

## Red Thai Curry over Barley



Vegetarian dish with exotic flavors.

Yield	50 lbs 50(16oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
100	fl oz	3-1/8	qts	Water	
2	oz	3	tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
8	fl oz	1	cup	Olive oil	
100	oz	1-1/2	gallons	Butternut squash	diced, roasted
100	oz	1-1/2	gallons	Potatoes	quartered, blanched
75	oz	4-3/4	gallons	Kale, plain	chopped
50	oz	3	qts	Onions	medium diced,roasted
50	oz	3	qts	Tofu, firm	medium diced
192	fl oz	3	jugs	Minor's® Thai-Style Red Curry Sauce RTU 4x0.5 gal.	
300	oz	3	gallons	Barley, prepared with Minor's® Natural Gluten Free Vegetable Base	
8	oz	3	cups	Cilantro	chopped

### Preparation Steps

- Mix Vegetable Base into water until base is completely dissolved. Set aside.
- Add olive oil to pan over medium high heat. Add squash, potatoes, kale, and onions to sauté pan. Cook until hot. Add tofu, vegetable stock, and Thai-Style Red Curry Sauce. Reduce liquid until desired consistency is achieved.
- Serve over barley. Garnish with cilantro.

### Chef's tip

1 cup each Barley and 1 cup Curry.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	394.7
Energy (Kj)	1678.4
Protein (g)	10.1
Carbohydrate, total (g)	62.6
Fats, total (g)	13.1
Sugars, total (g)	10.2
Fats, saturated (g)	4.6
Fiber, total dietary (g)	10.7
Sodium (mg)	1253.3
Calcium (mg)	176.4
Cholesterol (mg)	0
Iron (mg)	17.1



## Creative Food and Beverage Solutions

Vitamin A (µg_RAE)	750
Vitamin C (mg)	81.5

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*

## Barley with MINOR'S® Natural Gluten Free Vegetable Base



Vegetarian, gluten free grain recipe.

Yield	1 gallon 16(5.5oz)servings
Serves	16
Preparation time	5 minutes
Cooking time	40 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
96	fl oz	3 qts		Water	
2	oz	3 tbsp		Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
28	oz	1 qt		Barley, pressed	hulled

### Preparation Steps

- Whisk together water and Vegetable Base in a pot over medium high heat. Add barley and bring to a simmer.
- Cover pot with lid and place in a 350°F convection oven for 35-40 minutes or until barley is tender. Be sure to test the barley for doneness.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	179.1
Energy (Kj)	750.7
Protein (g)	4.9
Carbohydrate, total (g)	39.3
Fats, total (g)	0.7
Sugars, total (g)	0.6
Fats, saturated (g)	0.1
Fiber, total dietary (g)	7.8
Sodium (mg)	267.7
Calcium (mg)	18.7
Cholesterol (mg)	0
Iron (mg)	1.3
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.3
Vitamin A (µg_RAE)	3.8
Vitamin C (mg)	0.2
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# RED THAI CURRY OVER BARLEY

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ MINOR'S® Red Thai Curry 3 bottles
- € ☐ Barley 5.5 lbs

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- € ☐ Cilantro, fresh 1 lb
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs

### > Frozen

€      €

### > Protein

### > Dairy

€

### > Refrigerated

- ☐ Tofu firm 3.5 lbs (optional)
- € ☐ MINOR'S Vegetable Base Low Sodium (No Added MSG)

# RED THAI CURRY OVER BARLEY

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
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- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Cilantro 1 lbs chopped
- € ☐ Dice tofu (optional)
- € ☐ Cook 3 times the recipe for barley made with MINOR'S® Natural Gluten Free Vegetable Base

### > Day of Service

- € ☐ Heat barley
- € ☐ Make vegetable stock with MINOR'S Vegetable Base Low Sodium (No Added MSG)

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for keeping barley hot
- € ☐ Container for vegetable stock
- € ☐ 2 oz ladle
- € ☐ 8 oz scoop
- € ☐ Containers for holding vegetables, tofu, and herbs (7-8)
- € ☐ ¼ cup scoops for vegetables, tofu (6-7)
- € ☐ Tablespoon for scooping herbs
- € ☐ Heatproof spatula (2)
- € ☐ Serving spoon (2)