

Curried Vegetables

Number of students:	100	125	150	175
Cauliflower, heads	8	10	12	14
Potatoes (lbs.)	8	12	16	20
Frozen Peas, 10 oz. Pkgs	8	12	16	20
Deep hotel trays	2	2	3	3
Garlic, cloves	8	12	16	20
Ginger root, grated (cups)	1½	2	2½	3
Canola oil, cups	1	1	1 ½	1 ½
Brown mustard seeds (Tbsp)	2	3	4	5
Cumin seeds (Tbsp)	2	3	4	5
Curry powder (Tbsp)	2	2	3	3
Ground cumin (Tbsp)	2	2	3	3
Ground coriander (Tbsp)	2	2	3	3
Tomatoes, crushed, large cans	1	1½	2	2½
(put extra tomatoes in plastic bin in walk-in and use for server dinner)				
Salt (Tbsp)	1	1 ½	2	2 ½
Cilantro, bunches	1	2	2	3

Preparation, the day before:

- Scrub potatoes to clean them. Peel if you wish. Cut into 2 inch chunks. Place in bucket or plastic bin, cover with water, label, and store in walk-in.
- Wash cauliflower and cut into bite-sized pieces. Place in plastic bin, cover and label, then store in walk-in.
- Chop garlic and ginger. Cover, label and store in walk-in.

Be sure to put item name, day and dish it is intended for when labeling.

(over)

Cook, the morning dish is to be served:

- Put potatoes and cauliflower into perforated hotel trays and cook in steamer, cauliflower for 10-12 minutes and potatoes for 18-20 minutes. Rotate tray position in steamer halfway through to ensure even cooking. Be sure these veggies are cooked very tender – a fork should easily pierce each piece.
- Have all sauce ingredients assembled before beginning to cook.
- Heat oil in a heavy bottomed brazier pot. Add cumin and mustard seeds, stir and cook until the seeds pop. Then add garlic and ginger and sauté, stirring constantly for 3 to 4 min. Add all spices, excepting the cilantro. Stir. Add crushed tomatoes and salt. Cook on low for 30 minutes or more to make a nice gravy.
- Divide cauliflower, potatoes and peas evenly into the appropriate number of deep hotel trays. Divide the sauce amongst the pans, pouring over the vegetables. Using 2 spoons, mix gently without breaking the vegetable pieces down. Cover with lids.
- Place hotel trays of vegetables on stove top. Heat over very low flame, taking care not to over-stir the vegetables. Simmer for 20 minutes, adding water if the sauce cooks away.
- Garnish with chopped cilantro and serve.