

MUSHROOM AND PEPPER GRIDDLE RICE

Yield 100 Portions
Each Portion 1/2 CUP

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
151 kcal	30.9 gm	3.4 gm	1.5 gm	8.9 %	0 mg	217 mg		0 mg

Ingredients	Weight	Measure	Issue
SAUCE, SOY, GAL	0 lbs 8 oz	14 tbsp 5/8 tsp	
RICE, PARBOILED, LONG GRAIN	7 lbs 5 3/8 oz	1 gal 1 pt 2 3/8 tsp	
OIL, SALAD, CANOLA	0 lbs 4 oz	8 tbsp 1 tsp	
ONIONS, YELLOW	2 lbs 8 oz		
PEPPERS, GREEN	1 lb 8 oz	1 qt 9 tbsp 1/8 tsp	
CELERY, FRESH	1 lb	1 pt 1 c 12 tbsp 1 1/2 tsp	
PEPPERS, RED	1 lb	1 pt 1 c 2 1/8 tsp	
PIMENTOS (DICED)	0 lbs 14 oz	1 pt 13 tbsp 1 1/8 tsp	
MUSHROOMS, STEM & PIECES	4 lbs	2 qt 1 pt 1 c 10 tbsp 1/4 tsp	
PARSLEY	2 lbs	3 qt 1 pt 13 tbsp 2 7/8 tsp	

METHODS

- 1 In a steam jacket kettle, combine rice and water and cook the rice for 18-20 minutes or until tender, but al dente. Do not overcook. Set aside until ready to prepare for service.
- 2 Pour half cup of oil on the griddle. Add the onions, peppers, celery and stir fry until vegetables are cooked firm to the bite, al dente, but not overcooked. Remove from griddle, hold hot.
- 3 Combine with pimiento, mushrooms, and parsley, set aside.
- 4 Place cooked rice onto griddle and add hot onion vegetable mix. Mix well. Add soy sauce and mushroom mix. Mix well. CCP: Internal temperature must reach 140 F. or higher.
- 5 Place vegetable fried rice into 4" full size serving pans and cover. CCP: Hold for service 140 F. or higher.