

**RICE**

WHOLE GRAINS

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Water, Municipal, Mississippi	1 gallon + 1 quart
Rice, Long Grain,Brown, Parboiled, #2139	6 pounds + 8 ounces
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Salt, Table, #2723	1 tablespoon + 1 teaspoon

**DIRECTIONS**

- Boil water in steam jacketed kettle, braising pan, or stockpot.
- Place 3 pounds and 4 ounces of brown rice in each 12" x 20" x 4" deep steamtable pan that has been sprayed with food release spray. Sprinkle 2 teaspoons of salt over each pan of rice. Use two pans for each 100 servings.  
Rice amounts are based on the USDA Food Buying Guide.  
Overcooking or hot holding rice for long periods of time will increase the volume and yield.
- Add 3 quarts of hot water to each pan and mix gently.
- Follow the instructions for steamer or combi-oven. Steam the rice for 45 minutes, or until rice is tender and fluffy. Check the rice at 30 minutes of cooking time for water absorption. If needed, add more water.  
At 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 water can also be covered with aluminum foil and baked in an 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.  
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Serve the rice immediately, or cover the pans and place them in warmer until ready for service.  
Rice amounts are based on the USDA Food Buying Guide.  
Overcooking or hot holding rice for long periods of time will increase the volume and the yield.  
CCP: Cover and hold for service at 135 degrees F or higher.
- Portion with #8 scoop (½ cup) per serving. Each portion provides 1 oz. eq. of whole grain.  
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check 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: Pasta, Rice and Grains" provides seasoning and serving ideas for rice.

RICE

SERVING NOTES

Overcooking or hot holding rice for long periods of time will increase the volume and the yield.

NUTRIENTS PER SERVING

Calories	107	Dietary Fiber	0.77 g	Sodium	99.00 mg	Sat. Fat	0.11 g
Carbohydrates	23.09 g	Protein	2.39 g	Total Fat	0.60 g	Trans Fat	0.00 g