

Beef, Ground Curried with Potatoes and Peas - EA Halal

Total Yield: 3/4 cup

Shelf Life: _____

Allergens: _____

Components

Beef, Ground 80/20 Halal

Onion, Yellow Whole Fresh

Garlic, Whole Clove Peeled Fresh

Ginger, Root Fresh

Potato, Yukon Whole Fresh

Tomato, Diced Canned

Pea, Green IQF

Pepper, Jalapeno

Spice, Curry Powder

Spice, Paprika Spanish Ground

Spice, Pepper Cayenne Ground

Salt, Coarse Kosher

Spice, Black Pepper

Water, Tap

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Herb, Cilantro Fresh

Rice, Yellow

Total Yield: 3/4 cup

Shelf Life: _____

Allergens: milk

Components

Rice, Basmati

Butter, Ghee Niter Kibbeh (subrecipe)

Spice, Turmeric Ground

Spice, Cumin Ground

Spice, Coriander Ground

Herb, Cilantro Fresh

Water, Tap

Butter, Ghee Niter Kibbeh

Total Yield: ~1/8 oz

Shelf Life: _____

Allergens: milk

Components

Butter, Unsalted

Onion, Red Whole Fresh

Garlic, Whole Clove Peeled Fresh

Ginger, Root Fresh

Spice, Cardamom Pods Green

Spice, Clove Whole

Spice, Cinnamon Stick

Spice, Oregano Leaf Dried

Spice, Turmeric Ground

Spice, Fenugreek Seed Dry Ground

Kale, Sauteed with Tomatoes

Total Yield: 1/2 cup

Shelf Life: _____

Allergens: _____

Components

Onion, Yellow Whole Fresh

Tomato, Diced Canned

Salt, Coarse Kosher

Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import

Kale, Chopped IQF