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**CEREALS AND PASTA PRODUCTS No.E 001 00**  
**HOT OATMEAL**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
106 cal	18 g	5 g	2 g	0 mg	216 mg	19 mg

**Ingredient**

CEREAL,OATMEAL,ROLLED  
SALT  
WATER,BOILING

**Weight**

6 lbs  
1-7/8 oz  
41-3/4 lbs

**Measure**

1 gal 3/8 qts  
3 tbsp  
5 gal

**Issue**

**Method**

- 1 Add cereal and salt to boiling water; stir to prevent lumping.
- 2 Return to a boil; reduce heat; simmer 1 to 3 minutes, stirring occasionally.
- 3 Turn off heat; let stand 10 minutes before serving.

**CEREALS AND PASTA PRODUCTS No.E 001 02**  
**HOT FARINA**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
104 cal	22 g	3 g	0 g	0 mg	216 mg	8 mg

**Ingredient**

SALT  
WATER  
CEREAL,FARINA,DRY  
WATER,COLD

**Weight**

1-7/8 oz  
33-1/2 lbs  
6-1/4 lbs  
8-1/3 lbs

**Measure**

3 tbsp  
4 gal  
1 gal  
1 gal

**Issue**

**Method**

- 1 Add salt to hot water; bring to boil.
- 2 Mix cereal with cold water; pour into boiling salted water stirring constantly, until water returns to a boil. Reduce heat. Let simmer 2 to 5 minutes, stirring frequently. Turn off heat; let stand 5 minutes before serving.

**CEREALS AND PASTA PRODUCTS No.E 002 00**  
**HOMINY GRITS**

**Yield** 100

**Portion** 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
84 cal	16 g	2 g	1 g	2 mg	107 mg	4 mg

**Ingredient**

WATER,BOILING

SALT

BUTTER

HOMINY GRITS,QUICK COOKING

**Weight**

33-1/2 lbs

7/8 oz

4 oz

4-1/2 lbs

**Measure**

4 gal

1 tbsp

1/2 cup

3 qts 1-1/8 cup

**Issue**

**Method**

- 1 Add salt and butter or margarine to boiling water.
- 2 Add grits gradually while stirring to prevent lumping. Bring to a boil; reduce heat; cover and cook for 5 minutes. Stir occasionally.

**CEREALS AND PASTA PRODUCTS No.E 002 01**  
**FRIED HOMINY GRITS**

**Yield** 100

**Portion** 3 Slices

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
164 cal	16 g	2 g	10 g	2 mg	107 mg	4 mg

**Ingredient**

WATER,BOILING

SALT

BUTTER

HOMINY GRITS,QUICK COOKING

**Weight**

33-1/2 lbs

7/8 oz

4 oz

4-1/2 lbs

**Measure**

4 gal

1 tbsp

1/2 cup

3 qts 1-1/8 cup

**Issue**

**Method**

- 1 Add salt and butter or margarine to boiling water.
- 2 Add grits gradually while stirring to prevent lumping. Bring to a boil; reduce heat; cover and cook 5 minutes. Stir occasionally.
- 3 Pour hot cooked grits into bread pans or in 3 steam table pans; cover and refrigerate several hours or overnight. Cut cold grits lengthwise into 3 equal strips; cut each into 1/2-inch thick slices. If slices are moist, dip in flour; fry on 400 F. preheated well-greased griddle until lightly browned, about 8 minutes per side.

**CEREALS AND PASTA PRODUCTS No.E 003 00**  
**BUTTERED HOMINY**

**Yield** 100

**Portion** 1/3 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
86 cal	12 g	1 g	4 g	7 mg	208 mg	10 mg

**Ingredient**

HOMINY,WHOLE,CANNED

PEPPER,BLACK,GROUND

BUTTER

PARSLEY,FRESH,BUNCH,CHOPPED

**Weight**

18-7/8 lbs

1/8 oz

12 oz

1 oz

**Measure**

3 gal 1 qts

1/3 tsp

1-1/2 cup

1/2 cup

**Issue**

1-1/8 oz

**Method**

- 1 Drain hominy. Reserve 1 quart liquid.
- 2 Add pepper and reserved liquid to drained hominy in pan; heat slowly for 20 minutes.
- 3 Add butter or margarine.
- 4 Garnish with parsley or 2 tbsp paprika.

**CEREALS AND PASTA PRODUCTS No.E 003 01**  
**FRIED HOMINY**

**Yield** 100

**Portion** 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
134 cal	12 g	1 g	9 g	0 mg	180 mg	9 mg

**Ingredient**

HOMINY,WHOLE,CANNED  
SHORTENING,VEGETABLE,MELTED  
PEPPER,BLACK,GROUND

**Weight**

18-7/8 lbs  
1-3/4 lbs  
1/8 oz

**Measure**

3 gal 1 qts  
1 qts  
1/8 tsp

**Issue**

**Method**

- 1 Drain hominy, discard liquid.
- 2 Fry hominy in melted shortening or salad oil until lightly browned. Season with black pepper.



**CEREALS AND PASTA PRODUCTS No.E 004 00**  
**BOILED PASTA**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
207 cal	41 g	7 g	1 g	0 mg	292 mg	16 mg

**Ingredient**

WATER  
SALT  
OIL,SALAD  
SPAGHETTI NOODLES,DRY

**Weight**

66-7/8 lbs  
2-1/2 oz  
1-7/8 oz  
12 lbs

**Measure**

8 gal  
1/4 cup 1/3 tbsp  
1/4 cup 1/3 tbsp  
3 gal 1 qts

**Issue**

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Slowly add pasta while stirring constantly until water boils again. Cook according to times in Note 1; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.

**Notes**

- 1 Macaroni or egg noodles should cook for 8 to 10 minutes; spaghetti for 10 to 12 minutes; vermicelli for 7 to 10 minutes.
- 2 When held on steam table, mix 1 tablespoon salad oil with pasta in each steam table pan to prevent product from sticking together.
- 3 To reheat pasta before serving, place desired quantity in a wire basket; lower into boiling water 2 to 3 minutes. Drain well. Place in greased steam table pans.

