

1.9FZ East African Fish Curry, Yellow Rice

Total Yield: 65 each

Shelf Life: _____

Allergens: fish, tree nuts, milk

Components

Fish, Curry East African (subrecipe)

Rice, Yellow (subrecipe)

Fish, Curry East African

Total Yield: 48 3/4 cup

Shelf Life: _____

Allergens: fish, tree nuts

Components

Fish, Tilapia 3-5 oz Filet Boneless Skinless Raw

Onion, Red Whole Fresh

Pepper, Bell Green Fresh

Potato, Yukon Whole Fresh

Tomato, Crushed Unpeeled In Puree Canned

Pepper, Jalapeno

Spice, Curry Powder

Milk, Coconut Canned

Milk, Coconut Beverage

Herb, Cilantro Fresh

Juice, Lemon Not From Concentrate Fresh

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

Rice, Yellow

Total Yield: 48 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: ~4 1/4 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