



Grains

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Spanish Rice

ADAPTED FROM CHEF JOHN MERCER
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Brown rice, long grain, dry	6 lbs. 14 oz.		13 lbs. 12 oz.	
Water		1 ½ gallons		3 gallons
Diced Tomatoes, canned with juice		¾ gallon + 1 pint		1 ¾ gallons
Cumin, ground		½ cup		1 cup
Chili Powder		2 ½ Tbsp.		1/3 cup
Oregano, dried		2 ½ Tbsp.		1/3 cup
Garlic Powder		1/2 tsp		1 tsp
Black Pepper, ground		¾ tsp		1 ½ tsp
Cayenne Pepper, ground		¾ tsp		1 ½ tsp

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

3. Combine all ingredients and divide into 4 – 12x20x2 ½ steamtable pans (2 pans for 50 servings).

4. Cover the pans and steam for 30-40 minutes or until tender.

Alternative cooking methods:

a. Boil water and pour over rice, tomatoes and spices. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at 135°F or higher.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion rice with 2 - #8 scoops (1 cup) to provide 2 ounce grain equivalents.

Nutrition Information * From USDA Nutrient Database

Calories: 241 Total Fat: 2g Saturated Fat: 0g Carbohydrate: 50g (5g Fiber) Protein: 6g Sodium: 114mg

Terrific Tabouli

HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



THE HUMANE SOCIETY
OF THE UNITED STATES

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Bulgur, dry	3 lbs. 4 oz. OR	½ gallon + 1/3 cup	6 lbs. 8 oz. OR	1 gallon + 2/3 cup
Water		½ gallon		1 gallon
Olive oil		¾ cup		1 ½ cup
Tomato, fresh, diced		1 pint + ½ cup		1 quart + 1 cup
Cucumber, diced (optional)		1 pint + ½ cup		1 quart + 1 cup
Onion, yellow, diced (optional)		1 pint + ½ cup		1 quart + 1 cup
Parsley leaves, fresh, minced		1 pint + ½ cup		1 quart + 1 cup
Lemon juice		1 cup		1 pint
Garlic, minced OR Garlic powder		1 ½ Tbsp. OR ½ cup		3 Tbsp. OR 1 cup
Salt		1 ½ Tbsp.		3 Tbsp.
Black pepper		1 ½ Tbsp.		3 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure - Wash all produce before starting this recipe.

Preparation

1. In a large bowl, pour the water over the bulgur, cover and let stand for 20-30 minutes until the water is absorbed. Note: The water can be room temperature, warm or boiling.
2. Add the parsley, tomato, cucumber, onion and garlic to the bulgur; mix thoroughly to combine.
3. In a separate bowl, combine the oil, lemon juice and salt; stir to combine.
4. Add the oil mixture to the bulgur and evenly coat.
5. Chill in the refrigerator or cooler until meal service. To prepare a day ahead, store tabouli salad in airtight container overnight.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Use 4 ounce spoodle or #8 scoop to provide one grain equivalent.


Nutrition Information *From USDA Nutrient Database

Calories: 106 Total Fat: 4g Saturated Fat: 1g Carbohydrate: 16g (4g Fiber) Protein: 3g Sodium: 242mg



Spanish Quinoa

Tips

- Quinoa is pronounced “Keen-wah.”
-  is a good recipe to use for classroom taste-testing.



Spanish Quinoa

Recipe

Ingredients

Quinoa, soak for 15 minutes, then rinse and drain well	2 cups
Vegetable oil	1-2 Tbsp
Garlic cloves, peeled and minced	2 Cloves
Onion, chopped	1 Onion
Chili powder	1/2-1 tsp
Ground cumin	1/2 tsp
Oregano	1/2 tsp
Tomato sauce	1 8oz can
Vegetable broth	1 3/4 cup
Pepper and salt to taste	

Directions

1. Sauté the onion in oil over medium heat until onion starts to become translucent.
2. Add the garlic to the onion and sauté a few more minutes until the onion is translucent and garlic is turning golden.
3. Add chili powder, cumin, and oregano.
4. Add quinoa and stir constantly for 3 - 4 minutes.
5. Add tomato sauce and vegetable broth, stirring occasionally until mixture begins to boil.
6. Add salt if needed - veggie broth and tomato sauce may already be salted.
7. Cover and reduce heat, Simmer for 20 minutes.
8. Turn heat off and let sit for 5 - 10 minutes.
9. Fluff with a fork and serve.



