

1.10FZ Spiced Beef with Vegetables, Yellow Rice

Total Yield: 1 each

Shelf Life: _____

Allergens: milk

Components

	PREPARATIONS	USAGE
Beef, Spiced with Vegetables (Beef Kalaankal) (sub-recipe)		3/4 cup
Rice, Yellow (subrecipe)		1 cup

Beef, Spiced with Vegetables (Beef Kalaankal)

Total Yield: 3/4 cup

Shelf Life: _____

Allergens: _____

Components

	PREPARATIONS	USAGE
Oil, Canola & Extra Virgin Olive Oil Blend 75/25 Import		3/4 tsp
Beef, Chuck Roll Halal	Trim	~2 2/3 oz
Onion, Yellow Dice Fresh		1 1/3 oz
Ginger, Root Fresh	Mince; Peel	1.181 g
Garlic, Whole Clove Peeled Fresh	Mince	2.362 g
Spice, Gedo Blend (subrecipe)		1.89 g
Spice, Turmeric Ground		0.472 g
Salt, Coarse Kosher		0.472 g
Tomato, Paste Canned		2.362 g
Potato, Yukon Whole Fresh	1/2"; Cube	2 oz
Pea, Green IQF		~7/8 oz
Tomato, Diced Canned		1 1/3 oz
Water, Tap		1 1/3 floz
Herb, Cilantro Fresh		1.181 g

Spice, Gedo Blend

Total Yield: ~1/8 oz

Shelf Life: _____

Allergens: _____

Components

	PREPARATIONS	USAGE
Spice, Peppercorn Black		0.344 g
Spice, Cinnamon Stick		0.344 g
Spice, Clove Whole		0.344 g
Spice, Coriander Seeds		0.172 g
Spice, Cumin Whole		0.344 g
Spice, Cardamom Pods Green		0.344 g

Rice, Yellow

Total Yield: 1 cup

Shelf Life: _____

Allergens: milk

Components

	PREPARATIONS	USAGE
Rice, Basmati	Rinse; Soaked; Drain	~2 3/4 oz
Butter, Ghee Niter Kibbeh (subrecipe)		2.466 g
Spice, Turmeric Ground		0.247 g
Spice, Cumin Ground		0.247 g
Spice, Coriander Ground		0.247 g
Herb, Cilantro Fresh	Mince	2.466 g
Water, Tap		~4 7/8 tbsp

Butter, Ghee Niter Kibbeh

Total Yield: ~1/8 oz

Shelf Life: _____

Allergens: milk

Components

	PREPARATIONS	USAGE
Butter, Unsalted		3.289 g
Onion, Red Whole Fresh	1/8"; Dice	0.822 g
Garlic, Whole Clove Peeled Fresh	smashed	0.062 g
Ginger, Root Fresh	smashed	0.041 g
Spice, Cardamom Pods Green		0.109 each
Spice, Clove Whole		0.011 g
Spice, Cinnamon Stick		0.021 g
Spice, Oregano Leaf Dried		0.004 g
Spice, Turmeric Ground		0.01 g
Spice, Fenugreek Seed Dry Ground		0.01 g