



CURRIES



CAULIFLOWER TIKKA MASALA



Michael Jochner, Director of Nutrition Services, Morgan Hill USD

Fueled by the CDFA Farm to Fork grant, Morgan Hill USD's Director of Nutrition Services, Michael Jochner, created a thriving "farm-to-school pipeline," bringing fresh, locally grown vegetables from small, minority-owned farms to school menus. The cauliflower in the Tikka Masala can be substituted with a variety of local vegetables, and the sauce can be sourced from a vendor of your choice.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 50

ALLERGEN
FREE

Meal Component: 2 MA, 2 Grain, 1/2 c. Veg (starchy - potatoes), 1/2 c. Veg (other - cauliflower)



CAULIFLOWER TIKKA MASALA

Ingredients	Servings	Instructions
Cauliflower Florets	25 cups	<p>Preparation</p> <ul style="list-style-type: none"> • Bake rice in hotel pan with water, covered with parchment paper and foil, until done. • Roast cauliflower and potatoes on a sheet pan at 350°F, until tender. Spread out the product evenly on the sheet pan to allow good air flow. Make sure it is in a single layer on the sheet pan. • Reheat sauce in a hotel pan, covered with parchment and foil at 350°F for 20min. <p>Assembly</p> <ul style="list-style-type: none"> • Scoop rice into the bottom of a hot tray Then scoop the potatoes and cauliflower on top of the rice. Then scoop the sauce mixture over top. Place trays into the warmer at 140°F. • Just before service, place a sprig of cilantro onto the top. • Plant-based sour cream scooped into 1 oz cups/lids, should be served on the side in a basket or tray lined with red/white parchment paper. <p>Assembly (1 serving)</p> <ul style="list-style-type: none"> • 1/2 cup cauliflower florets. • 13 pieces of rustic potato wedges. • 1 cup cooked brown rice. • 2 ounces of tikka masala sauce. • 1 ounce of plant-based sour cream. • 1 serving of cilantro.
Rustic Potato Wedge	650 count wedges	
Rice, Brown, Cooked	50 cups	
Tikka Masala Sauce	100 oz	
Sour Cream, Plant-Based	50 oz	
Cilantro	To taste	

CHANA MASALA POWER BOWL



Alex Emmott, Director of Nutrition Services, and Dominic Machi, former Director of Nutrition Services, Mt. Diablo USD

Crafted by Mt. Diablo USD's former chef, Josh Gjersand, the Chana Masala Power Bowl features chickpeas and packs bold, aromatic flavors that secondary students love. With locally grown vegetables sourced through Ag Link and Spork Food Hub, this fan-favorite dish features fresh, nutrient-dense veggies in every bite!



Complexity Rating: 4



Prep Model: Full Prep



Servings: 100

Allergens:



Wheat

Meal Component: 2 MA, 4 Grain



CHANA MASALA POWER BOWL

Ingredients	Servings
Chana Masala Power Bowl (100)	
Chana Masala	
Oil, Olive Canola Blend	12 tbsp 2 1/4 tsp
Onion, Fresh, Chopped	1 lb 9 1/2 oz
Galic, Fresh, Chopped	6 tbsp 1 tsp
Ginger, Fresh, Chopped	6 tbsp 1 tsp
Spice, Garam Masala	3 tbsp 3/4 tsp
Spice, Turmeric, Ground	1 oz 17 g
Spice, Cumin, Ground	3 tbsp
Spice, Coriander, Ground	3 tbsp 3/4 tsp

Tomato, Diced	2 3/8 lb
Sauce, Marinara	6 3/8 oz
Beans, Garbanzo	19 lb 14 3/8 oz
Ancient Grain Rice	
Alternative Grain (e.g., Hourani Wheat Berry, Farro, Quinoa, Brown Rice)**	10 3/8 lb
Rice, Sushi, Organic	6 lb 14 1/2 oz
Salt, Kosher	2 tbsp 1 tsp
Water, Tap	3 quarts 2 2/3 cup
Cilantro Chutney	
Cilantro, Bunches	21 bunches

Oil, Olive, Extra Virgin	5 1/3 cup
Lemon, Juiced	1 1/4 cups
Salt, Kosher	2 tbsp 5 tsp
Spice, Cinnamon, Ground	5 1/2 tsp
Spice, Coriander, Ground	5 1/2 tsp
Spice, Garam Masala	4 tbsp 4 tsp
Agave*	2 tbsp
Assembly	
Cilantro Chutney	3 1/8 lb
Hourani	12.5 lb
White Rice	12.5 lb

Instructions

Prepare Masala

- In large skillet over low heat, sweat onions and garlic in oil.
- Once onions are cooked add all spice, mix until paste forms. Cook paste over low heat for 5 minutes stirring often.
- Add diced tomato and marinara sauce. Cook over medium heat until it boils. Add beans. Reduce heat to low.
- Simmer on low heat until liquid reduces, and it thickens slightly.

Cilantro Chutney

- With bunch still tied rip stems off cilantro below twist tie.
- Wash cilantro and let drain in strainer.
- Add half of the cilantro leaves to a food processor. Pulse adding half the liquid slowly.
- Add spices, seasoning and remaining leaves, pulse adding remaining liquid.
- If sauce is too thick add 1/4 cup of water.
- Keep sauce cold.

Prepare Ancient Grain Rice

- Mix white rice, alternative grains, and salt in hotel pan. Add water.
- Wrap, cover and cook in the oven at 350°F for 30-45 minutes or until rice is fluffy and water is cooked out.
- Fluff and hold warm.

