

FRIED RICE**MEAL COMPONENT CONTRIBUTION:**

½ oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ¾ cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Rice, Long Grain,Brown, Parboiled, #2139	3 pounds + 4 ounces
Salt, Table, #2723	2 teaspoons
Oil, Vegetable, #2507	1/4 cup
Onions, Frozen, Diced, #1610	3 cups , , thawed
Eggs, Whole, Fresh, #1318	14 eggs
Peas, Green, Frozen, #1612	1 pound + 2 ounces, , thawed
Carrots, Baby, Frozen, Cooked, #1603	1 pound + 2 ounces, , thawed
Sauce, Soy, Light, Reduced Sodium, #2257	1 1/3 cups
Water, Municipal, Mississippi	2 quarts + 2 cups

DIRECTIONS

- In each 12" x 20" x 4" pan that has been sprayed with food release spray, place 3 pounds and 4 ounces of rice and 2 tsp. of salt. Set the pan aside until Step 5.
For 50 servings use 1 pan and for 100 servings use 2 pans.
- Heat the oil in a braising pan, steam jacketed kettle, or stockpot then add the onions. Sauté the onions for 3 to 5 minutes.
- Combine all of the eggs, then slightly mix them. Add the eggs to the onions.
Cook over medium heat, stirring frequently, for 10 -15 minutes, or until eggs are tender and set.
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Thaw the peas and carrots.
Chop the thawed carrots and combine them with the thawed peas, onions, eggs, rice, and soy sauce.
Divide the mixture evenly among the steamtable pans of rice.
- Pour 3 quarts of hot water over each pan of rice. Cover the pans with a lid or aluminum foil.
Follow the instructions for steamer or combi-oven. Steam for approximately 45 minutes or until rice is tender and fluffy. Check the rice at 30 minutes of cooking time for chicken stock absorption. If additional liquid is needed, add water.
At the end of cooking time, fluff the rice with a fork or spoon.
Batch cook for best results.
ALTERNATE COOKING INSTRUCTIONS: Each pan of rice and chicken stock can also be covered with aluminum foil and baked in a convection oven at 350 degrees F for 45 to 50 minutes. At the end of the cooking time, fluff the rice with a fork or spoon.
Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

FRIED RICE

DIRECTIONS

6. Serve the Fried Rice immediately or cover the with a lid, plastic wrap, or aluminum foil and place them in the warmer until ready for service.

CCP: Cover and hold for service at 135 degrees F or higher.

7. Portion with 6 ounce spoodle ($\frac{3}{4}$ cup). Each portion provides 1 oz. eq. whole grain, $\frac{1}{2}$ oz. eq. meat/meat alternate and $\frac{1}{8}$ cup other vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check the temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for grains.

NUTRIENTS PER SERVING

Calories	160	Dietary Fiber	1.94 g	Sodium	300.00 mg	Sat. Fat	0.71 g
Carbohydrates	26.92 g	Protein	5.61 g	Total Fat	3.15 g	Trans Fat	0.00 g

FRIED RICE

ILLUSTRATED STEPS FOR PREPARATION OF FRIED RICE

1.



Carrots, peas, onions, eggs, rice, and soy sauce

2.



Combined carrots, peas, onions, eggs, rice, and soy sauce

3.



Fried Rice in a Steamtable Pan

4.



1 serving of Fried Rice