

STEAMED RICE (STEAM COOKER METHOD)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	34 g	4 g	2 g	0 mg	216 mg	13 mg

Ingredient

RICE,BROWN,LONG GRAIN,RAW PARBOILED
 WATER
 SALT
 OIL,SALAD

Weight

9-3/4 lbs
 25-1/8 lbs
 1-7/8 oz
 1-1/2 oz

Measure

1 gal 2 qts
 3 gal
 3 tbsp
 3 tbsp

Issue

Method

- 1 Place 4-3/4 lbs rice in each pan.
- 2 Add 4-1/2 qts water to each pan.
- 3 Add 1-1/2 tbsp salt and 1-1/2 tbsp salad oil to each pan. Stir well to ensure rice is moistened.
- 4 Place pans in preheated steam cooker. Steam 22-27 minutes at 5 lbs PSI or 18 to 24 minutes at 15 lb PSI.