

CEREALS AND PASTA PRODUCTS No.E 801 00
WILD RICE

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
37 cal	8 g	1 g	0 g	0 mg	1 mg	1 mg

Ingredient

WILD RICE BLEND MIX

Weight

8 lbs

Measure

1 gal 3/8 qts

Issue

Method

- 1 Follow manufacturer's instructions which are usually to place rice and contents of spice bag from package in steam table pan and add boiling water.
- 2 Cover and bake in convection oven at 350 F. with fan on for twenty five minutes.
- 3 Fluff with spoon to mix spices that have floated to the top.
- 4 Hold for service at 140 F. or higher.

Notes

- 1 CAUTION: Amounts, portion sizes, and cooking times vary from brand to brand. Read manufacturer's label, cooking instructions, or product description before ordering or beginning food preparation.