

CEREALS AND PASTA PRODUCTS No.E 020 00
GINGER RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
183 cal	34 g	6 g	2 g	73 mg	567 mg	43 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	
WATER, BOILING	18-3/4 lbs	2 gal 1 qts	
COOKING SPRAY, NONSTICK	1/4 oz	1/4 tsp	
EGGS, WHOLE, FROZEN	3-3/4 lbs	1 qts 3 cup	
SOY SAUCE	2-1/8 lbs	3-3/8 cup	
SUGAR, GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
GARLIC POWDER	1/2 oz	1 tbsp	
GINGER, GROUND	1/4 oz	1 tbsp	
PEPPER, WHITE, GROUND	1/4 oz	1 tbsp	
PEPPERS, RED FRESH, DICED	1 lbs	3 cup	1-1/4 lbs
CARROTS, FROZEN, SLICED	1 lbs	3-3/4 cup	
ONIONS, GREEN, FRESH, SLICED	1-1/8 lbs	1 qts 1-3/8 cup	1-1/3 lbs

Method

- 1 Place 3 pounds rice and 3 quarts water in each lightly sprayed steam table pan; stir.
- 2 Cover tightly. Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent.
- 3 Pour eggs on lightly sprayed griddle. Cook 1-1/2 minutes or until set. Do not turn. Cut into 4-inch strips to facilitate removal. Remove immediately. Cut into 1/2-inch squares.
- 4 Combine soy sauce, sugar, garlic powder, white pepper, and ginger. Stir well to dissolve sugar.
- 5 Add 2-1/3 cups egg strips, 1-1/2 cups soy mixture, 1 cup red peppers and 1-1/4 cups of carrots to rice in each pan. Mix lightly but thoroughly.
- 6 Cover. CCP: Using a convection oven, bake 15 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 7 Add 1-3/4 cups green onions to rice in each pan. Mix lightly but thoroughly. CCP: Hold for service at 140 F. or higher.