

CEREALS AND PASTA PRODUCTS No.E 800 00
ORIENTAL RICE

Yield 100

Portion 4 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 67 cal | 13 g | 3 g | 1 g | 0 mg | 694 mg | 15 mg |

Ingredient

| | <u>Weight</u> | <u>Measure</u> | <u>Issue</u> |
|-------------------------|----------------------|-----------------------|---------------------|
| WATER | 10-1/2 lbs | 1 gal 1 qts | |
| SOY SAUCE | 1-7/8 lbs | 3 cup | |
| GINGER,GROUND | 1/4 oz | 1 tbsp | |
| HOT SAUCE | 1 oz | 2 tbsp | |
| GARLIC POWDER | 1-1/4 oz | 1/4 cup 1/3 tbsp | |
| RICE PILAF MIX | 6 lbs | 3 qts 1-1/4 cup | |
| HONEY | 9 oz | 3/4 cup | |
| WATER | 8-1/3 lbs | 1 gal | |
| SALT | 5/8 oz | 1 tbsp | |
| VEGETABLES,MIXED,FROZEN | 6 lbs | 3 qts 3 cup | |

Method

- 1 Combine water, 2 cups soy sauce, ground ginger, hot sauce and garlic powder. Bring to a boil.
- 2 Remove spice packet from pilaf mix and discard. Place 3 pounds of rice in each steam table pan. Add approximately 3/4 gallon of boiling liquid to each pan and cover tightly with foil. Using a convection oven, bake 25 minutes at 350 F.
- 3 Combine honey and remaining cup of soy sauce. Heat until honey is warm enough to blend with soy sauce. Reserve for use in Step 7.
- 4 Bring water to a boil in a steam jacketed kettle or stockpot. Add 1 tbsp salt.
- 5 Add vegetables, stir well. Return to a boil; cover.
- 6 Reduce heat; cook gently for 5-8 minutes or until vegetables are tender. Drain.
- 7 Remove rice from oven. Stir in 3 pounds of vegetables into each pan and pour the honey/soy mixture equally into each pan of rice. Cover and let stand 10 minutes before serving. CCP: Hold for service at 140 F. or higher.