

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.