**CEREALS AND PASTA PRODUCTS No.E 004 01**  
**BUTTERED PASTA**

**Yield** 100

**Portion** 1 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
239 cal	41 g	7 g	5 g	10 mg	329 mg	17 mg

**Ingredient**

WATER  
SALT  
OIL,SALAD  
SPAGHETTI NOODLES,DRY  
BUTTER,MELTED

**Weight**

66-7/8 lbs  
2-1/2 oz  
1-7/8 oz  
12 lbs  
1 lbs

**Measure**

8 gal  
1/4 cup 1/3 tbsp  
1/4 cup 1/3 tbsp  
3 gal 1 qts  
2 cup

**Issue**

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Slowly add pasta while stirring constantly until water boils again. Cook according to times in Note 1; stir occasionally. DO NOT OVERCOOK.
- 3 Drain noodles and add melted butter to pasta immediately.

**Notes**

- 1 Macaroni or egg noodles should cook for 8 to 10 minutes; spaghetti for 10 to 12 minutes; vermicelli for 7 to 10 minutes.
- 2 To reheat pasta before serving, place desired quantity in a wire basket; lower into boiling water 2 to 3 minutes. Drain well. Place in greased steam table pans.

**CEREALS AND PASTA PRODUCTS No.E 005 00**  
**STEAMED RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
148 cal	32 g	3 g	1 g	0 mg	214 mg	26 mg

**Ingredient**

RICE, LONG GRAIN  
WATER, COLD  
SALT  
OIL, SALAD

**Weight**

8-1/2 lbs  
23 lbs  
1-7/8 oz  
1-1/2 oz

**Measure**

1 gal 1-1/4 qts  
2 gal 3 qts  
3 tbsp  
3 tbsp

**Issue**

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat; transfer to shallow serving pans.

**Notes**

- 1 In Step 2, rice may be baked in a 350 F. convection oven, 35 to 40 minutes on high fan, closed vent.

**CEREALS AND PASTA PRODUCTS No.E 005 01**  
**LYONNAISE RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
164 cal	33 g	3 g	2 g	0 mg	215 mg	29 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE, LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
WATER, COLD	23 lbs	2 gal 3 qts	
SALT	1-7/8 oz	3 tbsp	
OIL, SALAD	1-1/2 oz	3 tbsp	
ONIONS, FRESH, CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
OIL, SALAD	3-7/8 oz	1/2 cup	
PIMIENTO, CANNED, DRAINED, CHOPPED	13-1/2 oz	2 cup	

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR. Remove from heat.
- 3 Saute onions in oil until tender.
- 4 Add sauteed onions and pimientos to cooked rice. Toss well. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 005 02**  
**TOSSED GREEN RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
163 cal	33 g	3 g	2 g	0 mg	217 mg	34 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE, LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
WATER, COLD	23 lbs	2 gal 3 qts	
SALT	1-7/8 oz	3 tbsp	
OIL, SALAD	1-1/2 oz	3 tbsp	
ONIONS, GREEN, FRESH, SLICED	1-1/3 lbs	1 qts 2 cup	1-1/2 lbs
PEPPERS, GREEN, FRESH, CHOPPED	2 lbs	1 qts 2 cup	2-3/8 lbs
OIL, SALAD	3-7/8 oz	1/2 cup	
PARSLEY, FRESH, BUNCH, CHOPPED	8 oz	3-3/4 cup	8-3/8 oz
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR. Remove from heat.
- 3 Saute green onions with tops and sweet peppers in oil until tender.
- 4 Add to cooked rice. Add parsley and black pepper. Toss well. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 005 03**  
**LONG GRAIN AND WILD RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
168 cal	34 g	7 g	1 g	0 mg	7 mg	12 mg

**Ingredient**

RICE, LONG GRAIN & WILD  
WATER, COLD  
OIL, SALAD

**Weight**

10-1/8 lbs  
25-1/8 lbs  
1-1/2 oz

**Measure**

1 gal 3-1/8 qts  
3 gal  
3 tbsp

**Issue**

**Method**

- 1 Combine rice mix, water and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat; transfer to shallow serving pans. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 005 04**  
**RICE WITH PARMESAN CHEESE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
187 cal	32 g	5 g	4 g	4 mg	329 mg	95 mg

**Ingredient**

RICE, LONG GRAIN

WATER, COLD

SALT

OIL, SALAD

MARGARINE, MELTED

CHEESE, PARMESAN, GRATED

**Weight**

8-1/2 lbs

23 lbs

1-7/8 oz

1-1/2 oz

8 oz

1-1/8 lbs

**Measure**

1 gal 1-1/4 qts

2 gal 3 qts

3 tbsp

3 tbsp

1 cup

1 qts 1 cup

**Issue**

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat; transfer to shallow serving pans. Add melted butter to rice. Mix well to coat rice. Add grated Parmesan cheese. Toss well. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 005 05**  
**STEAMED BROWN RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	34 g	4 g	2 g	0 mg	216 mg	13 mg

**Ingredient**

RICE,BROWN,LONG GRAIN,RAW PARBOILED  
WATER,COLD  
SALT  
OIL,SALAD

**Weight**

9-3/4 lbs  
25-1/8 lbs  
1-7/8 oz  
1-1/2 oz

**Measure**

1 gal 2 qts  
3 gal  
3 tbsp  
3 tbsp

**Issue**

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer for 25 minutes or until most of the water is absorbed.
- 3 Remove from heat; transfer to shallow serving pans. CCP: Hold for service at 140 F. or higher.



**STEAMED RICE (STEAM COOKER METHOD)****Yield** 100**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
168 cal	34 g	4 g	2 g	0 mg	216 mg	13 mg

**Ingredient**

RICE,BROWN,LONG GRAIN,RAW PARBOILED  
 WATER  
 SALT  
 OIL,SALAD

**Weight**

9-3/4 lbs  
 25-1/8 lbs  
 1-7/8 oz  
 1-1/2 oz

**Measure**

1 gal 2 qts  
 3 gal  
 3 tbsp  
 3 tbsp

**Issue****Method**

- 1 Place 4-3/4 lbs rice in each pan.
- 2 Add 4-1/2 qts water to each pan.
- 3 Add 1-1/2 tbsp salt and 1-1/2 tbsp salad oil to each pan. Stir well to ensure rice is moistened.
- 4 Place pans in preheated steam cooker. Steam 22-27 minutes at 5 lbs PSI or 18 to 24 minutes at 15 lb PSI.

