

Gobi Ka—Gingered Cauliflower Soup

A customizable broth for use on a soup station featuring *Minor's®* base and flavor concentrate.

Yield: 1 gallon + 1 quart
Serving Size: 20 (8 oz) servings
Prep time: 10 minutes
Cook time: 35 minutes



Recipe Details

Ingredients	Weight/Metric		Measure
Vegetable oil	2 oz	—	1/4 cup
Onion, large rings or slices	4 oz	116 g	1 cup
Ginger, fresh, peeled and chopped	2 oz	65 g	1/3 cup
<i>Minor's®</i> Fire Roasted Jalapeño Flavor Concentrate	1 oz	30 g	2 Tbsp
Cumin, ground	—	5 g	1 Tbsp
Coriander, ground	—	5 g	1 Tbsp
Turmeric, ground	—	5 g	1 Tbsp
Water	128 fl oz	—	1 gal
<i>Minor's</i> Gluten Free Natural Vegetable Base	4 oz	100 g	5 Tbsp
Cauliflower florets	2 lb	900 g	2-1/2 qt
Potatoes, peeled, cut into large dice	1 lb	453 g	3 cups
Heavy cream	8 oz	—	1 cup

Preparation Steps

1. Heat the vegetable oil in a large pot. Lightly sauté the onion and the ginger for 3–6 minutes.
2. Add the Fire Roasted Jalapeño Flavor Concentrate, cumin, coriander and turmeric. Stir to bring out the aroma of the spices for 1–2 minutes.
3. Add the water, Vegetable Base, cauliflower, potatoes and heavy cream. Simmer until potatoes and cauliflower are both completely tender.
4. Using a submersible blender, purée soup to a smooth consistency. Adjust seasonings and thickness to desired preferences.

Mulligatawny Broth

A customizable broth for use on a soup station featuring *Minor's*® bases and flavor concentrates.

Yield: 1 gallon + 2 quarts
Serving Size: 24 (8 oz) servings
Prep time: 10 minutes
Cook time: 35 minutes



Recipe Details

Ingredients	Weight/Metric		Measure
Vegetable oil	.5 oz	14 g	1 Tbsp
Onion, large slices	2 oz	60 g	1/2 cup
Carrots, large slices	2 oz	60 g	1/2 cup
Ginger, fresh, grated	1 oz	30 g	2 Tbsp
Garlic cloves, chopped	.5 oz	17 g	1 Tbsp
<i>Minor's</i> Fire Roasted Jalapeño Flavor Concentrate	1.5 oz	45 g	3 Tbsp
Curry powder	1 oz	30 g	4 Tbsp
Garam masala	.5 oz	12 g	2 Tbsp
Lentils, dry, red or yellow	1 lb	453 g	2-1/2 cups
Water	128 fl oz	—	1 gal
Coconut milk	32 fl oz	—	1 qt
Apple juice	8 fl oz	—	1 cup
<i>Minor's</i> Natural Gluten Free Chicken Base	4 oz	100 g	5 Tbsp
Lime juice, fresh	.5 fl oz	14 g	2 tsp

Preparation Steps

1. Heat the oil in a kettle. Lightly sauté the onions, carrots, ginger and garlic for 5–8 minutes, or until softened.
2. Add the Fire Roasted Jalapeño Flavor Concentrate, curry powder, garam masala and lentils. Toss to bring out the flavor in the spices.
3. Add the water, coconut milk, apple juice, Chicken Base and lime juice. Allow to simmer for 15–20 minutes or until the lentils are completely overcooked.
4. Allow to thicken slightly by lowering or removing from heat. The large portion of carrots and onions should float, and the cooked lentils should fall to the bottom. Keep the large onion and carrot garnish whole, and purée the lentils with the broth until it is a light to medium consistency.
5. Season to taste. Remove from heat and hold on soup station.

Serving Suggestions

Combine the following ingredients as a substitute for Garam Masala spice blend: 1-1/2 tsp. ground cumin, 1 tsp. each ground coriander and cardamom, 1/2 tsp. cinnamon and 1/4 tsp. each clove and nutmeg.

MULLIGATAWNY

ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Curry spice
- € ☐ Garam masala (substitute for garam masala coriander + cardamom + cinnamon + clove + nutmeg)
- € ☐ 1 lb lentils
- € ☐ 1 qt coconut milk
- € ☐ 8 oz apple juice
- € ☐ 1 lb toasted coconut, optional
- € ☐ #5 can garbanzo beans, optional
- € ☐ 1 lb yellow lentils

> Produce

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

- € ☐ 2 lbs onions
- € ☐ 1 lb carrots
- € ☐ 8 oz ginger
- € ☐ 2 oz garlic
- € ☐ 2 each limes
- € ☐ 3 lbs local seasonal vegetable*
- € ☐ 3 lbs local seasonal vegetable*
- € ☐ 3 lbs local seasonal vegetable*
- € ☐ 3 lbs local seasonal vegetable*
- € ☐ 3 lbs local seasonal vegetable*
- € ☐ 3 lbs local seasonal vegetable*

> Protein

- ☐ 4 lbs lamb
- € ☐ 4 lbs boneless skinless chicken thighs€
- €

> Refrigerated

- ☐ MINOR'S® Natural Gluten Free Chicken Base

MULLIGATAWNY

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

- € ☐ Prepare Mulligatawny recipe
- € ☐ Poach and dice 4 lbs lamb
- € ☐ Poach and dice 4 lbs chicken thighs
- € ☐ Cut for soup, blanch and shock 3 lbs local seasonal vegetables
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- € ☐ Secure 1 lb of toasted coconut (optional)
- € ☐ Drain and rinse #5 can of garbanzo bean (optional)
- € ☐ Cook 1 lb (dry weight) yellow lentils

> Day of Service

- €€ ☐ Reheat broth to a minimum of 180°F

> Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ Refuse container
- € ☐ Soup kettle
- € ☐ 6 oz ladle for soup
- € ☐ Containers for holding vegetables and garnishes cold (11)
- € ☐ Risers and station decorations
- € ☐ Serving tongs (11)