Vegetable Bulgur

Tips

- Cooking vegetables like onions and red or green peppers makes them sweeter, adding a nice E0
Ia flavor to your recipe.

- E0
IE is a great recipe for classroom taste-testing.



Vegetable Bulgur

Recipe by: MA Farm to School

Recipe

Ingredients:

Spanish onion, diced	1 lb 9 oz (5 cups)
Peppers, bell, suntan (mixed red+green) or a combo of red and green, diced	2 3/4 lbs (7 peppers)
Garlic, dehydrated	1 1/2 tsp
Olive oil or olive oil blend	3/4 cup
Carrots, diced or sliced	1 lb 4 oz (1 qt)
Tomatoes in their liquid, chopped or diced, fresh or canned (If using fresh, save juice and bring up to weight w/extra water, if needed).	56 oz (5 1/2 cups with liquid)
Coarse bulgur (cracked wheat)	2 lbs (6 cups)
Water	4 1/2 cups
Salt	2 Tbsp
Pepper	1 tsp

Directions

1. Cook the onions, peppers and garlic in a pot in the olive oil, over medium-low heat, stirring occasionally, until the onion is translucent – about 10 minutes.
2. Stir in the carrots, tomatoes and their liquid, bulgur, water, salt and pepper.
3. Bring to a boil, reduce to a simmer over medium-low heat. Cover bulgur mixture directly with foil or wax paper, then again with a lid if available. Cook, until all the liquid is absorbed – about 15 minutes.
4. Turn off the heat.
5. If you add optional variation ingredients, add them now. Cover, let sit until bulgur is still firm and nutty – about 10 minutes.
6. Remove from pot to steam table pan and serve. Best served within 15 minutes of cooking, or serve cold.

Makes 50 1/2 cup servings.



825164 - Blueberry Moon Pocket

Source: Farm to School
 Number of Portions: 24
 Size of Portion: each

Components:	Recipe Subgroups:	Attributes:
Meat/Alt:	Whole Grain Rich	Fruits
Grains: 2 oz		Grain
Fruit: 0.25 cup		
Vegetable:		
Milk:		

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826522 pizza dough, WGR, sheeted,5", Rich's 005...	24 each, 2.5 oz	Line each full size sheet pan with parchment paper and spray with pan release. Place 8 portions of dough (also referred to as calzone dough) on each pan. Allow dough to thaw at room temperature for 30 minutes. Press into at least 6 inch rounds using rolling pin or another sheet pan. If using another sheet pan to press, cover dough with film wrap to prevent sticking.
825162R Blueberry Filling or Topping.....	1 quart + 1 pint	Using number 16 disher, fill each pressed dough with ¼ cup chilled blueberry filling. Fold dough over into half-moon shaped portions and press along edges to seal tightly. Bake in 350° F oven for 8 to 10 minutes until lightly browned. Note: As an option, par bake for 4 to 5 minutes before cooling and freezing for later complete baking and serving. CCP: Heat to 135° F or higher.
825163R Blueberry Moon Pocket Icing.....	1/2 cup	While turnovers are baking, prepare the icing. Top each fully baked turnover with 1 teaspoon of icing/glaze. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (each)

Calories	196 kcal	Cholesterol	0 mg	Sugars	11.8 g	Calcium	15.05 mg	7.20%	Calories from Total Fat
Total Fat	1.56 g	Sodium	140 mg	Protein	7.14 g	Iron	1.63 mg	0.03%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	39.06 g	Vitamin A	12.0 IU	Water ¹	*19.65* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.47 g	Vitamin C	1.9 mg	Ash ¹	*0.05* g	79.87%	Calories from Carbohydrates
								14.61%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
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¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.