**CEREALS AND PASTA PRODUCTS No.E 007 00**  
**PORK FRIED RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
211 cal	29 g	8 g	6 g	55 mg	462 mg	38 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE, LONG GRAIN	7-1/3 lbs	1 gal 1/2 qts	
WATER, BOILING	18-3/4 lbs	2 gal 1 qts	
SALT	1-2/3 oz	2-2/3 tbsp	
OIL, SALAD	1 oz	2 tbsp	
ONIONS, FRESH, CHOPPED	2-1/2 lbs	1 qts 3 cup	2-3/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-3/4 lbs
CELERY, FRESH, CHOPPED	1-1/4 lbs	1 qts 1/2 cup	1-5/8 lbs
OIL, SALAD	5-1/8 oz	1/2 cup 2-2/3 tbsp	
EGGS, WHOLE, FROZEN	2 lbs	3-3/4 cup	
PORK, COOKED, DICED	4 lbs		
PIMIENTO, CANNED, DRAINED, CHOPPED	13-1/2 oz	2 cup	
SOY SAUCE	1 lbs	1-1/2 cup	

**Method**

- 1 Place equal amounts of rice, water, salt, and salad oil in well greased pans. Stir to combine.
- 2 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent; remove from oven. Uncover. Set aside for use in Step 4.
- 3 Combine onions, peppers and celery; saute in shortening or salad oil about 10 minutes or until tender.
- 4 Add an equal quantity of sauteed vegetables to cooked rice in each pan. Mix lightly but thoroughly.
- 5 Pour beaten eggs on lightly greased griddle. Cook until well done. DO NOT turn. Cut into strips; add an equal amount to rice mixture in each pan.
- 6 Add equal amounts of pork and pimientos to rice in each pan. Mix lightly but thoroughly.
- 7 Using a convection oven, bake at 350 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Remove from oven; blend in 1/2 cup soy sauce per pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 6, 4 pounds diced ham may be used per 100 servings.
- 2 In Step 2, rice may be prepared in small batches on 350 F. griddle or tilt frying pan. Turn occasionally until brown, 10 to 15 minutes.

**CEREALS AND PASTA PRODUCTS No.E 007 02**  
**FILIPINO RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
250 cal	31 g	9 g	10 g	59 mg	458 mg	25 mg

**Ingredient**

ONIONS,FRESH,CHOPPED  
OIL,SALAD  
RICE,BROWN,LONG GRAIN,DRY  
WATER  
GARLIC POWDER  
SALT  
EGGS,WHOLE,FROZEN  
PORK,COOKED,DICED  
SOY SAUCE

**Weight**

2-1/2 lbs  
8-1/2 lbs  
23 lbs  
<1/16th oz  
1-2/3 oz  
2 lbs  
4 lbs  
1 lbs

**Measure**

1 qts 3 cup  
2 cup  
1 gal 1-1/4 qts  
2 gal 3 qts  
<1/16th tsp  
2-2/3 tbsp  
3-3/4 cup  
1-1/2 cup

**Issue**

2-3/4 lbs

**Method**

- 1 Saute onions in a steam jacketed kettle in salad oil until light yellow.
- 2 Add rice; stir until well coated.
- 3 Add water, garlic powder, and salt to rice mixture.
- 4 Bring to a boil; cover; simmer 20 to 25 minutes.
- 5 Pour beaten eggs on lightly greased griddle. Cook until done. DO NOT turn. Cut into strips; add an equal amount to rice mixture in each pan.
- 6 Add an equal amount of pork to rice in each pan. Mix lightly but thoroughly.
- 7 Bake 45 minutes in 350 F. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Remove from oven; blend in 1/2 cup soy sauce per pan. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 007 03**  
**SHRIMP FRIED RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
234 cal	29 g	12 g	7 g	90 mg	502 mg	46 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE, LONG GRAIN	7-1/3 lbs	1 gal 1/2 qts	
WATER, BOILING	18-3/4 lbs	2 gal 1 qts	
SALT	1-2/3 oz	2-2/3 tbsp	
OIL, SALAD	1 oz	2 tbsp	
ONIONS, FRESH, CHOPPED	2-1/2 lbs	1 qts 3 cup	2-3/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
CELERY, FRESH, CHOPPED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
OIL, SALAD	5-1/8 oz	1/2 cup 2-2/3 tbsp	
EGGS, WHOLE, FROZEN	2 lbs	3-3/4 cup	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SHRIMP, COOKED, CHOPPED	4 lbs		
PORK, COOKED, DICED	4 lbs		
PIMIENTO, CANNED, DRAINED, CHOPPED	13-1/2 oz	2 cup	
SOY SAUCE	1 lbs	1-1/2 cup	

**Method**

- 1 Place equal amounts of rice, water, salt, and salad oil in well greased pans. Stir to combine.
- 2 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent. Remove from oven. Uncover. Set aside for use in Step 4.
- 3 Combine onions, peppers and celery; saute in shortening or salad oil about 10 minutes or until tender.
- 4 Add an equal quantity of sauteed vegetables to cooked rice in each pan. Mix lightly but thoroughly.
- 5 Pour beaten eggs on lightly greased griddle. Cook until well done. DO NOT TURN. Cut into strips; add an equal amount to rice mixture in each pan.
- 6 Add equal amounts of pork, cooked chopped shrimp and pimientos to rice in each pan. Mix lightly but thoroughly.
- 7 Using a convection oven, bake 45 minutes at 350 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Remove from oven; blend in 1/2 cup soy sauce per pan. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 6, 4 pounds diced ham may be used per 100 servings.

**CEREALS AND PASTA PRODUCTS No.E 008 00**  
**RICE PILAF**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
201 cal	37 g	4 g	4 g	4 mg	927 mg	41 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

BUTTER	6 oz	3/4 cup	
OIL,SALAD	5-3/4 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	6-2/3 lbs	1 gal 3/4 qts	7-1/2 lbs
RICE, LONG GRAIN	9 lbs	1 gal 1-1/2 qts	
SALT	1 oz	1 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
CHICKEN BROTH		3 gal	

**Method**

- 1 Melt butter or margarine. Add salad oil or melted shortening and onions. Stir well. Saute until onions are tender, about 5 minutes.
- 2 Add rice to onion mixture. Cook until rice is lightly browned, about 10 minutes, stirring constantly.
- 3 Place about 2 quarts onion and rice mixture into each pan.
- 4 Prepare broth according to recipe directions. Add salt, garlic powder and pepper; stir well. Pour 3 quarts over rice mixture in each pan; cover.
- 5 Using a convection oven, bake at 350 F. for 40 to 45 minutes or until tender on high fan, closed vent or until rice is tender. Stir lightly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 008 01**  
**ORANGE RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
221 cal	42 g	4 g	4 g	4 mg	812 mg	45 mg

