

ETHIOPIAN SPLIT PEA STEW KIK ALICHA



YIELD: 50 servings

SERVING SIZE: #6 scoop

PREP TIME: 90 minutes

COOK TIME: 60-75 minutes



ETHIOPIAN SPLIT PEA STEW

KIK ALICHA

This traditional stew is flavored with mild, warm spices such as turmeric and ginger. Yellow split peas provide vibrant color. Served over rice.

ONE PORTION PROVIDES:

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grain

FOR 50 SERVINGS:

TOTAL COOK TIME: 60 TO 75 MINUTES

TOTAL PREPARATION TIME: 90 MINUTES



| INGREDIENTS | 50 SERVINGS | DIRECTIONS |
|-------------------------|---------------|---|
| Split peas, yellow, dry | 4 ½ pounds | 1. Preheat the oven to 400 °F. 2. In a fine mesh strainer, rinse the split peas under running water. 3. In a full-size, 4-inch steam table pan, add split peas, oil, turmeric, cumin, paprika, coriander, salt, and black pepper. Gently stir to combine. |
| Oil, vegetable | ¼ cup | |
| Turmeric | 2 tablespoons | |
| Cumin | 2 tablespoons | |
| Paprika | 1 tablespoon | |
| Coriander | 1 tablespoon | |
| Salt | 1 tablespoon | |
| Black pepper | 2 teaspoons | |
| Onion, diced | 2 ¼ pounds | 4. Add onions, jalapeno, garlic, and ginger. Mix well to evenly distribute. |
| Jalapeno, fresh, diced | ½ cup | |
| Garlic, fresh, minced | ¼ cup | |

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|-----------------------------|------------|---|
| Ginger, fresh, minced | ¼ cup | |
| Vegetable stock | 5 quarts | 5. Add 4 quarts of the vegetable stock and stir. 6. Cover and cook for 60 to 75 minutes. 7. After removing the stew from the oven, add the last 1 quart of vegetable stock. Stir until combined. CCP: Heat to 165 °F for 15 seconds CCP: Hold for hot service at 135 °F or higher. |
| Rice, brown, parboiled, dry | 6 ½ pounds | 8. Combine rice and water into a steam table pan. Stir to combine. Cover tightly. OVEN METHOD: Cook in a 350 °F oven for 35 to 40 minutes. STEAMER METHOD: Cook in a steamer for 25 to 30 minutes. CCP: Heat to 135 °F for at least 15 seconds. 9. Remove from the oven or steamer and let sit for 10 to 15 minutes. <i>To Serve:</i> 10. Place 1 cup (8-ounce spoodle) of cooked rice in the serving container. 11. Top with a #6 scoop or disher of split pea stew. |
| Water | 6 ½ quarts | |

NUTRITION INFORMATION

1 serving

| NUTRIENTS | AMOUNT | UNIT | NUTRIENTS | AMOUNT | UNIT |
|------------------|------------|------|---------------------------|--------|-------|
| Calories | 350 | | Total Carbohydrate | 76 | (g) |
| Total Fat | 3 | (g) | Dietary Fiber | 12 | (g) |
| Saturated Fat | 0 | (g) | Total Sugars | 3 | (g) |
| Cholesterol | 0 | (mg) | Vitamin D | 0 | (mcg) |
| Sodium | 410 | (mg) | Calcium | 13 | (mg) |
| Protein | 13 | (g) | Iron | 3 | (mg) |

NOTES

YIELD/VOLUME

SOURCE

Samantha Cowens Gasbarro, HealthySchoolRecipes.com