NORTH CAROLINA K-12 CULINARY INSTITUTE

PREPARING BLUEBERRY MOON POCKETS

Refer to the recipe and to the steps below to prepare perfect Blueerry Moon Pocket turnovers!





825062 - Cilantro Lime Rice

Source: K12 Culinary
 Number of Portions: 40
 Size of Portion: 1/2 cup

Components: Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:	Recipe Subgroups: Whole Grain Rich	Attributes: Grain
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HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL.....	1 qt + 1 PINT	Spray 2 inch deep full size steamtable pan with pan release. Add 1 1/2 quarts of water to prepared pan.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 900164 BAY LEAVES.....	2 lbs + 8 ozs 2 each, leaf	Add 2 lb 8 oz (approx.1 1/2 quarts) of brown rice to the water. Stir to distribute rice evenly in pan. Add 2 bay leaves to rice. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to view the amount of liquid in the bottom of the pan. CCP: Cook to a minimum internal temperature of 135 degrees F. Fluff cooked rice with utensil and remove bay leaves.
009161 LIME JUC.CND OR BTLD.UNSWTND..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 002047 SALT, TABLE.....	1/2 cup 2 Tbsp 1 tsp	While rice is cooking, whisk together lime juice, oil, and salt. Set aside until rice is cooked. Immediately after fluffing the coked rice, pour lime mixture over rice. Stir to combine. Cover and hold in the hot cabinet until service. CCP: Hold at 135° F or higher.
011165 CORIANDER (CILANTRO) LEAVES,RAW.....	1/4 cup	Just before service, rinse fresh cilantro under running water. Wrap in disposable paper towel to remove water. Roll bundle tightly, and chop into very small pieces. Just prior to service, stir 1/4 cup chopped cilantro into pan of rice. Serve 1/2 cup using no. 8 scoop or disher. CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	112 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	8.32 mg	12.19%	Calories from Total Fat
Total Fat	1.52 g	Sodium	62 mg	Protein	2.27 g	Iron	0.43 mg	2.20%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	22.22 g	Vitamin A	7.2 IU	Water*	*38.45* g	*0.00%*	Calories from Trans Fat

Trans Fat ²	*0.00* g	Dietary Fiber	1.00 g	Vitamin C	0.2 mg	Ash ¹	*0.20* g	79.33%	Calories from Carbohydrates
								8.11%	Calories from Protein
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825019 - Nutty Asian Noodles

Source: K12 Culinary
 Number of Portions: 48
 Size of Portion: 3/4 cup

<p>Components: Meat/Alt: Grains: 1 oz Fruit: Vegetable: 0.25 cup Milk:</p>	<p>Recipe Subgroups: Whole Grain Rich Vegetable, Other Vegetable, Other</p>	<p>Attributes: Vegetables Grain</p>
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HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050465 SPAGHETTI, WHOLE GRAIN, DRY..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F....	3 lbs 3 Tbsp	Place 2 inch deep full size perforated pans inside 2 inch deep solid, full size steamtable pans. Weigh pasta and add 1 1/2 lbs. of pasta per pan. Break noodles into thirds. Cover each pan completely with water, approximately 1 1/2 gal. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Rinse with cold water and drain. Place pasta in storage container and toss with vegetable oil to prevent sticking. Cover and store in refrigerator until ready to proceed with the recipe. The noodles work best for this dish if cooked and cooled the day prior to preparing the recipe. CCP: Heat to 135° F or higher. CCP: Cool to 41° F or lower within 4 hours. CCP: Hold at 41 degrees F. or lower.
011205 CUCUMBER,WITH PEEL,RAW..... 011112 CABBAGE,RED,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	2 LBS (AP) 1 lb + 4 ozs 1 1/2 cups	CCP: No bare hand contact with ready to eat food. Rinse cucumber, red cabbage, and cilantro under running water. Roll cilantro in disposable paper towel to dry. Drain cucumbers and cabbage in a colander. Trim the ends off of the cucumbers and cut in half lengthwise. Then cut diagonally across the cucumber into 1/4 inch slices. Shred the red cabbage into fine ribbons using a chef knife or a slicing blade on a food processor. Roll cilantro into tight bundle and chop into thin ribbons (chiffonade). Add the cucumbers, red cabbage, and cilantro to the chilled noodles. CCP: Hold at 41 degrees F. or lower. CCP: No bare hand contact with ready to eat food.