**Ingredient**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BUTTER	6 oz	3/4 cup	
OIL,SALAD	5-3/4 oz	3/4 cup	
ONIONS,FRESH,CHOPPED	6-2/3 lbs	1 gal 3/4 qts	7-1/2 lbs
RICE, LONG GRAIN	9 lbs	1 gal 1-1/2 qts	
JUICE,ORANGE	11 lbs	1 gal 1 qts	
CHICKEN BROTH		3 gal	

**Method**

- 1 Melt butter or margarine. Add salad oil or melted shortening and onions. Stir well. Saute until onions are tender, about 5 minutes.
- 2 Add rice to onion mixture. Cook until rice is lightly browned, about 10 minutes, stirring constantly.
- 3 Place 2 quarts of onion and rice mixture into each pan.
- 4 Prepare broth according to recipe directions. Add orange juice to boiling broth; stir well. Pour 3-1/4 quarts over rice mixture in each pan; cover.
- 5 Using a convection oven, bake at 350 F. for 40 to 45 minutes or until tender on high fan, closed vent or until rice is tender. Stir lightly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.
- 6 May be garnished with thinly sliced oranges just before serving.

**CEREALS AND PASTA PRODUCTS No.E 009 00**  
**SPANISH RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
153 cal	31 g	4 g	2 g	2 mg	409 mg	55 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
WATER, COLD	15-1/8 lbs	1 gal 3-1/4 qts	
OIL, SALAD	1 oz	2 tbsp	
SALT	1-1/4 oz	2 tbsp	
BACON, RAW	1-1/2 lbs		
TOMATOES, CANNED, DICED, DRAINED	19-7/8 lbs	2 gal 1 qts	
ONIONS, FRESH, CHOPPED	4-1/4 lbs	3 qts	4-2/3 lbs
PEPPERS, GREEN, FRESH, CHOPPED	2 lbs	1 qts 2 cup	2-3/8 lbs
SUGAR, GRANULATED	3-1/2 oz	1/2 cup	
SALT	1 oz	1 tbsp	
THYME, GROUND	1/3 oz	2 tbsp	
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/4 oz	3/8 tsp	
BAY LEAF, FRESH	1/8 oz	4 each	

**Method**

- 1 Cook rice according to directions on Recipe No. E 005 00. Set aside for use in Step 4.
- 2 Saute bacon until crisp in steam-jacketed kettle or stock pot. Drain; discard drippings.
- 3 Add tomatoes, onions, peppers, sugar, salt, thyme, black pepper, garlic, and bay leaves. Stir to combine; bring to boil. Cover; reduce heat; simmer 15 minutes.
- 4 Add rice; stir to combine; using a convection oven, bake at 325 F. 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Remove bay leaves before serving. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 010 00**  
**RED BEANS WITH RICE**

**Yield** 100

**Portion** 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	41 g	10 g	3 g	3 mg	630 mg	53 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE,LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
WATER,COLD	15-1/8 lbs	1 gal 3-1/4 qts	
OIL,SALAD	1 oz	2 tbsp	
SALT	1-1/4 oz	2 tbsp	
BACON,SLICED,RAW	3 lbs		
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
BEANS,KIDNEY,DARK RED,CANNED,INCL LIQUIDS	27-1/8 lbs	3 gal	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
GARLIC POWDER	1-1/8 oz	1/4 cup	

**Method**

- 1 Cook rice according to directions on Recipe No. E 005 00. Set aside for use in Step 6.
- 2 Cook bacon until crisp; drain. Set aside 2 ounces bacon fat per 100 servings for use in Step 3. Set aside bacon for use in Step 4.
- 3 Saute onions in bacon fat about 1 to 2 minutes or until lightly browned. Drain thoroughly.
- 4 Combine sauteed bacon and onions with undrained kidney beans, peppers and garlic powder.
- 5 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 6 Serve 1/2 cup of beans over 1/2 cup of rice. CCP: Hold for service at 140 F. or higher.



**HOPPING JOHN (BLACK-EYE PEAS WITH RICE)**

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
177 cal	30 g	8 g	3 g	3 mg	430 mg	32 mg

**Ingredient****Weight****Measure****Issue**

BACON,SLICED,RAW	3 lbs		
ONIONS,FRESH,CHOPPED	2-1/8 lbs	1 qts 2 cup	2-1/3 lbs
PEAS,BLACK EYE,CANNED,INCL LIQUIDS	27 lbs	3 gal 3/4 qts	
RICE,BROWN,LONG GRAIN,DRY	3-1/4 lbs	2 qts	
WATER	8-7/8 lbs	1 gal 1/4 qts	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
GARLIC POWDER	2 oz	1/4 cup 3 tbsp	

**Method**

- 1 Cook bacon until crisp; drain. Set aside 2 ounces bacon fat per 100 servings, for use in Step 2; bacon for use in Step 3.
- 2 Saute onions in bacon fat about 1 to 2 minutes or until lightly browned. Drain thoroughly.
- 3 Combine undrained black-eyed peas, rice, water, sauteed onions, cooked bacon, black pepper, red pepper, and garlic. Mix well. Bring to a boil; cover tightly; reduce heat; simmer 25 minutes or until rice is tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 011 00**  
**MEXICAN RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
193 cal	34 g	3 g	5 g	0 mg	244 mg	37 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE, LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
OIL, SALAD	1 lbs	2 cup	
ONIONS, FRESH, CHOPPED	1 lbs	3 cup	1-1/8 lbs
TOMATOES, CANNED, DICED, DRAINED	5 lbs	2 qts 1 cup	
SALT	1-7/8 oz	3 tbsp	
PEPPER, BLACK, GROUND	3/8 oz	1 tbsp	
CUMIN, GROUND	7/8 oz	1/4 cup 1/3 tbsp	
WATER	20-7/8 lbs	2 gal 2 qts	

**Method**

- 1 Place 10-1/2 cups rice, 1 cup salad oil and 1-1/2 cups onions in each pan. Stir well to coat rice.
- 2 Place in 400 F. oven; cook until lightly brown, about 25 minutes.
- 3 Combine tomatoes, salt, pepper, cumin and water.
- 4 Pour about 1-1/2 gallons tomato mixture over rice in each pan; stir well. Cover; return to oven; bake about 1 hour in 400 F. oven or until rice is tender.
- 5 Stir lightly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Rice may be prepared on top of range. Follow Step 1. In Step 2, heat at medium heat until rice is lightly browned; stir occasionally. Follow Step 3. In Step 4, bring rice mixture to a boil; cover; reduce heat; cook until rice is light and fluffy. Follow Step 5.
- 2 Rice may be prepared in steam-jacketed kettle. In Step 1, place rice, salad oil and onions in kettle. Heat until rice is lightly browned, stirring occasionally. Omit Step 2. Follow Step 3. Add tomato mixture; bring to a boil; cover; reduce heat and cook 20 minutes at medium heat. Uncover; cook an additional 5 minutes. Omit Step 4. Follow Step 5.

