

CEREALS AND PASTA PRODUCTS No.E 014 00
SPRING GARDEN RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
170 cal	31 g	7 g	2 g	5 mg	302 mg	160 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	6-3/4 lbs	1 gal 1/8 qts	
WATER, COLD	17-3/4 lbs	2 gal 1/2 qts	
SALT	1-1/2 oz	2-1/3 tbsp	
SQUASH, FRESH, SUMMER, SLICED	5-1/4 lbs	1 gal 1-1/4 qts	5-1/2 lbs
CARROTS, FRESH, SHREDDED	3-1/2 lbs	3 qts 2-1/2 cup	4-1/4 lbs
WATER	4-1/3 lbs	2 qts 1/4 cup	
MILK, NONFAT, DRY	4 oz	1-5/8 cup	
YOGURT, PLAIN, NONFAT	2-7/8 lbs	1 qts 1-1/4 cup	
CHEESE, PARMESAN, GRATED	1-1/4 lbs	1 qts 1-3/4 cup	
PEPPER, WHITE, GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/8 oz	1/4 tsp	
BROCCOLI, FROZEN, SPEARS, THAWED, 1-1/2"	3-1/4 lbs	2 qts	
MUSHROOMS, FRESH, WHOLE, SLICED	1-2/3 lbs	2 qts 3 cup	1-7/8 lbs
PARSLEY, FRESH, BUNCH, CHOPPED	10 oz	1 qts 3/4 cup	10-1/2 oz

Method

- 1 Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 20 minutes or until most of the water is absorbed. Remove from heat; transfer to shallow serving pans. Cover.
- 2 Combine squash and carrots in steam-jacketed kettle. Stir; cook 5 to 7 minutes or until tender crisp.
- 3 Reconstitute milk.
- 4 Add milk, yogurt, parmesan cheese, pepper and garlic powder to vegetables in steam-jacketed kettle. Stir well.
- 5 Add rice, broccoli, mushrooms, and parsley; mix lightly until all ingredients are coated with sauce. Bring to a simmer while stirring, about 5 to 7 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Remove to serving pans. CCP: Hold at 140 F. or higher for service.

Notes

- 1 In Step 1, 7 pounds 7 ounces brown rice, 9 quarts of water and 1-1/2 ounces salt may be used per 100 servings. Follow directions on Recipe No. E 005 05, Steamed Brown Rice.
- 2 In Steps 1 and 2, oven method may be used; use boiling water for cold water; place 3-1/2 pounds or 2 quarts rice, 4-1/4 quarts water and 2/3 ounce or 1 tablespoon salt in each steam table pan; stir. Cover tightly; bake at 350 F. in a convection oven for 35 to 40 minutes or until most of water is absorbed on high fan, closed vent.