

Brown Rice Pilaf

Meal Components: Grains

B-22

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long grain, regular	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	<ol style="list-style-type: none"> Place 1 lb 7 oz of brown rice in each steamtable pan (12" x 20" x 2 ½"). For 50 servings use 2 pans. For 100 servings, use 4 pans. Place 13 ½ oz regular rice OR 14 ½ oz of parboiled rice into each steamtable pan (12" x 20" x 2 ½ ").
Brown rice, long grain, parboiled	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	
OR	OR	OR	OR	OR	
Enriched white rice, long grain, parboiled	1 lb 13 oz	1 qt ¾ cup	3 lb 10 oz	2 qt 1 ½ cups	
Chicken stock, non-MSG		1 gal 2 ½ cups		2 gal 1 ¼ qt	<ol style="list-style-type: none"> Heat the chicken stock, pepper, and onions in a pot. Bring to a boil
Ground black or white pepper		½ tsp		1 tsp	
*Fresh onions, diced ¼"	4 oz	¾ cup	8 oz	1 ½ cups	
OR	OR	OR	OR	OR	

4. Add 2 qt 1 ¼ cup of hot chicken stock mixture to each pan. Cover with foil or metal lid.

5. Bake: Conventional oven: 350° F for 50 minutes Convection oven: 350° F for 40 minutes Steamer: 40 minutes CCP: Heat to 135° F or higher for at least 15 seconds.

6. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Notes

Comments:

*See Marketing Guide

A new nutrient analysis will be coming. Upddated July 2014. Restandarization is progress.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	5 oz	10 oz

Serving	Yield	Volume
1/2 cup (No. 8 scoop) provides 1 oz equivalent grains.	<p>50 Servings: about 9 lb</p> <p>100 Servings: about 24 lb 14 oz</p>	<p>50 Servings: about 1 gallon 2 ¼ quarts 2 steamtable pans</p> <p>100 Servings: about 3 gallons 2 cups 4 steamtable pans</p>

Nutrients Per Serving					
Calories	112	Saturated Fat	0.17 g	Iron	0.61 mg
Protein	2.76 g	Cholesterol		Calcium	11 mg
Carbohydrate	23.15 g	Vitamin A	1 IU	Sodium	54 mg
Total Fat	0.79 g	Vitamin C	0.1 mg	Dietary Fiber	1.3 g