

Dubu Jorim

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	Protein Foundations	VG, GF	12	11.94 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/2 cup	0 lb 4.70 oz	0%	0 lb 4.70 oz	Soy Sauce, regular	In a medium mixing bowl combine soy sauce and cornstarch. Whisk together until cornstarch is dissolved. Add gochujang, vinegar, syrup, and garlic. Whisk together until completely mixed.
	1 tbsp	0 lb 0.28 oz	0%	0 lb 0.28 oz	Cornstarch	
	1/4 cup	0 lb 4.52 oz	0%	0 lb 4.52 oz	Sauce, Gochujang	
	1/4 cup	0 lb 2.08 oz	0%	0 lb 2.08 oz	Vinegar, Rice Wine	
	1/4 cup	0 lb 2.76 oz	0%	0 lb 2.76 oz	Syrup, Maple	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	



Sauce Mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	In a large sauté pan or rondeau, heat oil over medium-high heat. Add tofu and cook for 3 minutes on both sides or until golden brown. Remove tofu from pan and set aside. Keep pan with oil for next step.
	6 1/2 cup	2 lb 3.75 oz	2%	2 lb 4.37 oz	Tofu, Extra Firm <i>Cut into 2x2" squares</i>	



Pressed & Drained, 2-2oz. Blocks of Tofu



Cooked Tofu

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3					In the same pan or rondeau, pour in sauce mixture. Bring to a boil for 3-5 minutes, until it reaches a syrup like consistency. Turn heat to low and add tofu back in. Simmer tofu in sauce for 5-10 minutes, to absorb flavor. If sauce gets too thick, thin out with a little warm water.

3



Reduced Sauce



Reduced Sauce with Tofu

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4	15 cup	3 lb 0.75 oz	12%	3 lb 7.71 oz Bok Choy, Regular, fresh	In a large saute pan or flat top heat up oil over medium high heat add in bok choy and sauté for 3-5 minutes until vibrant green and tender.
	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz Oil, Canola	



Chopped Bok Choy

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5	5 1/2 cup	2 lb 3.75 oz	0%	2 lb 3.75 oz Rice, White, long grain	To assemble: Place 3 ounces of rice in a bowl, 3 ounces of cooked bok choy and 4 ounces of tofu. Garnish with 1 tablespoon of green onion and 1/4 teaspoon of sesame seeds.
	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81 oz Onions, Green, sliced thinly on bias	
	1 tbsp	0 lb 0.33 oz	0%	0 lb 0.33 oz Sesame Seeds, White <i>Optional</i>	

RECIPE IMAGES



Final Plate



Stylized Plate

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 15.24 oz	0 %	8 lb 15.24 oz	0 %	8 lb 15.24 oz
Size of portion	11.94 oz		11.94 oz		11.94 oz

ADDITIONAL INFO

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MEMO

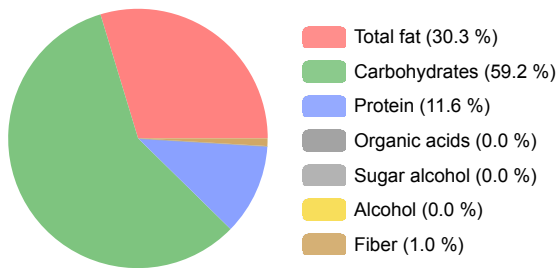
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NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals			RDI	
					RDI					
				551.65 kcal	27 %	Salt	2.12 g			
				2,308.11 kJ		Salt	0.63 %		Vitamins	
Total fat	18.93 g	24 %	30.34 %			Sodium	943.08 mg	41 %	Vitamin A	258.60 µg 29 %
Saturated	1.84 g	9 %	2.94 %			Phosphorus	242.93 mg	19 %	Vitamin D	0.00 µg 0 %
Monounsaturated	9.86 g		15.81 %			Potassium	563.32 mg	12 %	Thiamine	0.62 mg 52 %
Polyunsaturated	6.59 g		10.56 %			Iron	9.34 mg	52 %	Riboflavin	0.19 mg 15 %
Trans fatty acids	0.05 g		0.09 %			Calcium	457.16 mg	35 %	Niacin	4.67 mg 29 %
Cholesterol	0.00 mg	0 %				Zinc	1.96 mg	18 %	Vitamin B6	0.45 mg 26 %
Linolenic acid	4.96 g		7.96 %			Magnesium	75.80 mg	18 %	Vitamin B12	0.00 µg 0 %
Alpha-linolenic acid	1,243.34 mg		1.99 %			Iodine	0.00 µg	0 %	Folate	188.34 µg 47 %
Total Carbohydrate	80.40 g	29 %	59.22 %			Selenium	21.63 µg	39 %	Vitamin C	53.36 mg 59 %
Sugars total	5.99 g	12 %				Copper	0.42 mg	47 %	Vitamin E	2.60 mg 17 %
Added sugar	0.00 g	0 %	0.00 %						Vitamin K	71.59 µg 60 %
Lactose	0.00 g								Others	
Fiber	2.82 g	10 %	0.98 %						Water	205.26 g
Organic acids	0.00 g		0.00 %							
Sugar alcohol	0.00 g		0.00 %							
Starch	0.00 g		0.00 %							
Protein	15.79 g	32 %	11.63 %							
Alcohol	0.00 g		0.00 %							

PERCENTAGE OF ENERGY



CO2



0.00 kg

Comparable values

Snacks	1.02 kg
Main courses	1.42 kg
Desserts	0.64 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.