050386 PEANUT BUTTER, SMOOTH, WITH ADDED SALT.....	1 cup	Cover the peanut butter and heat in the steamer to soften. Combine softened peanut butter, <u>warm</u> water, vegetable oil, soy sauce, white vinegar, sweet chili sauce, sriracha, and ground ginger. Whisk vigorously to blend. Pour the peanut sauce over the vegetables and noodles and mix gently with tongs, until well combined. Transfer the salad to a 2-inch deep full-size steamtable pan. Cover and hold chilled until service. Just before service, gently stir the salad once again. Serve ¾ c using 6 oz. spoodle. You may use tongs to fill spoodle. CCP: Hold and Serve at 41 degrees F. or lower.
014429 WATER,MUNICIPAL.....	3/4 cup	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	1/4 cup	
826503 Sauce, Soy, less soduim, Kikkoman.....	1/4 cup	
002053 VINEGAR,DISTILLED.....	1/4 cup	
826498 Sauce, Sweet Chili, Mae Ploy.....	1/4 cup	
826497 Sauce, Sriracha, Huy Fong.....	1 Tbsp	
002021 GINGER,GROUND.....	1/2 tsp	

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	158 kcal	Cholesterol	0 mg	Sugars	*1.4* g	Calcium	22.64 mg	28.79%	Calories from Total Fat
Total Fat	5.06 g	Sodium	101 mg	Protein	5.70 g	Iron	1.30 mg	5.12%	Calories from Saturated Fat
Saturated Fat	0.90 g	Carbohydrates	24.98 g	Vitamin A	184.9 IU	Water ¹	*30.60* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.48 g	Vitamin C	7.3 mg	Ash ¹	*0.15* g	63.13%	Calories from Carbohydrates
								14.42%	Calories from Protein

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825125 - Spanish Rice

Source: K12 Culinary
 Number of Portions: 56
 Size of Portion: 1/2 cup

Components:
 Meat/Alt:
 Grains: 2 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:
 Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825024R Seasoning Blend, Mexican.....	2 Tbsp	Prepare school-mde Mexican Seasoning according to the recipe. Measure required amount and store any leftover seasoning mix in tightly covered plastic spice bottle for use in other recipes.
014429 WATER,MUNICIPAL..... 050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,.... 050540 SALSA, LOW-SODIUM, CANNED.....	2 qts 3 lbs + 8 ozs 3 cups	Spray 2 inch full size steamtable pan with pan release. Add 2 quarts of water. Add 2 quarts of brown rice (~ 3 lbs. 8 oz.). Add 3 quarts of salsa and 2 Tbsp. of Mexican seasoning. Stir to combine and distribute rice evenly in pan. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water, salsa, and seasonings. Use a spoon to view the amount of liquid in the bottom of the pan. CCP: Heat to 135° F or higher.
002029 PARSLEY,DRIED.....	1 Tbsp	Fluff rice with utensil. Sprinkle each pan with 1 tablespoon of dried parsley. Cover and hold in hot holding cabinet until service. Serve 1/2 cup using no. 8 disher. CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not optimum quality when reheated.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	111 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	11.03 mg	7.26%	Calories from Total Fat
Total Fat	0.90 g	Sodium	21 mg	Protein	2.51 g	Iron	0.80 mg	1.43%	Calories from Saturated Fat
Saturated Fat	0.18 g	Carbohydrates	23.10 g	Vitamin A	126.3 IU	Water ¹	*33.85* g	*0.00%*	Calories from Trans Fat
Trans Fat*	*0.00* g	Dietary Fiber	1.24 g	Vitamin C	0.6 mg	Ash ¹	*0.06* g	83.16%	Calories from Carbohydrates
								9.03%	Calories from Protein

