



Mediterranean Brown Rice



No. E-017-01

Yield 100 Portions

Each Portion $\frac{3}{4}$ cup (4- $\frac{1}{2}$ oz)

Pan Size and Number

12 x 20 x 4-Inch Steam Table Pans (3), 18 x 26-Inch Sheet Pan (1)

Temp 350°F (177°C)

Time 42 – 45 min.

Cereals and Pasta Products

Go for Green® Color and Sodium Codes

Green (Eat Often) Low Sodium

Nutrition Facts

Calories 198

Carbohydrates
34 g

Sugars* 5 g

Protein 4 g

Fat 6 g

Saturated Fat
0.6 g

Cholesterol 0 mg

Sodium 279 mg

Calcium 33 mg

Fiber 2.4 g

Ingredients

Ingredient	Measure	Weight	Approx. Issue
ONIONS, YELLOW, DICED $\frac{1}{2}$ -INCH	2 qt	2 lb 8 oz	2 lb 12 oz
OIL, CANOLA	1 cup	7- $\frac{3}{4}$ oz	
RICE, BROWN, PARBOILED	1 gal + 1 cup	6 lb 14 oz	
RAISINS, GOLDEN	1- $\frac{1}{4}$ qt	1 lb 9 oz	
SALT	3 tbsp	1- $\frac{7}{8}$ oz	
CINNAMON, GROUND	2 tbsp + 1 tsp	0.56 oz	
ALLSPICE, GROUND	1 tbsp + 2 tsp	0.35 oz	

WATER, HOT	2 gal + 1-¼ qt	19 lb 5 oz
VEGETABLE BASE PASTE, LOW SODIUM	¾ cup + 1 tsp	7-⅞ oz
ALMONDS, SLIVERED	1 qt + ½ cup	15-½ oz
CILANTRO, FRESH, CHOPPED	1 cup	2-⅞ oz

Directions

- In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- In a steam-jacketed kettle or stockpot, sauté onions in oil for 5 minutes or until tender; stir occasionally.
- Add rice, raisins, salt, cinnamon and allspice. Cook for an additional 6 to 8 minutes, stirring occasionally until grains have darkened in color and spices are evenly distributed.
- Remove the rice mixture from heat evenly distributing about 2 qt (3 lb 11 oz) rice mixture into each (12 x 20 x 4-inch) steam table pans.
- Reconstitute vegetable base with hot water. Add 3 qt + ⅓ cup vegetable broth (6 lb 7 oz) to each steam table pan; stir gently.
- Bake covered on convection mode at 350°F (177°C) for 42 to 45 minutes or until water is absorbed. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
- While rice is baking, place almonds on a (18 x 26-inch) sheet pan in a single layer. Toast on convection mode at 350°F (177°C) for 5 minutes or until lightly browned and fragrant. Remove from oven and reserve for use in Step 9.
- When rice is done cooking, remove from oven and evenly distribute 1-½ cups (5 oz) toasted almonds and ⅓ cup (5/8 oz) cilantro to each steam table pan. Stir gently; serve immediately or CP: hold hot at 135°F (57°C).

Recipe Notes

- This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven may require extra cook time to achieve the desired final product).
- This recipe was developed using Le Gout Low Sodium Vegetable Base Paste. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
- * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.