

CEREALS AND PASTA PRODUCTS No.E 005 00
STEAMED RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
148 cal	32 g	3 g	1 g	0 mg	214 mg	26 mg

Ingredient

RICE, LONG GRAIN
WATER, COLD
SALT
OIL, SALAD

Weight

8-1/2 lbs
23 lbs
1-7/8 oz
1-1/2 oz

Measure

1 gal 1-1/4 qts
2 gal 3 qts
3 tbsp
3 tbsp

Issue

Method

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat; transfer to shallow serving pans.

Notes

- 1 In Step 2, rice may be baked in a 350 F. convection oven, 35 to 40 minutes on high fan, closed vent.