Assembly

- To serve. Layer
 - 4 oz Ancient Grain Rice
 - 4 oz Chana Masala
 - 1 oz Cilantro Chutney

**Agave is used to accommodate for students who follow a strictly vegan diet. You can also substitute agave for honey, as needed.*

***Meal pattern component will vary depending on the grain used. Mt. Diablo USD used Hourani Wheat Berry from Honore Farm and Mill for their recipe.*

CHICKPEA AND POTATO CURRY



Alan Downing, Director of Nutrition Services, San Rafael USD

A favorite among San Rafael USD's secondary students, this tomato-based curry brings warm, comforting flavors to the menu. San Rafael USD pairs this dish with their gorgeous mile-high salad bars for a well-rounded meal. Customize the spice level to suit your students' tastes.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 100

ALLERGEN
FREE



Meal Component: 2 MA, 2 Grain, 1/4 c. Veg (red/orange - tomato paste), 1/4 c. Veg (starchy - potato), Trace Veg (leafy green - cilantro)

CHICKPEA AND POTATO CURRY

Ingredients	Servings	Instructions
Tomato Paste, Low-Sodium, Canned	2 lb 8 oz	Preparation <ul style="list-style-type: none"> • Cut potato into small cubes and set aside. • Rinse well and drain chickpeas, set aside. • Combine water and spices in stock pot, heat on stove until it has reached a boil, reduce to a simmer. • Add chickpeas and potatoes, continue to simmer until potatoes are tender. • Cook Rice. • In service container, scoop 1 cup cooked rice, and 2/3 cup curry, cover. • Cook dish at 325 for 20-30 minutes until an internal temperature reaches 165°. Place in hot hold for service.
Onions, Dehydrated Flakes	12 1/2 oz	
Turmeric, Ground	2 1/2 oz	
Chili, Powder	2 1/2 oz	
Garlic Powder	6 oz	
Kasoori Methi (e.g. Indian Spice Peacock)	1/2 oz	
Garam Masala	2 1/2 oz	
Water, Tap	6 lb 4 oz	
Rice, Brown, Long Grain, Parboiled, Dry	200 oz dry	
Potatoes, White, Raw	1 1/2 gal 1 cup	
Coriander (cilantro), Leaves, Raw	1 cup 1/2 tbsp	
Salt, Table	2 tbsp 1/8 tsp	
Beans, Garbanzo, Low-sodium, Canned	18 lb 12 oz	

RED LENTIL DAL WITH COCONUT RICE



Erin Primer, Director of Nutrition Services, San Luis Coastal USD

This vibrant entrée bursts with bold spices and eye-catching colors, making it a student favorite! Customize it with fresh, locally grown vegetables to complement the rich, hearty dal sauce. Plus, its convenient, compact design makes it perfect for students who prefer to dine on the go!



Complexity Rating: 4



Prep Model: Full Prep



Servings: 48

ALLERGEN
FREE

Meal Component: 2 MA (beans and lentils), 2 Grain, 1/4 c. Veg (leafy green - spinach), 1/4 c. Veg (red/orange - tomato), 1/4 c. Veg (other - onions)



RED LENTIL DAL WITH COCONUT RICE

Ingredients		Servings	Instructions
Coconut Rice (48 servings)			Coconut Rice <ul style="list-style-type: none">Combine rice, coconut milk, allspice and water in a 4” hotel pan (50 servings per pan). Stir to combine and cover with plastic wrap and foil. Bake at 375°F for 40 minutes or until liquid is absorbed.<ul style="list-style-type: none">Optional: Can also add tsp of gluten free veg. broth per 50 servings. Cook to 135°F and hold at 135°F. Red Lentil Dal <ul style="list-style-type: none">Wash, peel and dice the onion. Add 2 tbsp of olive oil to a pan at medium heat. Next, sauté the onion for 5-7 minutes over medium heat in the olive oil. Next, add and stir the garlic and ginger for 1 minute.Add the tomato paste and cook for 1-2 minutes.Blend the diced tomatoes with an immersion blender or Robo Coupe. After the tomato paste has cooked and turned a darker color, add the tomato sauce, and cook for 3-4 minutes.Mix the coconut milk, lemon juice, and vegetable broth together and add the liquid mix to the spice. Simmer uncovered for 5 minutes.Rinse the lentils.After rinsing the lentils, add the lentils. Simmer uncovered for 20 minutes. Stir occasionally, making sure to scrape the sides of the pot to make sure the lentils are cooking evenly.Halfway through the 20-minute simmer add the spinach and the garbanzo beans. Assembly (1 Serving) <ul style="list-style-type: none">Scoop 1 Cup rice into serving bowl.Scoop 3/4 Cup Dal over rice.
Rice, Brown, Long Grain, Parboiled, Dry	6 qt		
Water, Tap	34 2/3 cup		
Coconut Milk, Canned	2 qt 5 1/2 cup		
Spice, Allspice, Ground	2 tsp		
Red Lentil Dal			
Onions, Chopped, Raw	2 qt 2 3/4 cup		
Oil, Olive, Salad or Cooking	1 cup		
Spice, Ginger, Ground	1/4 cup		
Garlic, Raw	27 cloves		
Tomato, Paste, Canned, No Salt Added	1 oz		
Tomatoes, Canned, Diced	2 qt 2 3/4 cup		
Spice, Cumin, Ground	2 tbsp 2 tsp		
Soup, Vegetable, Broth, Ready to Serve	2 qt 1/4 tsp		
Spice, Paprika	4 tbsp 1/4 tsp		
Lemon Juice	4 tbsp 4 tsp		
Coconut Milk, Raw	2 qt 1 cup		
Curry, Powdered	4 tbsp 1/4 tsp		
Turmeric, Ground	2 3/4 tsp		
Lentils Red, Raw	5 1/3 cup		
Spinach, Raw	2 qt 2 3/4 cup		
Beans, Garbanzo	16 cup		
Cilantro	To taste		
Pepper, Sweet, Yellow, Fresh	optional		