**CEREALS AND PASTA PRODUCTS No.E 012 00**  
**NOODLES JEFFERSON**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
241 cal	29 g	10 g	9 g	58 mg	509 mg	143 mg

**Ingredient**

WATER,WARM

SALT

OIL,SALAD

NOODLES,EGG

BUTTER,MELTED

SALT

PEPPER,BLACK,GROUND

CHEESE,PARMESAN,GRATED

**Weight**

50-1/8 lbs

1-7/8 oz

1-1/2 oz

9 lbs

1-1/4 lbs

5/8 oz

1/4 oz

2 lbs

**Measure**

6 gal

3 tbsp

3 tbsp

6 gal 2-7/8 qts

2-1/2 cup

1 tbsp

1 tbsp

2 qts 1 cup

**Issue**

**Method**

- 1 Add salt and oil to water; heat to a rolling boil.
- 2 Slowly add noodles, stirring constantly, until water boils again. Cook about 8 to 10 minutes or until tender. Drain thoroughly.
- 3 Add butter, salt and pepper to noodles. Stir well.
- 4 Add cheese; toss well. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 013 00**  
**STEAMED PASTA**

**Yield** 100

**Portion** 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
207 cal	41 g	7 g	1 g	0 mg	293 mg	17 mg

**Ingredient**

WATER  
 SALT  
 OIL,SALAD  
 SPAGHETTI NOODLES,DRY

**Weight**

75-1/4 lbs  
 2-1/2 oz  
 1-7/8 oz  
 12 lbs

**Measure**

9 gal  
 1/4 cup 1/3 tbsp  
 1/4 cup 1/3 tbsp  
 3 gal 1 qts

**Issue**

**Method**

- 1 Fill each steam table pan with 2-1/4 gallons water. Use perforated pan inside solid pan to facilitate draining.
- 2 Add 1 tablespoon salt and 1 tablespoon salad oil to each pan.
- 3 Place 3 pounds pasta in each pan. To prevent pastiness, pasta should be placed in pans just before steaming. Ensure pasta is covered with water.
- 4 Place pans in preheated steam cooker. Time according to type of pasta and steam cooker pressure. GUIDELINES FOR TIMING: Macaroni - 5 lb PSI, 16 minutes; 15 lb PSI, 11 minutes Noodles, Egg - 5 lb PSI, 22 minutes; 15 lb PSI, 17 minutes Spaghetti - 5 lb PSI, 20 minutes; 15 lb PSI, 15 minutes Vermicelli - 5 lb PSI, 11 minutes; 15 lb PSI, 4 minutes
- 5 Cooked macaroni should be rinsed in cold water and drained thoroughly to prevent sticking together. If cooked pasta is to be combined with butter or a sauce immediately, rinsing is not necessary. CCP: Hold for service at 140 F. or higher.

# 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**

	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
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.

**SICILIAN BROWN RICE AND VEGETABLES**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
155 cal	29 g	6 g	2 g	4 mg	542 mg	110 mg

**Ingredient****Weight****Measure****Issue**

RICE,BROWN,LONG GRAIN,DRY	5-1/2 lbs	3 qts 1-3/8 cup	
WATER,COLD	13-7/8 lbs	1 gal 2-5/8 qts	
SALT	1-1/4 oz	2 tbsp	
JUICE,TOMATO,CANNED	9-1/4 lbs	1 gal 1/3 qts	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
ONIONS,FRESH,CHOPPED	2-1/3 lbs	1 qts 2-5/8 cup	2-5/8 lbs
TOMATO PASTE,CANNED	1-1/8 lbs	2 cup	
SUGAR,BROWN,PACKED	2-1/2 oz	1/2 cup	
SALT	1 oz	1 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	1-1/8 oz	1/4 cup 3-1/3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
OREGANO,CRUSHED	3/4 oz	1/4 cup 1-1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/3 oz	10 each	
SQUASH,FRESH,SUMMER,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
SQUASH,ZUCCHINI,FRESH,SLICED	2-1/2 lbs	2 qts 2 cup	2-5/8 lbs
CARROTS,FRESH,SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
BROCCOLI,FROZEN,SPEARS	2-3/4 lbs	2 qts	
MUSHROOMS,FRESH,WHOLE,SLICED	1-1/4 lbs	2 qts 1/8 cup	1-3/8 lbs
PARSLEY,FRESH,BUNCH,CHOPPED	8 oz	3-3/4 cup	8-3/8 oz
CHEESE,MOZZARELLA,PART SKIM,SHREDDED	1-3/4 lbs	1 qts 3 cup	

**Method**

- 1 Combine rice, water and salt; bring to a boil. Stir occasionally. Cover tightly; simmer 30 minutes or until most of the water is absorbed. Remove from heat; transfer to shallow serving pans. CCP: Cover. Hold at 140 F. or higher for use in Step 8.
- 2 Place tomato juice, tomatoes, onions, tomato paste, brown sugar, salt, basil, garlic powder, oregano, pepper and bay leaves in steam-jacketed kettle. Stir; bring to a boil. Reduce heat; cover; simmer 20 minutes. Remove bay leaves.
- 3 Stir in rice, yellow squash, zucchini and carrots. Bring to a boil; reduce heat; simmer 3 to 5 minutes or until vegetables are tender crisp. Stir occasionally.
- 4 Stir in broccoli, mushrooms and parsley; bring to a simmer.
- 5 Place 1-1/4 gallon in each steam table pan. Sprinkle 7 ounces cheese over mixture in each pan. Using a convection oven, bake at 325 F. for 12 to 15 minutes or until mixture is bubbly and cheese is melted and lightly browned on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 In Steps 1 and 2, oven method may be used: Use boiling water for cold water; place 2-3/4 pounds or 6-2/3 cups rice, 3-1/8 quarts boiling water, and 2-1/2 teaspoons salt in each steam table pan. Stir, cover tightly.
- 2 In Step 4, 2-1/2 pounds frozen summer squash and 2-1/2 pounds frozen zucchini may be used.
- 3 In Step 5, 1 pound canned, drained mushrooms may be used.

