

# Vegetarian Curry



Recipe Rating	
Total Time	85 Minutes
Cooking Time	65 Minutes
Total Labour	20 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spatula/Spoon
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven)
<b>or</b> Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (160g) / par 1 serv (160g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>210</b>
<b>Fat / Lipides</b> 15g	<b>23%</b>
Saturated / satures	13g
+ Trans / trans	0g
	<b>63%</b>
<b>Cholesterol / Cholesterol</b>	<b>0mg</b>
<b>Sodium / Sodium</b>	<b>300mg</b>
	<b>13%</b>
<b>Carbohydrate / Glucides</b>	<b>18g</b>
	<b>6%</b>
Fibre / Fibres	5g
	<b>19%</b>
Sugars / Sucres	2g
<b>Protein / Proteines</b>	<b>5g</b>
<b>Vitamin A / Vitamine A</b>	
<b>Vitamin C / Vitamine C</b>	<b>35%</b>
<b>Calcium / Calcium</b>	<b>2%</b>
<b>Iron / Fer</b>	<b>15%</b>

# Vegetarian Curry

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Potatoes, Fresh, Peeled, Diced	1 Kg	2.2 Lbs	2 Kg	4.4 Lbs
Cauliflower, Fresh	1 Kg	2.2 Lbs	2 Kg	4.4 Lbs
Onions, Fresh, Diced	200 gm	7.1 oz	400 gm	14.1 oz
Chickpeas, Canned-Drained	300 gm	10.6 oz	600 gm	1.3 Lbs
Green Peas, Fresh or Frozen	400 gm	14.1 oz	800 gm	1.8 Lbs
Ginger, Fresh, Minced	15 gm	0.5 oz	30 gm	1 oz
Coconut Milk	1 L	1.1 quarts	2 L	2.2 quarts
Curry Powder	50 gm	1.8 oz	100 gm	3.6 oz
Salt	7.5 mL	1.5 tsp	15 mL	1 Tbsp

## Method



1. Wash potatoes, cauliflower and green peas (if fresh). Peel onions and ginger. Diced potatoes and onions. Mince ginger. Shell green peas and make cauliflower into florets.

Transfer potatoes and cauliflower to separate ½ size- 2” deep production pans. Add a small amount of water to cook/ Blanch to each pan. Cover with plastic wrap and aluminum foil. Place pans in Multigen: potatoes for 25 minutes and cauliflower for 10 minutes.



2. Remove potatoes and cauliflower from Multigen, drain off access water and allow to cool. Mix all ingredients together in a bowl.

Transfer to ½ size- 2” deep production pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil. Place pan in Multigen for 40 minutes.



3. **Bulk:** remove from Multigen and serve alone or with a side dish.

**Cold Plating:** allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.



4. Serve Hot.



Garnish: spoon of yogurt on top

Food Accompany: rice or side vegetable dish