

# Cooking Rice (Oven or Steamer)

Meal Components: Grains

Side Dishes, B-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, medium grain, regular	3 lb 12 oz	2 qt ½ cup	7 lb 8 oz	1 gal 1 cup	<ol style="list-style-type: none"> <li>Do not rinse brown rice.</li> <li>Place 1 lb 14 oz medium grain, or 1 lb 11 oz long grain, or 1 lb 13 oz par boiled rice in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.</li> <li>Add salt to boiling water. Pour water over rice. (1 qt 2 cups per steamtable pan).</li> <li>Cover pans tightly.</li> <li>Bake: Conventional oven: 350° F for 30 minutes. Convection oven: 325° F for 30 minutes. Steamer: 5 lb pressure for 25 minutes.</li> </ol>
OR	OR	OR	OR	OR	
Brown rice, long grain, regular	3 lb 6 oz	2 qt	6 lb 12 oz	1 gal	
OR	OR	OR	OR	OR	
Brown rice, long grain, parboiled	3 lb 10 oz	2 qt 1 ¼ cups	7 lb 4 oz	1 gal 2 ½ cups	
Water, boiling		3 qt		1 gal 2 qt	
Salt		2 tsp		1 Tbsp 1 tsp	

7. CCP: Hold for hot service at 135° F or higher.  
OR CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. Portion with No. 8 scoop (½ cup).

## Notes

### Special Tip:

Cooking Brown Rice, long grain, regular

For 50 Servings, use 3 lb 2 oz brown rice and 1 gal 3 ½ cups boiling water and 2 tsp salt. Place 1 lb 9 oz of rice and 2 qt 1 ¾ cups of water in each steamtable pan (12" x 20" x 2 ½"). Use 2 pans. Cover and bake at 350° F or steam at 5 lb pressure for 50 minutes.

For 100 servings, use 6 lb 4 oz brown rice and 2 gal 1 ¾ qt boiling water and 1 Tbsp 1 tsp salt. Place 1 lb 9 oz of rice and 2 qt 1 ¾ cups of water in each steamtable pan (12" x 20" x 2 ½"). Use 4 pans. Cover and bake at 350° F or steam at 5 lb pressure for 50 minutes.

**A new nutrient analysis will be coming.**

**Updated July 2014. Restandardization in progress.**

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