

Brown Rice Pilaf

Grains/Breads

Grains/Breads

B-22

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long grain, regular	2 lb 14 oz	1 qt 3 ¼ cups	5 lb 12 oz	3 qt 2 ½ cups	1. Place 1 lb 7 oz of brown rice in each steamtable pan (12" x 20" x 2 ½"). For 50 servings use 2 pans. For 100 servings, use 4 pans.
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 11 oz OR 1 lb 13 oz	1 qt OR 1 qt ¾ cup	3 lb 6 oz OR 3 lb 10 oz	2 qt OR 2 qt 1 ½ cups	2. Place 13 1/2 oz regular rice OR 14 1/2 oz of parboiled rice into each steamtable pan (12" x 20" x 2 ½").
Chicken stock, non-MSG		1 gal 1 ½ cups		2 gal 3 cups	3. Heat the chicken stock, pepper, and onions in a pot. Bring to a boil.
Ground black or white pepper		½ tsp		1 tsp	
*Fresh onions, diced 1/4 " OR Dehydrated onions	4 oz OR 1 oz	¾ cup OR 2 Tbsp	8 oz OR 2 oz	1 ½ cups OR ¼ cup	
					4. Add 2 qt 1 cup of hot chicken stock mixture to each pan. Cover with foil or metal lid.
					5. Bake: Conventional oven: 350° F for 50 minutes Convection oven: 350° F for 40 minutes Steamer: 40 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 1 serving of grains/breads.	50 Servings: about 12 lb 7 oz	50 Servings: about 1 gallon 2 ¼ quarts 2 steamtable pans

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100 Servings: about 24 lb 14 oz

100 Servings: about 3 gallons 2 cups
4 steamtable pans

Tested 2004

Nutrients Per Serving					
Calories	146	Saturated Fat	0.21 g	Iron	0.83 mg
Protein	3.50 g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	30.37 g	Vitamin A	0 IU	Sodium	55 mg
Total Fat	0.97 g	Vitamin C	0.3 mg	Dietary Fiber	1.6 g