

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

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