

Brown Rice Pilaf

GRAINS AND BREADS						SIDE DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Brown rice, long grain, regular	2 lb., 14 oz. (1.3 kg)	1 qt., 3 1/4 cups	5 lb., 12 oz. (2.6 kg)	3 qt., 2 1/2 cups		<ol style="list-style-type: none">Place 1 lb., 7 oz. (652g) of brown rice in each steamable pan (12" × 20" × 20 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.Place 13.5 oz. (383g) brown rice OR 14.5 oz. (411g) of parboiled rice into each steamable pan (12" × 20" × 20 1/2").Heat the chicken stock, pepper, and onions in a pot. Bring to a boil.Add 2 qt., 1 cup of hot chicken stock mixture to each pan. Cover with foil or metal lid.Bake in a conventional oven at 350 °F (177 °C) for 50 min. CCP: Heat to 165 °F (74 °C) or higher for at least 15 seconds.CCP: Hold for hot service at 135 °F (58 °C) or higher. Portion with No. 8 scoop (1/2 cup).
Brown rice, long grain, regular OR brown rice, long grain, parboiled	1 lb., 11 oz. (765g) OR 1 lb., 13 oz. (822 g)	1 qt. OR 1 qt., 3/4 cup	3 lb., 6 oz. (1.5 kg) OR 3 lb., 10 oz. (1.6 kg)	2 qt. OR 2 qt., 1 1/2 cups		
Chicken stock, non-MSG		1 gal., 1 1/2 cups (4.15 L)		2 gal., 3 cups (8.3 L)		
Ground black or white pepper		1/2 tsp.		1 tsp.		
Fresh onions, diced 1/4 in. OR Dehydrated onions	4 oz. (113g) OR 1 oz. (28g)	3/4 cup OR 2 tbsp.	8 oz. (226g) OR 2 oz. (56g)	1 1/2 cups OR 1/4 cup		
Serving: ½ cup (No. 8 scoop) provides 1 serving of grains/breads.			Yield: 50 servings: about 12 lb., 7 oz. (5.6 kg) 100 servings: about 24 lb., 14 oz. (11.2 kg) Volume: 50 servings: about 1 gal, 2 1/4 qt. 100 servings: about 3 gal., 2 cups			

NUTRIENTS PER SERVING					
Calories	146	Saturated fat	0.21g	Iron	0.83 mg
Protein	3.5g	Cholesterol	0 mg	Calcium	16 mg
Carbohydrate	30.37g	Vitamin A	0 IU	Sodium	55 mg
Total fat	0.97g	Vitamin C	0.3 mg	Dietary fiber	1.6g

Adapted from the USDA/National Food Service Management Institute. www.nfsmi.org/USDA_recipes/school_recipes/all_alpha.pdf