



Butternut Squash, Tofu, and Veggie Curry

A plant-forward classic Southern Indian curry main dish recipe with roasted butternut squash and tofu (pictured here with a side of Kachumber Salad).

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
California Department of Education

Preparation Time: 1 hour 30 minutes
Cook Time: 45 minutes

NSLP/SBP crediting information:

One 6 oz spoodle provides 1 oz eq meat/meat alternates, 1/4 additional vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Coriander, ground	3 oz		6 oz		<ol style="list-style-type: none"> 1. Prepare curry spice mix in advance. Weigh all the ground spices. Mix well in a large mixing bowl. Yield: 1 pound. Store in airtight containers with name and date labels in a dry place.
Turmeric, ground	2 4/5 oz		5 3/5 oz		
Chili powder	2 2/5 oz		4 4/5 oz		
Cumin, ground	1 3/5 oz		3 1/5 oz		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Paprika, Spanish	1 ² / ₅ oz		2 ⁴ / ₅ oz		
Salt, kosher, Diamond-brand flakes	1 ² / ₅ oz		2 ⁴ / ₅ oz		
Fennel, dried, ground	⁴ / ₅ oz		1 ³ / ₅ oz		
Black pepper, ground, course	³ / ₅ oz		1 ¹ / ₅ oz		
Garlic, granulated	³ / ₅ oz		1 ¹ / ₅ oz		
Ginger, ground	² / ₅ oz		⁴ / ₅ oz		
Cayenne pepper, ground	² / ₅ oz		⁴ / ₅ oz		
Cardamom, ground	³ / ₁₀ oz		³ / ₅ oz		
Cinnamon, ground	¹ / ₅ oz		² / ₅ oz		
Clove, ground	¹ / ₁₀ oz		¹ / ₅ oz		
Oil, vegetable, pure	2 oz	¹ / ₄ cup	4 oz	¹ / ₂ cup	To Prepare Base Curry Sauce
*Onion, fresh, diced, ¹ / ₄ -inch pieces	3 lb 14 oz	2 qt 1 cup	7 lb 12 oz	1 gal 2 cups	2. Heat oil until fragrant in a large stock pot on medium-high heat. Large quantities may be cooked in a steam kettle.
Ginger, fresh, minced	1 oz	¹ / ₃ cup	2 oz	² / ₃ cup	3. Add diced onion, minced ginger, and minced garlic.
Garlic, fresh, minced	1 oz	2 Tbsp	2 oz	¹ / ₄ cup	4. Sauté mixture uncovered over medium-high heat, stirring occasionally, until onions are translucent – typically 10 to 12 minutes, though time may vary depending upon cooking equipment.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Curry spice mix (from steps 1-4)	1 oz	⅓ cup ¼ tsp	2 oz	⅔ cup ½ tsp	<p>5. Add curry spice mix and stir with onion mixture for 1 or 2 minutes to allow the spices to bloom. Add salt and tomato paste to mixture. Stir occasionally for 2 minutes.</p>
Salt, kosher	⅔ oz	1¾ tsp	⅔ oz	1 Tbsp ½ tsp	
Tomato paste	10 oz	1 cup 2 Tbsp	1 lb 4 oz	2¼ cups	
Water		1 qt 1 cup		2 qt 2 cups	<p>6. Add water to stock pot and bring to a boil. Reduce heat to medium. Simmer uncovered for 10-12 minutes.</p> <p>7. Transfer sauce into ½-size steam table hotel pan (2-inch depth), using a heat-resistant spatula to minimize waste. Cover. Use a digital kitchen thermometer to hold sauce at an internal temperature of 135 °F for hot service or refrigerate for next day.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher. If the base curry is intended to be held for next-day service, reduce temperature from 135 °F to 70 °F within two hours and from 70 °F to 41 °F or colder within an additional four hours.</p>
*Butternut squash, fresh, peeled, cut into 1-inch cubes	2 lb 8 oz	1 qt 1 ½ cups 2 Tbsp	5 lb	2 qt 3 ¼ cups	
Tofu, extra firm, ½-inch cubes	1 lb 4 oz	2 ¼ cups	2 lb 8 oz	1 qt ½ cup	<p>8. Preheat conventional oven or convection oven to 400 °F.</p> <p>9. Add butternut squash onto full-size sheet pans, and roast for 20 minutes or until fork tender.</p> <p>10. Add tofu onto full-size sheet pans, and roast for 10 to 15 minutes or until lightly browned.</p> <p>To Prepare Curry and Vegetables:</p> <p>11. In a large stockpot, add base curry sauce.</p>
Coconut milk, unsweetened, canned	1 lb 3 oz	2 ¼ cups	2 lb 6 oz	1 qt ½ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
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					<p>12. Add unsweetened coconut milk. Mix and bring to a simmer.</p>
Garbanzo beans, canned, drained	4 lb 4 ³ / ₅ oz	2 qt 2 ½ cups About 1 No. 10 can	8 lb 8 ⁴ / ₅ oz	1 gal 1 qt 1 cup About 2 No. 10 cans	<p>13. Add garbanzo beans, peas, diced carrots, and tofu to the simmering base curry sauce for 10-12 minutes or until tender. Add additional water, if necessary, to keep the base curry sauce slightly creamy.</p>
Peas and diced carrots, frozen	3 lb 12 oz	2 qt 2 cups 2 Tbsp	7 lb 8 oz	1 gal 1 qt ½ cup	<p>14. Stir in roasted butternut squash to the pot. Cook for an additional 3 minutes.</p> <p>15. Transfer curry into shallow-size steam table hotel pans using a heat-resistant spatula to minimize waste. Cover and hold at an internal temperature of 135 °F for hot service or refrigerate for next day.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher. If curry is intended to be held for next-day service, reduce temperature from 135 °F to 70 °F within two hours and from 70 °F to 41 °F or colder within an additional four hours.</p> <p>16. Portion one 6 oz spoodle per serving.</p>



BUTTERNUT SQUASH, TOFU, AND VEGGIE CURRY NUTRITION INFORMATION

For 6 oz spoodle

NUTRIENTS	AMOUNT
Calories	253
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Total Fat	5 g
Saturated Fat	2.6 g
Cholesterol	0 mg
Sodium	198 mg
Total Carbohydrate	46 g
Dietary Fiber	9.8 g
Total Sugars	18 g
Added Sugars included	N/A
Protein	9 g
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Vitamin A	2536 IU
Vitamin C	27 mg
Vitamin D	N/A
Calcium	120 mg
Iron	2.4 mg
Potassium	N/A

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Onions, mature, fresh	4 lb 8 oz	9 lb
Squash, butternut, fresh	3 lb	6 lb

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Serving Suggestions: Serve with Masala Fried Rice or whole grain and Kachumber Salad.</p> <p>Equipment Needed: heat-resistant mixing spoons, measuring cups and spoons, kitchen scale, large stock pot, ladles, sharp chef's knife, cutting boards, oven mitts/heat resistant potholders, ½-size hotel pan 2" depth (1 for 50 servings; 2 for 100 servings), spatula, digital thermometer, sheet pans 26" x 18" (3 for 50 servings; 6 for 100 servings), full-sized hotel pan 4" depth (2 for 50 servings; 4 for 100 servings)</p> <p>Cooking Process #3: Complex Food Preparation</p> <p>The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 17.57 lb About 2 gal 1 qt 1 cup 1 Tbsp	About 37 lb About 4 ½ gal 3 cups