**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.

**CEREALS AND PASTA PRODUCTS No.E 017 00**  
**MEDITERRANEAN BROWN RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
199 cal	38 g	4 g	4 g	0 mg	699 mg	28 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

OIL,SALAD	7-2/3 oz	1 cup	
ONIONS,FRESH,CHOPPED	3-1/8 lbs	2 qts 1 cup	3-1/2 lbs
RICE,BROWN,LONG GRAIN,RAW PARBOILED	8-1/8 lbs	1 gal 1 qts	
CHICKEN BROTH		2 gal 2-1/2 qts	
RAISINS,GOLDEN	1-7/8 lbs	1 qts 2 cup	
CINNAMON,GROUND	1/2 oz	2 tbsp	
ALLSPICE,GROUND	1/4 oz	1 tbsp	
CARDAMOM SEED,GROUND	1/4 oz	1 tbsp	
CILANTRO,DRY	1/4 oz	1/4 cup 1/3 tbsp	

**Method**

- 1 Heat oil in steam jacketed kettle. Add onions; cook 5 minutes or until tender, stirring occasionally.
- 2 Add rice; stir well until rice is coated. Stir; cook 5 minutes or until rice is lightly browned.
- 3 Prepare broth according to package directions. Add stock, raisins, cinnamon, allspice, and cardamom to rice. Bring to a boil; stir.
- 4 Reduce heat; cover tightly; simmer 25 minutes or until most of the water is absorbed. Add cilantro; mix well. CCP: Internal temperature of cooked rice mixture must reach 145 F. or higher for 15 seconds.
- 5 Remove from heat; transfer to shallow serving pans. Cover. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 OVEN METHOD: For 100 portions: Omit oil. Place 6-2/3 cups rice, 3-1/2 quarts boiling stock, 3 cups onions, 2 cups raisins, 2 teaspoons cinnamon, 1-1/3 teaspoons allspice, and 1-1/3 teaspoon cardamom in each steam table pan. Stir, cover tightly, bake in 350 F. convection oven 25 minutes or until most of the water is absorbed on high fan, closed vent. Fold 1/2 cup cilantro into each pan. CCP: Internal temperature of cooked rice mixture must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.



**CEREALS AND PASTA PRODUCTS No.E 018 00**  
**SPICY BROWN RICE PILAF**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
151 cal	30 g	4 g	2 g	0 mg	766 mg	36 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

CHICKEN BROTH		2 gal 2-1/2 qts	
PAPRIKA,GROUND	1-1/2 oz	1/4 cup 2-2/3 tbsp	
MUSTARD,DRY	1-3/4 oz	1/4 cup 2/3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
THYME,GROUND	1/2 oz	3 tbsp	
SALT	1/2 oz	3/8 tsp	
GARLIC POWDER	1/2 oz	1 tbsp	
CUMIN,GROUND	1/3 oz	1 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
BAY LEAF,WHOLE,DRIED	1/2 oz	14 each	
PEPPER,RED,CRUSHED	<1/16th oz	1/8 tsp	
RICE,BROWN,LONG GRAIN,RAW PARBOILED	7-1/3 lbs	1 gal 1/2 qts	
COOKING SPRAY,NONSTICK	3/8 oz	3/8 tsp	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 1-7/8 cup	3-7/8 lbs
CELERY,FRESH,CHOPPED	2-1/2 lbs	2 qts 1-1/2 cup	3-3/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2-1/2 lbs	1 qts 3-5/8 cup	3 lbs

**Method**

- 1 Prepare broth according to package directions.
- 2 Add paprika, mustard flour, pepper, thyme, salt, garlic powder, cumin, oregano, bay leaves, and red pepper to stock. Stir well to blend.
- 3 Add rice to stock in steam jacketed kettle or stock pot. Bring to a boil. Stir. Reduce heat. Cover tightly. Simmer 25 minutes or until most of the water is absorbed and rice is tender.
- 4 Spray steam-jacketed kettle with non-stick cooking spray. Add onions, celery, and peppers. Stir; cook 10 to 12 minutes or until vegetables are tender crisp.
- 5 Place approximately 8-1/2 pounds rice in each steam table pan. Add 5-1/3 cups vegetables to each pan. Mix well. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 OVEN METHOD: For 100 portions: Follow Steps 1 and 2. Bring stock to a boil. Place 2-1/2 pounds of rice and 3-1/2 quarts stock, in each steam table pan; stir. Cover tightly; bake in 350 F. convection oven for 30 minutes or until most of the water is absorbed on high fan, closed vent. Follow Steps 4 and 5.

**CEREALS AND PASTA PRODUCTS No.E 019 00**  
**BROWN RICE WITH TOMATOES**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
167 cal	35 g	4 g	1 g	0 mg	163 mg	37 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

VEGETABLE BROTH		1 gal 3-1/2 qts	
TOMATOES,CANNED,DICED,DRAINED	13-1/4 lbs	1 gal 2 qts	
RICE,BROWN,LONG GRAIN,RAW PARBOILED	7-3/4 lbs	1 gal 3/4 qts	
ONIONS,FRESH,CHOPPED	6-1/3 lbs	1 gal 1/2 qts	7 lbs
GARLIC POWDER	2-3/8 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	

**Method**

- 1 Prepare broth according to package directions in steam-jacketed kettle or stock pot.
- 2 Add tomatoes, brown rice, onions, garlic powder, and pepper to broth in steam-jacketed kettle or stock pot. Stir well; bring to a rolling boil, stirring occasionally. Reduce heat. Cover. Simmer 35 minutes or until most of the broth is absorbed and rice is tender. Do not stir. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 3 Stir to redistribute onions and tomatoes. Transfer to serving pans. CCP: Hold for service at 140 F. or higher.

**Notes**

- 1 Using a convection oven, bake in 2 steam table pans at 350 F. for 45 to 50 minutes on high fan, closed vent or until most of the broth is absorbed.

