

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

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