

Food and Nutrition Services

Recipe Instructions

**E 0512L TOM, General Tso Bowl**

Served by Site	Servings	Serving Size	Portion Size	Scoop
	100 Portions	All	1 Bowl	

**Steps and Instructions**

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
14.62%	Rice, Brown 25 lb, 236/.5 oz serv	10 lb 8.600 oz	10 lb + 8.6 oz	<b>Step 1:</b> Brown Rice
0.50%	Salt, Iodized 18/2.25 lb	5.714 oz	0 cup + 9 tbsp	<b>Instructions:</b> Step 1: Combine rice, water, salt and oil in a 4" hotel pan, mix well to combine ingredients and cover.  Step 2: Cook as follows:  - Steamer Option: Steam rice for 40-45 minutes or until most of the water is absorbed.  - Oven Option: Preheat oven to 325°F and cook rice for 40 - 45 minutes or until most of the water is absorbed.  Hold hot until ready for use
26.07%	Water, Tap, Municipal	18 lb 12.698 oz	2 1/4 gal	
0.55%	Oil, Olive Blend 3/1 gal	6.300 oz	0 lb + 6.3 oz	

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<b>Percent of Total Weight</b>	<b>Ingredient Description</b>	<b>Total Weight</b>	<b>Measures</b>	<b>Instructions</b>	
21.68%	Vegetarian Crumble, Sausage Style 2/5 lb	15 lb 10 oz	15 lb + 10 oz	<b>Step 2:</b>	Meatless Crumble
2.08%	Sauce, General Tso Frozen 6/5 lb	1 lb 8 oz	1 lb + 8 oz	<b>Instructions:</b>	In a 4" hotel pan, mix together 6.3 lbs of crumbles and 1/2 cup of general tso sauce.  Bake at 375° F for 15-20 minutes or until it reaches 165° F for 15 seconds.  Keep in warmer until ready to assemble.
				<b>CCP:</b>	Holding hot foods      Hold at a minimum internal temperature of 135°F (57°C). The temperature must be checked every 4 hours or else labeled with a discard time.

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<b>Percent of Total Weight</b>	<b>Ingredient Description</b>	<b>Total Weight</b>	<b>Measures</b>	<b>Instructions</b>	
9.71%	Broccoli, Florets 4/3# (#2540)	7 lb	7 lb	<b>Step 3:</b>	Veggie Stir Fry
5.38%	Peppers, Red Whole 25# (#3920)	3 lb 14 oz	3 lb + 14 oz	<b>Instructions:</b>	
1.39%	Margarine, Block 30/ 1lb	1 lb	1 lb		Broccoli should be broken apart and spread out over the pans.
0.13%	Seasoning, Vegetable Garden Salt Free, 19 oz	1 1/2 oz	1 1/2 oz		Recommended Cooking Method: Cook in 2" or 4" perforated pan in the steamer for 7 - 10 minutes.
0.69%	Sauce, General Tso Frozen 6/5 lb	8 oz	0 lb + 8 oz		Drain water, transfer to a solid pan and wait for red peppers to be baked.
					Toss pepper and broccoli mixture with hot Geeral Tso sauce.
					Red Bell Peppers, whole.
					Slice Red bell peppers in Robo Coupe.
					Spread red peppers over lined sheet pan and bake at 350 for 7-8 minutes.
					Combine broccooli with red peppers and add 1/2 cup of vegetable seasoning and 1 lb of butter.
					Keep in warmer until ready to assemble.
				<b>CCP:</b>	Holding hot foods
					Hold at a minimum internal temperature of 135°F (57°C). The temperature must be checked every 4 hours or else labeled with a discard time.

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Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
17.21%	Egg, Hard Cooked 8/18ct	12 lb 6.413 oz	125 Egg	<p><b>Step 4:</b> Assembly</p> <p><b>Instructions:</b> In a bowl assemble as follows:</p> <p>1 cup of brown rice                      1/2 cup( rounded 2 oz spodle) of crumble mixture                      1/2 cup of stir fry veggies using #8 scoop                      1.5 egg or 2.4 ounces of chopped hard boiled egg</p>

**Allergens**

Soy	Garlic	Paprika
Milk	Carrots	Citrus
Eggs	Barley	Sesame
Corn	Wheat	Onions

**Nutrient Data for Serving Size: All**

Calories	450.5 kCal	Total Fat	16.3 g	Saturated Fat	3.6 g	Trans Fat	0 g
Cholesterol	212.5 mg	Sodium	1367 mg	Potassium	389.7 mg*	Carbohydrates	52.3 g
Total Dietary Fiber	5.7 g	Sugars	7.9 g	Protein	28.2 g	Vitamin A	2146.5 IU
Vitamin C	52 mg	Vitamin D	0 mcg*	Calcium	71.1 mg	Iron	1.8 mg
Moisture	136.5 g*	Ash	2.7 g*				

\*Indicates missing or incomplete nutrient data. A blank value indicates unknown nutrient data.

**Food Contributions for Serving Size: All**

Grains (Whole Grain-Rich)	2 oz eq.
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