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825135 - Teriyaki Noodles with Veggies

Source: K12 Culinary
 Number of Portions: 48
 Size of Portion: 3/4 cup

Components:
 Meat/Alt:
 Grains: 1 oz
 Fruit:
 Vegetable: 0.25 cup
 Milk:

Recipe Subgroups:
 Whole Grain Rich
 Vegetable, Other

Attributes:
 Vegetables
 Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050466 SPAGHETTI, WHOLE GRAIN, COOKED, NO SALT.....	3 LBS (dry)	Prepare pasta: Place 2 inch deep full size perforated pan inside 2 inch deep solid, full size steamtable pan. Weigh pasta and break noodles into thirds. Place 1 1/2 lb pasta into each pan and cover completely with water, approximately 1 1/2 gal per pan. Steam until pasta is al dente - fully cooked, but firm. Do not overcook. Drain the spaghetti. CCP: Heat to 135° F or higher.
011110 CABBAGE,CKD,BLD,DRND,WO/SALT..... 011823 PEPPERS,SWT,RED,CKD,BLD,DRND,WO/SALT.....	1 lb + 4 OZS (raw, EP, diced) 1 LB (fresh)	Rinse green cabbage and red pepper running water and drain in a colander. Cut cabbage into quarters and remove core; cut quarters in half, then into 1-inch dices. Weigh required amount of diced cabbage and set aside. Slice off both ends of peppers, creating a flat cylinder. Cut along the veins making flat "planks". Slice planks into 1/4 inch wide strips. Set aside.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 826512 Sauce, Teriyaki, Minor 11001951.....	1/3 cup 1 1/2 cups	Heat a tilt skillet to medium-high heat. Add vegetable oil. When the oil is shimmering, add the cabbage and peppers and stir-fry for about 2 minutes. Add the cooked spaghetti noodles and continue to stir-fry for 2 minutes. Add the teriyaki sauce and continue to stir-fry for about 1 minute. When the vegetables are tender-crisp transfer the stir-fry to a full-size 2-inch steamtable pan; cover. CCP: Heat to 135° F or higher.
		Serve 3/4 cup of the teriyaki noodles using a 6 ounce spoodle. May use tongs to fill spoodle if needed. CCP: Hold for hot service at 135° F or higher

		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not optimal quality when reheated.
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*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	145 kcal	Cholesterol	0 mg	Sugars	*5.8* g	Calcium	75.31 mg	13.90%	Calories from Total Fat
Total Fat	2.23 g	Sodium	95 mg	Protein	5.51 g	Iron	1.00 mg	1.92%	Calories from Saturated Fat
Saturated Fat	0.31 g	Carbohydrates	28.47 g	Vitamin A	321.4 IU	Water ¹	*131.09* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.84 g	Vitamin C	62.3 mg	Ash ¹	*0.82* g	78.80%	Calories from Carbohydrates
								15.24%	Calories from Protein

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Orange Rice Pilaf

Grains/Breads

Grains/Breads

B-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ¼ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	1. Place onions, water, orange juice, seasonings, and bay leaves in a stock pot. Boil for 5 minutes or until onions are tender. Remove bay leaves.
Water		3 ½ cups		1 qt 3 cups	
Orange juice		2 qt 1 cup		1 gal 2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Dried bay leaves		4 each		8 each	2. Weigh out 3 lb 6 oz of regular rice OR 3 lb 10 oz of parboiled rice into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Pour 3 qt ½ cup liquid from step 1 into each pan. 3. Bake: Conventional oven: 350° F for 45 minutes Convection oven: 350° F for 30 minutes Steamer: 30 minutes 4. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	3 lb 6 oz OR 3 lb 10 oz	2 qt OR 2 qt 1 ¼ cups	6 lb 12 oz OR 7 lb 4 oz	1 gal OR 1 gal 2 ½ cups	
Sliced almonds, toasted (optional, see Special Tip)	2 oz	½ cup	4 oz	1 cup	

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz

SERVING:

½ cup (No. 8 scoop) provides 1 serving of grains/breads.

