

Black-Eyed Pea Fritters

Total Yield: 2 each

Shelf Life: _____

Allergens: _____

Components

Bean, Black Eyed Peas Dry

Water, Tap

Onion, Yellow Diced IQF

Garlic, Whole Clove Peeled Fresh

Herb, Cilantro Fresh

Salt, Coarse Kosher

Spice, Gedo Blend (subrecipe)

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

Spice, Gedo Blend

Total Yield: ~5/8 tsp

Shelf Life: _____

Allergens: _____

Components

Spice, Peppercorn Black

Spice, Cinnamon Stick

Spice, Clove Whole

Spice, Coriander Seeds

Spice, Cumin Whole

Spice, Cardamom Pods Green

Rice, Yellow

Total Yield: ~3/8 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: 0.029 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

Green Beans with Carrots

Total Yield: 1/2 cup

Shelf Life: _____

Allergens: _____

Components

Green Beans, Whole Raw

Carrot, Whole Fresh

Onion, Yellow Whole Fresh

Garlic, Whole Clove Peeled Fresh

Ginger, Root Fresh

Spice, Turmeric Ground

Salt, Coarse Kosher

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

Water, Tap