

The background is a collage of various ginger-related items. At the top right is a large, detailed illustration of ginger root with its characteristic knobby shape and horizontal ridges. To its left are two almond slices, showing their smooth, light-brown surfaces and dark brown skins. Further left is a wedge of an orange, divided into segments. The central part of the image is a solid dark blue horizontal band. Below this band, there are several ginger cubes of different sizes and orientations, some showing their textured sides. At the bottom right is a large, bright yellow-orange circular shape with radiating lines, resembling a ginger candy or a slice of ginger. Scattered around these elements are more almond slices and small pieces of ginger.

OTHER

HULI HULI TOFU MUSUBI



Rebecca Steffler, Director of Nutrition Services, Walnut Creek ESD

Resembling a sushi roll, this creative school meal incorporates sushi rice and nori seaweed. Students love the flavor profile and the compactness of this dish. Make sure to use extra firm tofu —as Walnut Creek ESD’s Director of Nutrition Services, Rebecca Steffler, recommends —so that this will hold well.



Complexity Rating: 3



Prep Model: Full Prep



Servings: 50

Allergens:



Sesame



Soy

Meal Component: 2 MA, 2 Grain - no vegetables (cucumber or sprouts could be added) - Nori may be present in trace amounts.



Ingredients		Servings	Instructions
Huli Huli Marinade (3 cups)			Huli Huli Marinade <ul style="list-style-type: none">• Combine all ingredients in a large plastic container and puree with an immersion blender until smooth.• Store in a plastic container with a tight-fitting lid below 41°F.. 1 week before <ul style="list-style-type: none">• Freeze the tofu in the container it came in. 5 days before <ul style="list-style-type: none">• Pull the tofu from the freezer to thaw. 2 days before <ul style="list-style-type: none">• Pull the number of Lexans and perforated Lexans needed to press the tofu. You will need 2 Lexans to 1 perforated Lexan. Set the perforated Lexan into a Lexan with enough room to drain and place tofu in one layer in the perforated pan. Cover it with a sheet of parchment paper and place another Lexan on top, making sure the bottom of the Lexan is resting on the covered tofu. Place 4 #10 cans in the Lexan on top of the tofu with the weight of the cans evenly distributed. Hold below 41°F overnight. 1 day before <ul style="list-style-type: none">• Pull the tofu, remove the #10 cans, and Lexan weighing it down.• Cut each block of tofu into 6 portions horizontally and lay flat in a hotel pan. Place 22 pieces in one layer, 2 rows of 9 horizontally and 1 row of 4 vertically. Once there is one even layer, cover it with 1 cup of marinade. Continue until all the tofu is portioned and the marinade is used. Cover and store below 41°F overnight. Day of <ul style="list-style-type: none">• Preheat oven to 325°F.• Line sheet trays with parchment paper and wire racks. Heavily spray racks with pan spray. Line tofu up on racks in rows of 5x6 leaving enough space in between so it doesn't touch.• Bake in the oven for 15 minutes, then rotate and bake for 15 more minutes. The tofu is done when it has reached a temperature of 140°F and has turned dark golden brown in color. Assemble musubi immediately or hold them in warmer at 150°F until ready to assemble. Rice <ul style="list-style-type: none">• Preheat oven to 350°F.• Spray hotel pan(s) needed for rice generously with pan spray.• Measure the amount of sushi rice delivered in the appropriately sized measuring pitcher. The amount of rice in volume will be the amount of water needed to cook the rice.• Transfer the rice to either a mesh strainer or a container doubles its size to rinse the rice. Using cool water, gently agitate the rice frequently and rinse it until the water runs clear.
Pineapple, Juice	3 tbsp 1/2 tsp		
Sugar, Brown	2 1/2 tsp		
Vinegar, Rice	2 1/2 tsp		
Ketchup	1 tbsp 3/4 tsp		
Oil, Sesame	3/4 tsp		
Garlic, Raw	1 tbsp 1 3/4 tsp		
Ginger, Fresh	1 tbsp 1 3/4 tsp		
Tofu Musubi			
Tofu, Extra Firm	7 lbs		
Rice, Sushi	8 cups		
Nori	25 sheets		
Sunflower Seeds, Packet	50 count		
Huli Huli Marinade	<i>see above</i>		
Tools			
Musubi Mold			

Instructions

- Place the rice in the hotel pan and cover it with water. Cover with parchment paper and aluminum foil and place in oven. Cover for 25 minutes and rotate the pan, cooking 25 minutes longer. At this point, check the rice for doneness. The rice will be done when it's tender, all the water has been absorbed, and it has reached 140°F. If it's not ready after 50 minutes, continue baking in 5-minute increments until it is done. Slowly and carefully pull back the foil and parchment to release all the steam. Once the steam has escaped, cover it with a lid or foil and hold it in the warmer 150°F.

Assembly

- Set up a Musubi assembly station. You will need a cutting board, cooked rice, tofu, nori sheets, musubi mold, and a #10 scoop.
- Lay one half-sheet of nori on your work surface, rough (textured) side up and shiny side down. Stand the musubi mold upright in the center of the nori sheet so there's equal nori overhang on both ends.
- Scoop one level #10 (~3 tbsp) of cooked sushi rice into the mold. Use the top presser to push down firmly, creating a uniform, compact rice block. Then, release the rice. While keeping the presser in place, gently tilt the rectangular mold body toward you until the rice block slides out onto the nori.
- Lay a single piece of hot, seasoned tofu on top of the rice.
- Fold one overhanging end of nori up and over the tofu. Press gently to adhere. Moisten two grains of rice (or a small dab of water) and spread onto the exposed nori edge as "glue." Press the remaining nori flap on top to seal.
- Arrange finished musubi, seam-side down, in a single layer on a sheet tray or hotel pan. Cover loosely with plastic wrap, then keep warm at 150 °F until ready to serve.



