

CEREALS AND PASTA PRODUCTS No.E 016 00
ISLANDER'S RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
149 cal	31 g	5 g	1 g	0 mg	644 mg	43 mg

Ingredient

Weight

Measure

Issue

CHICKEN BROTH		1 gal 3-1/2 qts	
BEANS,KIDNEY,DARK RED,CANNED,DRAINED	9-1/8 lbs	1 gal 1-7/8 qts	
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
ONIONS,FRESH,CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
THYME,GROUND	5/8 oz	1/4 cup 1/3 tbsp	
ALLSPICE,GROUND	1/3 oz	1 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
PEPPERS, GREEN,FRESH,CHOPPED	3-5/8 lbs	2 qts 3 cup	4-3/8 lbs
PIMIENTO,CANNED,DRAINED,SLICED	1-1/2 lbs	3-1/2 cup	

Method

- 1 Prepare stock according to package directions.
- 2 Combine stock, beans, rice, onions, garlic powder, thyme, allspice, red pepper and oregano in steam-jacketed kettle or stock pot; bring to a boil. Stir occasionally.
- 3 Cover tightly; reduce heat; simmer 20 to 25 minutes or until most of the water is absorbed and rice is tender. Do not stir.
- 4 Add peppers and pimientos; stir well.
- 5 Transfer to serving pans. CCP: Hold for service at 140 F. or higher.

Notes

- 1 For vegetarian: double all ingredients; use 7-1/2 quarts vegetable stock. EACH PORTION: 1-1/2 cups.
- 2 OVEN METHOD: For 100 portions: Use steam table pans. Follow Step 1. In Step 2, place 4 pounds 13 ounces or 3 quarts beans, 3 pounds or 1-3/4 quarts of rice, and 1 pound or 3/4 quart onions in each pan; stir well. Combine stock with garlic powder, thyme, allspice, red pepper, and oregano; stir well. Bring to a boil. Pour 3-3/4 quarts stock mixture over rice mixture in each pan. Stir well. Omit Step 3. Cover; bake in a 350 F. convection oven for 30 minutes or until most of the water is absorbed and the rice is tender on high fan, closed vent. In Step 4, add 1-1/2 quarts peppers and 2 cups pimientos to rice mixture in each pan. Stir well to mix. Follow Step 5.