

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.