 2.00 oz	0 %	6 lb 2.00 oz	0 %	6 lb 2.00 oz
Size of portion	8.17 oz		8.17 oz		8.17 oz

ADDITIONAL INFO

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MEMO

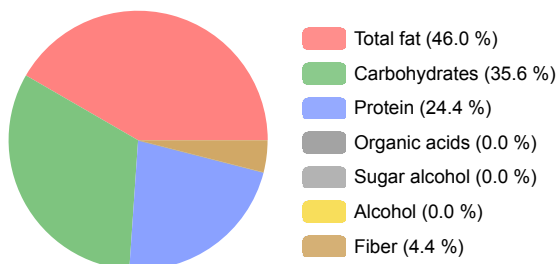
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy					Vitamins	
Total fat	10.18 g	13 %	45.97 %	195.85 kcal	10 %	Salt	1.38 g		
Saturated	1.09 g	5 %	4.92 %	819.47 kJ		Salt	0.59 %		Vitamin A 75.19 µg 8 %
Monounsaturated	4.36 g		19.71 %			Sodium	612.24 mg 27 %		Vitamin D 0.00 µg 0 %
Polyunsaturated	4.09 g		18.45 %			Phosphorus	177.04 mg 14 %		Thiamine 0.18 mg 15 %
Trans fatty acids	0.02 g		0.09 %			Potassium	574.02 mg 12 %		Riboflavin 0.13 mg 10 %
Cholesterol	0.00 mg	0 %				Iron	7.20 mg 40 %		Niacin 1.20 mg 8 %
Linolenic acid	3.31 g		14.96 %			Calcium	328.63 mg 25 %		Vitamin B6 0.26 mg 15 %
Alpha-linolenic acid	452.77 mg		2.04 %			Zinc	1.58 mg 14 %		Vitamin B12 0.00 µg 0 %
Total Carbohydrate	17.15 g	6 %	35.58 %			Magnesium	75.03 mg 18 %		Folate 0.00 µg 0 %
Sugars total	3.78 g	8 %				Iodine	0.00 µg 0 %		Vitamin C 15.56 mg 17 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	9.66 µg 18 %		Vitamin E 2.12 mg 14 %
Lactose	0.00 g					Copper	0.45 mg 50 %		Vitamin K 52.14 µg 43 %
Fiber	4.52 g	16 %	4.41 %						Others
Organic acids	0.00 g		0.00 %						Water 179.91 g
Sugar alcohol	0.00 g		0.00 %						
Starch	0.00 g		0.01 %						
Protein	11.75 g	24 %	24.37 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.69 kg
Main courses	0.97 kg
Desserts	0.44 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.