# CEREALS AND PASTA PRODUCTS No.E 020 00

## GINGER RICE

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
183 cal	34 g	6 g	2 g	73 mg	567 mg	43 mg

### **Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
RICE,LONG GRAIN	8-1/2 lbs	1 gal 1-1/4 qts	
WATER,BOILING	18-3/4 lbs	2 gal 1 qts	
COOKING SPRAY,NONSTICK	1/4 oz	1/4 tsp	
EGGS,WHOLE,FROZEN	3-3/4 lbs	1 qts 3 cup	
SOY SAUCE	2-1/8 lbs	3-3/8 cup	
SUGAR,GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1/2 oz	1 tbsp	
GINGER,GROUND	1/4 oz	1 tbsp	
PEPPER,WHITE,GROUND	1/4 oz	1 tbsp	
PEPPERS,RED FRESH,DICED	1 lbs	3 cup	1-1/4 lbs
CARROTS,FROZEN,SLICED	1 lbs	3-3/4 cup	
ONIONS,GREEN,FRESH,SLICED	1-1/8 lbs	1 qts 1-3/8 cup	1-1/3 lbs

### **Method**

- 1 Place 3 pounds rice and 3 quarts water in each lightly sprayed steam table pan; stir.
- 2 Cover tightly. Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent.
- 3 Pour eggs on lightly sprayed griddle. Cook 1-1/2 minutes or until set. Do not turn. Cut into 4-inch strips to facilitate removal. Remove immediately. Cut into 1/2-inch squares.
- 4 Combine soy sauce, sugar, garlic powder, white pepper, and ginger. Stir well to dissolve sugar.
- 5 Add 2-1/3 cups egg strips, 1-1/2 cups soy mixture, 1 cup red peppers and 1-1/4 cups of carrots to rice in each pan. Mix lightly but thoroughly.
- 6 Cover. CCP: Using a convection oven, bake 15 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Add 1-3/4 cups green onions to rice in each pan. Mix lightly but thoroughly. CCP: Hold for service at 140 F. or higher.

# CEREALS AND PASTA PRODUCTS No.E 021 00

## NUTTY RICE AND CHEESE

**Yield** 100

**Portion** 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
323 cal	40 g	22 g	8 g	12 mg	835 mg	289 mg

### **Ingredient**

### **Weight**

### **Measure**

### **Issue**

WATER	20-7/8 lbs	2 gal 2 qts	
SALT	1-2/3 oz	2-2/3 tbsp	
RICE,BROWN, LONG GRAIN, DRY	8-1/8 lbs	1 gal 1 qts	
CHEESE,COTTAGE, LOWFAT	14 lbs	1 gal 3 qts	
YOGURT, PLAIN, NONFAT	10-3/4 lbs	1 gal 1 qts	
EGG WHITES, FROZEN, THAWED	5 lbs	2 qts 1-3/8 cup	
ONIONS, FRESH, CHOPPED	3-7/8 lbs	2 qts 3 cup	4-1/3 lbs
ALMONDS, SLIVERED	1-3/8 lbs	1 qts 2 cup	
CHEESE, PARMESAN, GRATED	1-1/3 lbs	1 qts 2 cup	
FLOUR, WHEAT, GENERAL PURPOSE	6-5/8 oz	1-1/2 cup	
SALT	1-1/2 oz	2-1/3 tbsp	
PARSLEY, DEHYDRATED, FLAKED	1-1/4 oz	1-5/8 cup	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
PEPPER, WHITE, GROUND	2/3 oz	2-2/3 tbsp	
COOKING SPRAY, NONSTICK	1/2 oz	1 tbsp	
CHEESE, PARMESAN, GRATED	7 oz	2 cup	

### **Method**

- 1 Combine water, rice, and salt; bring to a boil; stir, cover tightly; simmer 25 minutes or until most of the water is absorbed.
- 2 Remove from heat. Transfer to sheet pans. Allow to cool 5 minutes.
- 3 Combine cottage cheese, yogurt, egg whites, onions, almonds, parmesan cheese, flour, salt, parsley flakes, garlic powder, and pepper in mixer bowl. Mix at low speed 1 minute. Scrape down bowl.
- 4 Add chilled rice to ingredients in mixer bowl. Mix at low speed 1 minute or until thoroughly blended.
- 5 Lightly spray steam table pans with non-stick spray. Place 12-1/4 pounds of mixture in each steam table pan. Spread evenly. Sprinkle 6 tablespoons of parmesan cheese over the top of each pan.
- 6 Using a convection oven, bake 55 minutes at 325 F. on high fan, open vent or until set. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Cut each pan 4 by 5. CCP: Hold for service at 140 F. or higher.

**ORZO WITH LEMON AND HERBS**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
92 cal	12 g	2 g	4 g	0 mg	362 mg	19 mg

**Ingredient****Weight****Measure****Issue**

SALT	1-1/4 oz	2 tbsp	
MUSTARD,DIJON	1/2 oz	1 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
ONION POWDER	1/4 oz	1 tbsp	
JUICE,LEMON	1-1/3 lbs	2-1/2 cup	
OIL,OLIVE	11-3/8 oz	1-1/2 cup	
WATER	66-7/8 lbs	8 gal	
SALT	1-7/8 oz	3 tbsp	
OIL,SALAD	1/3 oz	1/3 tsp	
PASTA,ORZO	8-1/3 lbs	6 gal 7/8 qts	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
ONIONS,FRESH,CHOPPED	5-1/3 lbs	3 qts 3-3/8 cup	5-7/8 lbs

**Method**

- 1 Combine salt, mustard, garlic powder, basil, oregano, pepper, and onion powder. Add lemon juice and olive oil. Stir to blend. Cover, set aside for use in Step 6.
- 2 Add salt and salad oil to water; heat to a rolling boil.
- 3 Add pasta slowly while stirring constantly until water boils again. Cook about 9 minutes or until al dente; stirring occasionally. DO NOT OVERCOOK.
- 4 Drain. Rinse with cold water; drain thoroughly.
- 5 Stir-cook onions in a lightly sprayed steam jacketed kettle or stockpot 8 to 10 minutes or until tender, stirring constantly.
- 6 Add the reserved lemon and herb dressing to cooked onions. Stir to blend well. Bring to a boil; reduce heat to a simmer.
- 7 Add the orzo to the onion and lemon mixture. Heat to a simmer while gently stirring for 1 minute to coat the orzo with the sauce. CCP: Temperature must register 145 F. or higher for 15 seconds.
- 8 Place 2-1/3 gallon pasta mixture in each pan. CCP: Hold for service at 140 F. or higher.

