

MEDITERRANEAN BROWN RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	38 g	4 g	4 g	0 mg	699 mg	28 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
OIL,SALAD	7-2/3 oz	1 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
RICE,BROWN,LONG GRAIN,RAW PARBOILED	8-1/8 lbs	1 gal 1 qts	
CHICKEN BROTH		2 gal 2-1/2 qts	
RAISINS,GOLDEN	1-7/8 lbs	1 qts 2 cup	
CINNAMON,GROUND	1/2 oz	2 tbsp	
ALLSPICE,GROUND	1/4 oz	1 tbsp	
CARDAMOM SEED,GROUND	1/4 oz	1 tbsp	
CILANTRO,DRY	1/4 oz	1/4 cup 1/3 tbsp	

Method

- 1 Heat oil in steam jacketed kettle. Add onions; cook 5 minutes or until tender, stirring occasionally.
- 2 Add rice; stir well until rice is coated. Stir; cook 5 minutes or until rice is lightly browned.
- 3 Prepare broth according to package directions. Add stock, raisins, cinnamon, allspice, and cardamom to rice. Bring to a boil; stir.
- 4 Reduce heat; cover tightly; simmer 25 minutes or until most of the water is absorbed. Add cilantro; mix well. CCP: Internal temperature of cooked rice mixture must reach 145 F. or higher for 15 seconds.
- 5 Remove from heat; transfer to shallow serving pans. Cover. CCP: Hold for service at 140 F. or higher.

Notes

- 1 OVEN METHOD: For 100 portions: Omit oil. Place 6-2/3 cups rice, 3-1/2 quarts boiling stock, 3 cups onions, 2 cups raisins, 2 teaspoons cinnamon, 1-1/3 teaspoons allspice, and 1-1/3 teaspoon cardamom in each steam table pan. Stir, cover tightly, bake in 350 F. convection oven 25 minutes or until most of the water is absorbed on high fan, closed vent. Fold 1/2 cup cilantro into each pan. CCP: Internal temperature of cooked rice mixture must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.