

NOVEMBER HARVEST OF THE MONTH, KALE, FPS RECIPES FALL NOVEMBER 2024
KALE AND SWEET POTATO TAMALES PIE, 25 portions

KALE AND SWEET POTATO TAMALES PIE:

CASSEROLE OF SAUTEED KALE, SWEET POTATO, BEANS, AND SHREDDED CHEESE TOPPED WITH CORNBREAD AND BAKED ALL TOGETHER. SERVED WITH SOUR CREAM

DISH SERVINGS COMPONENTS:

KALE AND SWEET POTATO TAMALES PIE (1 STEAM (HOTEL) PAN=25 SERVINGS, 5X5)

- VEGETABLE AND BEAN MIXTURE WITH BAKED ON CORNBREAD TOPPING
- SOUR CREAM

EQUIPMENT:

CUTTING, STOVE TOP, OVEN

KALE, SWEET POTATO AND PINTO BEAN MIXTURE (FOR 1 HOTELPLAN/25 ORDERS)

INGREDIENTS

- ¼ CUP CANOLA OIL
- 2 ONION MEDIUM DICED
- 2 RED BELL PEPPER, MEDIUM DICED
- 1 ½ TBSP CUMIN
- 1 ½ TSP ONION POWDER
- 1 TBSP GARLIC POWDER
- 1 ½ TBSP PAPRIKA
- ⅛ CUP (4 TBSP) CHILI POWDER
- 1 TSP SALT
- ½ TSP GROUND BLACK PEPPER
- ¼ CUP LIME/LEMON JUICE
- 6 OZ TOMATO PASTE (SMALL CAN)
- 2.5 CUPS WATER (NO MEAT BASE/STOCK PLEASE)
- 1 POUND KALE
- 2 LARGE SWEET POTATO, SMALL DICED
- 1 #10 CAN BLACK BEANS
- 1/4 CUP CHOPPED CILANTRO

METHOD:

1. IN LARGE POT ON MEDIUM HEAT ADD CANOLA OIL AND DICED ONION AND PEPPERS, THICKER KALE STEMS. SAUTEE 5 MINUTES UNTIL ONIONS START TO LOOK TRANSLUCENT.
2. ADD SPICES (CUMIN, ONION, GARLIC, PAPRIKA, CHILI, SALT, PEPPER). SAUTE UNTIL AROMATIC, 1 MINUTE
3. ADD TOMATO PASTE. COOK UNTIL BEGINS TO BROWN (PINCAGE)
4. ADD WATER AND MIX THOROUGHLY.
5. ADD CHOPPED KALE AND DICED SWEET POTATO. COOK DOWN TO WILT, ABOUT 10 MINUTES
6. ADD BEANS. REMOVE FROM HEAT. ADD CITRUS JUICE AND CHECK FOR SEASONING
7. CHILL. GREASE A STEAM TABLE PAN. SPREAD OUT FILLING AND TOP WITH CORNBREAD TOPPING (SEE BELOW)
8. IF FREEZING, PULL 2 DAYS BEFORE AND THAW UNDER REFRIGERATION.

CORNBREAD TOPPING 1.25 LB OF DRY MIX WILL COVER 1 STEAM PAN

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INGREDIENTS:

- 1.25LB (1/4 POUCH)
- 12 OZ WATER
- 1 CUP SHREDDED CHEESE

METHOD:

1. PLACE TOTAL AMOUNT OF WATER IN MIXER BOWL
2. ADD MIX AND CHEESE
3. USING A PADDLE, MIX ON LOW SPEED 15 SECONDS.
4. SCRAPE BOWL. CONTINUE TO MIX ON LOW SPEED 15 SECONDS.
5. POUR 2 LB 4 OZ (3³/₄ CUPS) BATTER OVER COOLED VEGETABLE MIXTURE IN EACH PAN AND SPREAD INTO CORNERS OF PAN.
6. BAKE UNTIL LIGHTLY BROWNED:
7. CONVENTIONAL OVEN: 400 °F FOR 30–35 MINUTES.
8. CONVECTION OVEN: 350 °F FOR 20–25 MINUTES.
9. CRITICAL CONTROL POINT: HOLD FOR HOT SERVICE AT 140 °F OR HIGHER
10. REMOVE FROM OVEN. COOL FOR 10 MINUTES
11. PORTION: CUT EACH PAN 5 ROWS X 5 COLUMNS (25 PIECES PER PAN).
12. SERVE 1 PIECE WITH 1 OZ SOUR CREAM

GARNISHES:

1 OZ SOUR CREAM, CILANTRO