CEREALS AND PASTA PRODUCTS No.E 005 05

STEAMED BROWN RICE

Yield 100 Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	34 g	4 g	2 g	0 mg	216 mg	13 mg

<u>Ingredient</u>	Weight	Measure	<u>Issue</u>
RICE,BROWN,LONG GRAIN,RAW PARBOILED	9-3/4 lbs	1 gal 2 qts	
WATER,COLD	25-1/8 lbs	3 gal	
SALT	1-7/8 oz	3 tbsp	
OIL,SALAD	1-1/2 oz	3 tbsp	

Method

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer for 25 minutes or until most of the water is absorbed.
- 3 Remove from heat; transfer to shallow serving pans. CCP: Hold for service at 140 F. or higher.