**ORZO, WITH SPINACH, TOMATO, AND ONION****Yield** 100**Portion** 9-1/2 Ounces

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
62 cal	10 g	3 g	2 g	2 mg	456 mg	104 mg

**Ingredient****Weight****Measure****Issue**

WATER	66-7/8 lbs	8 gal	
SALT	1-7/8 oz	3 tbsp	
OIL,SALAD	1 oz	2 tbsp	
PASTA,ORZO	1-2/3 lbs	1 gal 1 qts	
ONIONS,FRESH,CHOPPED	5 lbs	3 qts 2-1/8 cup	5-1/2 lbs
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
TOMATOES,CANNED,DICED,DRAINED	13-1/4 lbs	1 gal 2 qts	
BASIL,DRIED,CRUSHED	2-1/2 oz	1 cup	
SPINACH,CHOPPED,FROZEN	4 lbs	2 qts 3-5/8 cup	
CUMIN,GROUND	7/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
SALT	1 oz	1 tbsp	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add pasta slowly while stirring constantly until water boils again. Cook about 9 minutes or until tender; stirring occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly. Use immediately in recipe preparation or place in shallow containers and cover.
- 4 Stir-cook onions in a lightly sprayed steam jacketed kettle or stockpot 8 to 10 minutes or until tender, stirring constantly.
- 5 Add the tomatoes, spinach, basil, salt, cumin, pepper and garlic powder, stir to combine. Bring to a boil. Cover; reduce heat; simmer for 5 minutes.
- 6 Add the orzo; stir to blend. Bring to a boil. Cover; reduce heat; simmer for 5 minutes. CCP: Temperature must reach 140 F. or higher for 15 seconds.
- 7 Place 3 gallons vegetable pasta mixture in each pan.
- 8 Distribute 1 cup parmesan cheese evenly over vegetable pasta mixture in each pan. CCP: Hold for service at 140 F. or higher.

**CEREALS AND PASTA PRODUCTS No.E 508 00**  
**SOUTHWESTERN RICE**

**Yield** 100

**Portion** 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
131 cal	25 g	5 g	1 g	2 mg	192 mg	64 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cup	
WATER	12-1/2 lbs	1 gal 2 qts	
SALT	1 oz	1 tbsp	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
ONIONS, FRESH, CHOPPED	11-1/4 oz	2 cup	12-1/2 oz
GARLIC POWDER	2-3/8 oz	1/2 cup	
PEPPERS, GREEN, FRESH, CHOPPED	6-5/8 oz	1-1/4 cup	8 oz
TOMATOES, CANNED, DICED, DRAINED	3 lbs	1 qts 1-1/2 cup	
PARSLEY, DEHYDRATED, FLAKED	3/8 oz	1/2 cup	
CORN, FROZEN, WHOLE KERNEL	1-1/8 lbs	3 cup	
PEPPER, BLACK, GROUND	2/3 oz	3 tbsp	
CHILI POWDER, LIGHT, GROUND	1 oz	1/4 cup 1/3 tbsp	
WORCESTERSHIRE SAUCE	4-1/4 oz	1/2 cup	
CHEESE, MONTEREY JACK, REDUCED FAT	2 lbs	2 qts	

**Method**

- 1 Combine rice, water, and salt. Bring to a boil. Cover tightly, and simmer 20 to 30 minutes.
- 2 Saute onions, garlic, and peppers in vegetable spray in a steam jacketed kettle. Add tomatoes, parsley, and corn. Season with pepper, chili powder, and Worcestershire sauce. Fold in cooked drained rice and thoroughly blend.
- 3 Divide rice in serving pans, sprinkle with cheese. Bake in 350 F. oven for 20 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for serving.

# CEREALS AND PASTA PRODUCTS No.E 510 00

## PASTA PROVENCAL

**Yield** 100

**Portion** 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
295 cal	46 g	16 g	6 g	31 mg	1288 mg	212 mg

### **Ingredient**

### **Weight**

### **Measure**

### **Issue**

WATER	54-1/3 lbs	6 gal 2 qts	
SALT	1-1/2 oz	2-1/3 tbsp	
OIL,SALAD	1/3 oz	1/3 tsp	
PASTA,PENNE	10 lbs	7 gal 1-7/8 qts	
OIL,SALAD	5-3/4 oz	3/4 cup	
FLOUR,WHEAT,GENERAL PURPOSE	14-2/3 oz	3-3/8 cup	
WATER,WARM	10-1/2 lbs	1 gal 1 qts	
MILK,NONFAT,DRY	1-1/8 lbs	1 qts 3-1/2 cup	
CHICKEN BROTH		1 gal 1 qts	
CHEESE,PARMESAN,GRATED	7 oz	2 cup	
SALT	1-1/4 oz	2 tbsp	
GARLIC POWDER	1-1/4 oz	1/4 cup 1/3 tbsp	
THYME LEAVES,DRIED,GROUND	5/8 oz	1/4 cup 1/3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
BASIL,SWEET,WHOLE,CRUSHED	5/8 oz	1/4 cup 1/3 tbsp	
OREGANO,CRUSHED	7/8 oz	1/4 cup 1-2/3 tbsp	
PEPPER,RED,CRUSHED	1/8 oz	1 tbsp	
TOMATOES,CANNED,DICED,DRAINED	12-1/8 lbs	1 gal 1-1/2 qts	
BEANS,CANNELLINI,CANNED	8-1/2 lbs	3 qts 3 cup	
SPINACH,FROZEN	4 lbs	2 qts 1-1/2 cup	
ONIONS,FRESH,CHOPPED	4-3/8 lbs	3 qts 3/8 cup	4-7/8 lbs
HAM,CANNED,COOKED,DICED	4 lbs		
CARROTS,FRESH,CHOPPED	3-3/4 lbs	3 qts 1-1/4 cup	4-5/8 lbs
CELERY,FRESH,CHOPPED	2-3/4 lbs	2 qts 2-3/8 cup	3-3/4 lbs
PARSLEY,DEHYDRATED,FLAKED	3/4 oz	1 cup	

### **Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add pasta slowly while stirring constantly until water boils again. Cook 7 to 9 minutes or until tender, stirring occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly.
- 4 Blend salad oil and flour together to form a roux. Using a wire whip, stir until smooth. Cook roux for 3 minutes in a steam-jacketed kettle or stockpot stirring constantly.
- 5 Reconstitute milk in warm water.
- 6 Gradually add milk and broth to roux while stirring constantly. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened, stirring frequently to prevent sticking.
- 7 Add parmesan cheese, salt, garlic powder, thyme, black pepper, basil, oregano and red pepper to thickened sauce. Stir to blend well.
- 8 Add tomatoes, beans, spinach, onions, ham, carrots, celery and parsley to thickened sauce. Bring to a boil. Cover; reduce heat; simmer 7 to 10 minutes until tender, stirring occasionally.
- 9 Add pasta to thickened sauce and vegetable mixture. Heat to a simmer while stirring for 1 minute to coat the pasta with the vegetable sauce. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 10 Pour 3-1/8 gal pasta-vegetable mixture into 3 ungreased steam table pans; cover. CCP: Hold for service at 140 F. or higher.