YIELD:

50 Servings: about 9 lb 12 oz

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts
1 steamtable pan

Orange Rice Pilaf

Grains/Breads

Grains/Breads

B-21

100 Servings: about 19 lb 8 oz

100 Servings: about 3 gallons 2 cups
2 steamtable pans

Tested 2004

Special Tip:

One-half cup (2 oz) of toasted almonds may be added to each pan of pilaf after cooking, for color and taste. To toast, spread almonds on a half-sheet pan (18" x 13" x 1"). Bake in a conventional oven at 350° F for 15 minutes, until lightly browned.

Nutrients Per Serving

Calories	126	Saturated Fat	0.07 g	Iron	1.06 mg
Protein	2.52 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	27.85 g	Vitamin A	40 IU	Sodium	94 mg
Total Fat	0.27 g	Vitamin C	17.7 mg	Dietary Fiber	0.5 g

Pizza Crust

Grains/Breads

Grains/Breads

B-14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	3 lb 8 oz	3 qt 1 cup	7 lb	1 gal 2 ½ qt	For best results, have all ingredients and utensils at room temperature. 1. Place flour, salt, sugar, and dry yeast in large mixer bowl. Mix with a dough hook for 30 seconds on low speed.
Salt		1 ½ tsp		1 Tbsp	
Sugar		2 Tbsp 1 tsp	2 oz	¼ cup 2 tsp	2. Combine warm water and oil. Add liquids to the dry ingredients. Mix on low speed for 6 minutes.
Active dry yeast (see Special Tip)		2 Tbsp 1 ½ tsp	2 oz	¼ cup 1 Tbsp	
Water, warm (130° F)		1 qt ¼ cup		2 qt ½ cup	3. Divide and shape dough. For 50 servings, divide into 2 balls, 2 lb 6 oz each and one ball, 1 lb 3 oz. For 100 servings, divide into 5 balls, 2 lb 6 oz each. Let rest for 20 minutes.
Vegetable oil		½ cup		¾ cup	
Cornmeal	2 ½ oz	½ cup 2 Tbsp	5 oz	1 ¼ cups	4. Lightly coat sheet pans (18" x 26" x 1") and half-sheet pan (13" x 18" x 1") with pan release spray. For 50 servings, use 2 pans and 1 half-pan. For 100 servings, use 5 pans. Sprinkle each pan with 1 oz (3 Tbsp) cornmeal and each half-pan with ½ oz (1 Tbsp 1 ½ tsp) cornmeal. 5. Place 2 lb 6 oz dough ball in center of each pan and 1 lb 3 oz dough ball in center of half-pan. Flatten dough by rolling or spreading dough ¼" thick to rim of pans. Keep edges thicker than center.
					6. For topping, baking, and portioning directions, see Pizza With Ground Beef Topping (D-31) or Pizza With Cheese Topping (D-30). Cut each sheet pan 4 x 5 (20 pieces). Cut each half-sheet pan 2 x 5 (10 pieces).

Pizza Crust

Grains/Breads

Grains/Breads

B-14

SERVING:

1 portion provides 2 servings of grains/breads.

YIELD:

50 Servings: about 5 lb 15 oz

VOLUME:

50 Servings: 2 sheet pans and 1 half-sheet pan

100 Servings: about 11 lb 14 oz

100 Servings: 5 sheet pans

Tested 2004

Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

Nutrients Per Serving

Calories	137	Saturated Fat	0.26 g	Iron	1.62 mg
Protein	3.61 g	Cholesterol	0 mg	Calcium	6 mg
Carbohydrate	26.11 g	Vitamin A	3 IU	Sodium	71 mg
Total Fat	1.83 g	Vitamin C	0.0 mg	Dietary Fiber	1.1 g