



Recipe Name: McTofu Nuggets and Sauce

File No:

Recipe Adapted From:

Eric Kim of the New York Times



**Let's Cook**  
WISCONSIN SCHOOL MEALS ROCK

Grade Group (s): K-8, 9-12		HACCP Process		<p>Eric Kim of the New York Times</p>
Number of Portions: 25		<input type="checkbox"/> #1 No Cook		
Portion Size: 4.4 oz + 1 oz sauce		<input type="checkbox"/> #2 Cook & Serve Same Day		
Serving Utensil:		<input type="checkbox"/> #3 Includes Cooling Step		
Servings per Pan:				
Ingredients		Weight	Measure	Procedure
Tofu, Raw, Firm		7 lbs		<ol style="list-style-type: none"> <li>To prepare tofu for the recipe, see <a href="#">Tofu in a Nutshell</a> for additional information.</li> <li>While tofu preps, make the sauce. In a bowl, stir together the apricot Preserves, rice vinegar, soy sauce, pepper flakes, 5 Tbsp of onion powder, and water until smooth. Place 2 Tbsp (~1/8 cup) of prepared sauce into 2 oz Covered containers.</li> <li>Once Tofu is pressed, slice block in half on a cutting board, horizontally. Cut each of the halves into 8 rectangle pieces, creating the nuggets.</li> <li>Directly on the cutting board, season the the tofu nuggets with 1 Tbsp of salt and remaining onion powder. Be sure to coat nuggets with seasoning.</li> <li>In a large bowl, add potato starch and remaing salt. Add tofu and coat.</li> <li>Spray vegetable oil (pan release spray) on a dry rimmed baking sheet. Lay the nuggets on the coated sheet in a single layer, do not allow nuggets to touch, as they will then stick together. Spray the top side of the nuggets with additional vegetable oil spray.</li> <li>Bake at 400°F until tops are golden, flip the nuggets and continue oven frying until completely golden, about 10 minutes.</li> <li>Place 4.4 oz wt into serving boats and serve with sauce cups.</li> </ol>
Onion Powder			3 1/8 Tbsp	
Salt			1/2 Tbsp	
Potato Starch			3 1/8 cup	
Apricot Preserves			3 1/8 cup	
Vinegar, Rice		6 1/4 oz		
Soy Sauce		6 1/4 oz		
Pepper Flakes			1 Tbsp	
Water			1/4 cup	
Meal Component Contribution		Total Yield		<p><u>Equipment (if not specified in procedures above):</u></p> <p>DG - dark green RO - red orange BPL - bean, peas, legumes S - starchy O - other A - additional</p>
Meat/Meat Alternate: 2 oz eq		Weight:		
Vegetable Subgroups		Number of Pans:		
DG	RO	BPL	Pan size:	
			Volume:	
S	O	A	<b>Nutritional Analysis Based on Portion Size</b>	
Fruit:		Calories: 370		
Grains:		Saturated Fats (g): 11.22 g		
Based on USDA Food Buying Guide-RAW		Sodium (mg): 332.98 mg		
		Calculated with Nutrikids		



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Number of Portions: 50	
Portion Size: 4.4 oz + 1 oz sauce	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure
Tofu, Raw, Firm	14 lbs	
Onion Powder		1/3 cup 1 Tbsp
Salt		1 Tbsp
Potato Starch		6 1/4 cup
Apricot Preserves		6 1/4 cup
Vinegar, Rice	12 1/2 oz	
Soy Sauce	12 1/2 oz	
Pepper Flakes		2 Tbsp
Water		1/2 cup

Procedure
<ol style="list-style-type: none"> <li>To prepare tofu for the recipe see <a href="#">Tofu in a Nutshell</a> for additional information.</li> <li>While tofu preps, make the sauce. In a bowl, stir together the apricot Preserves, rice vinegar, soy sauce, pepper flakes, 5 Tbsp of onion powder, and water until smooth. Place 2 Tbsp (~1/8 cup) of prepared sauce into 2 oz Covered containers.</li> <li>Once Tofu is pressed, slice block in half on a cutting board, horizontally. Cut each of the halves into 8 rectangle pieces, creating the nuggets.</li> <li>Directly on the cutting board, season the the tofu nuggets with 1 Tbsp of salt and remaining onion powder. Be sure to coat nuggets with seasoning.</li> <li>In a large bowl, add potato starch and remaing salt. Add tofu and coat.</li> <li>Spray vegetable oil (pan release spray) on a dry rimmed baking sheet. Lay the nuggets on the coated sheet in a single layer, do not allow nuggets to touch, as they will then stick together. Spray the top side of the nuggets with additional vegetable oil spray.</li> <li>Bake at 400°F until tops are golden, flip the nuggets and continue oven frying until completely golden, about 10 minutes.</li> <li>Place 4.4 oz wt into serving boats and serve with sauce cups.</li> </ol>

Meal Component Contribution			Total Yield		
Meat/Meat Alternate: 2 oz eq			Weight:		
Vegetable Subgroups			Number of Pans:		
DG	RO	BPL	Pan size:		
			Volume:		
S	O	A	<b>Nutritional Analysis Based on Portion Size</b>		
			Calories: 370		
Fruit:			Saturated Fats (g): 11.22 g		
Grains:			Sodium (mg): 332.98 mg		
Based on USDA food Buying Guide-RAW			Calculated using NutriKids		

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes  
S - starchy O - other A - additional



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Number of Portions: 100	
Portion Size: 4.4 oz + 1 oz sauce	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure	Procedure
Tofu, Raw, Firm	28 lbs		<ol style="list-style-type: none"> <li>To prepare tofu for the recipe see <a href="#">Tofu in a Nutshell</a> for additional information.</li> <li>While tofu preps, make the sauce. In a bowl, stir together the apricot Preserves, rice vinegar, soy sauce, pepper flakes, 10 Tbsp of onion powder, and water until smooth. Place 2Tbsp (~1/8 cup) of prepared sauce into 2 oz Covered containers.</li> <li>Once Tofu is pressed, slice block in half on a cutting board, horizontally. Cut each of the halves into 8 rectangle pieces, creating the nuggets.</li> <li>Directly on the cutting board, season the the tofu nuggets with 2 Tbsp of salt and remaining onion powder. Be sure to coat nuggets with seasoning.</li> <li>In a large bowl, add potato starch and remaing salt. Add tofu and coat.</li> <li>Spray vegetable oil (pan release spray) on a dry rimmed baking sheet. Lay the nuggets on the coated sheet in a single layer, do not allow nuggets to touch, as they will then stick together. Spray the top side of the nuggets with additional vegetable oil spray.</li> <li>Bake at 400°F until tops are golden, flip the nuggets and continue oven frying until completely golden, about 10 minutes.</li> <li>Place 4.4 oz wt into serving boats and serve with sauce cups.</li> </ol>
Onion Powder		2/3 cup 2 Tbsp	
Salt		2 Tbsp	
Potato Starch		12 1/2 cup	
Apricot Preserves		12 1/2 cup	
Vinegar, Rice	25 oz		
Soy Sauce	25 oz		
Pepper Flakes		1/4 cup	
Water		1 cup	

Meal Component Contribution			Total Yield		
Meat/Meat Alternate: 2 oz eq			Weight:		
Vegetable Subgroups			Number of Pans:		
DG	RO	BPL	Pan size:		
			Volume:		
S	O	A	<b>Nutritional Analysis Based on Portion Size</b>		
Fruit:			Calories: 370		
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Equipment (if not specified in procedures above):

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