

SPICY BROWN RICE PILAF

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
151 cal	30 g	4 g	2 g	0 mg	766 mg	36 mg

Ingredient

Weight

Measure

Issue

CHICKEN BROTH		2 gal 2-1/2 qts	
PAPRIKA,GROUND	1-1/2 oz	1/4 cup 2-2/3 tbsp	
MUSTARD,DRY	1-3/4 oz	1/4 cup 2/3 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
THYME,GROUND	1/2 oz	3 tbsp	
SALT	1/2 oz	3/8 tsp	
GARLIC POWDER	1/2 oz	1 tbsp	
CUMIN,GROUND	1/3 oz	1 tbsp	
OREGANO,CRUSHED	1/2 oz	3 tbsp	
BAY LEAF,WHOLE,DRIED	1/2 oz	14 each	
PEPPER,RED,CRUSHED	<1/16th oz	1/8 tsp	
RICE,BROWN,LONG GRAIN,RAW PARBOILED	7-1/3 lbs	1 gal 1/2 qts	
COOKING SPRAY,NONSTICK	3/8 oz	3/8 tsp	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 1-7/8 cup	3-7/8 lbs
CELERY,FRESH,CHOPPED	2-1/2 lbs	2 qts 1-1/2 cup	3-3/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	2-1/2 lbs	1 qts 3-5/8 cup	3 lbs

Method

- 1 Prepare broth according to package directions.
- 2 Add paprika, mustard flour, pepper, thyme, salt, garlic powder, cumin, oregano, bay leaves, and red pepper to stock. Stir well to blend.
- 3 Add rice to stock in steam jacketed kettle or stock pot. Bring to a boil. Stir. Reduce heat. Cover tightly. Simmer 25 minutes or until most of the water is absorbed and rice is tender.
- 4 Spray steam-jacketed kettle with non-stick cooking spray. Add onions, celery, and peppers. Stir; cook 10 to 12 minutes or until vegetables are tender crisp.
- 5 Place approximately 8-1/2 pounds rice in each steam table pan. Add 5-1/3 cups vegetables to each pan. Mix well. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.

Notes

- 1 OVEN METHOD: For 100 portions: Follow Steps 1 and 2. Bring stock to a boil. Place 2-1/2 pounds of rice and 3-1/2 quarts stock, in each steam table pan; stir. Cover tightly; bake in 350 F. convection oven for 30 minutes or until most of the water is absorbed on high fan, closed vent. Follow Steps 4 and 5.