ORANGE PLANT-BASED NUGGETS WITH HOURANI AND RICE



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

Mt. Diablo USD features this fantastic recipe, made with local hourani from a local producer, Honore Farm and Mill. Students say it's reminiscent of their favorite Orange Chicken recipe! The smooth, flavorful orange sauce adds a delicious flair to the plant-based nuggets.



Complexity Rating: 2



Prep Model: Full Prep



Servings: 50

Allergens:



Wheat



Soy (depending on product used)

Meal Component: 2 MA, 2 Grain, no Veg



ORANGE PLANT-BASED NUGGETS WITH HOURANI AND RICE

Ingredients		Servings	Instructions
Hourani and White Rice (50 servings)			<p>Hourani Wheat Berry</p> <ul style="list-style-type: none">• Pre-cook Hourani rice 1-2 days before service, cool and freezer with a tight-fitting lid below 41°F. <p>Hourani and White Rice</p> <ul style="list-style-type: none">• Mix white rice, and pre-cooked frozen Hourani 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. <p>Orange Plant-Based Nuggets</p> <ul style="list-style-type: none">• Heat plant-based nuggets in oven until it reaches 165°F.• Mix nuggets with sauce and hold in warmer. <p>Assembly</p> <ul style="list-style-type: none">• Scoop 1/2 cup cooked rice into serving container.• Scoop 3.6 oz plant-based chicken nuggets and sauce mixture over rice.• Serve.
Water, Tap	1 qt 2 oz		
Salt, Kosher	2 tsp		
Hourani Wheat Berry	3 lb		
Rice, Organic, Sushi	2 lb		
Orange Plant-Based Nuggets			
Sauce, Orange Zesty	25 oz		
Hourani w/ White Rice	50 servings		
Plant-Based Nuggets	250 count		



STICKY SZECHUAN DUMPLINGS WITH RICE AND TOFU



**Jennifer Le Barre, Executive Director of Nutrition Services,
San Francisco USD**

These Sticky Szechuan Dumplings feature a perfect combination of fresh and powdered ginger, delivering a bold savory flavor. These delicious plant-based dumplings, with firm tofu ensure a satisfying, protein-packed meal.



Complexity Rating: 3



Prep Model: Full Prep



Servings: 50

Allergens:



Sesame



Soy

Meal Component: 2 MA, 2 Grain (HS), 1.5 MA, 1 Grain (MS)



STICKY SZECHUAN DUMPLINGS WITH RICE AND TOFU

Ingredients		Servings	Instructions
Rice, Cooked		50 servings	<p>Tofu</p> <ul style="list-style-type: none"> • Drain tofu and cut it into cubes. • Prepare marinade. Mix together soy sauce, garlic, ginger, and pepper. • Preheat the oven to 350°F. • Cook for 20 minutes. <p>Rice</p> <ul style="list-style-type: none"> • Prepare rice in rice cooker. <p>Dumplings</p> <ul style="list-style-type: none"> • Prepare marinade. For Szechuan Marinade mix together soy sauce, apple cider vinegar, red pepper flakes, oil, sesame oil, garlic, ginger, minced green onions, and brown sugar. • Add dumplings. • Cover the pan with foil and cook for 1 hour. • Prepare rice in a rice cooker. <p>Assembly (Middle School)</p> <ul style="list-style-type: none"> • Scoop 4 oz of steamed rice, add 2 edamame dumplings and scoop 2 oz of tofu. Garnish with sesame seeds. • Hold for hot service at or above 135°F. <p>Assembly (High School)</p> <ul style="list-style-type: none"> • Scoop 8 oz of steamed rice, add 2 edamame dumplings, and scoop 3 oz of tofu. Garnish with sesame seeds. • Hold for hot service at or above 135°F.
Edamame Dumplings		2 bags	
Tofu, Extra Firm, Drained, Cut into Cubes		Middle school- 8x14 oz High school- 12x14oz	
Tofu Marinade - Middle School			
Soy Sauce		1/2 cup	
Spice, Garlic, Powder		1/2 tsp	
Spice, Ginger, Powder		1/2 tsp	
Spice, Pepper		1/2 tsp	
Tofu Marinade - High School			
Soy Sauce		1 cup	
Spice, Garlic, Powder		1 tsp	
Spice, Ginger, Powder		1 tsp	
Spice, Pepper		1 tsp	
Szechuan Marinade			
Soy Sauce, Tamari		1 1/3 cup	
Vinegar, Apple Cider		2/3 cup	
Spice, Red Pepper, Flaked		1 tbsp	
Oil		3 tbsp	
Oil, Sesame		4 tbsp	
Garlic, Chopped		1/2 cup	
Ginger, Chopped		1/4 cup	
Green Onions, Minced		1/2 cup	
Sugar, Brown		1/2 cup	
Sesame Seeds		garnish	