



Recipe Production

Recipe Number: HK2274

Recipe Name: Indian Style Pearl Pilaf

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description: 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
HK2270	Black Pearl Rice	5	Pound	12 1/3	Ounce	(Unassigned)
HK12	Spices, Ginger Powder, Bulk	5 3/4	TBSP			(Unassigned)
1013	BASE VEG NO MSG 6/1 LB	5 3/4	Quart			(Unassigned)
1062	SPICE TURMERIC	3	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	3	Tbsp			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times: Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

- Preparation Instructions**
- 1) Bring broth to a boil.
 - 2) Add rice into a 4 - inch deep half hotel pan or a 2 1/2 inch full hotel pan.
 - 3) Add spices
 - 4) Add hot liquid to the pan, stirring to distribute the spices.
 - 5) Cover with foil and bake at 350 degrees for 45 minutes or until rice is tender and liquid is absorbed.
 - 6) Hold, covered, in a warmer or steam table.

Serving Instructions

CCP - Hold hot (140 degrees F. or above) for service.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	3,464.6989	60.4610	34.6470		
Saturated Fat	g	2.9340	0.0512	0.0293	0.76	
Sodium	mg	40,627.2094	708.9683	406.2721		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	24.9677	0.4357	0.2497	6.49	
Cholesterol	mg	0.0000	0.0000	0.0000		*
Carbohydrate	g	690.0803	12.0423	6.9008	79.67	
Total Dietary Fiber	g	101.5783	1.7726	1.0158		
Protein	g	148.2644	2.5873	1.4826	17.12	
Vitamin A (RE)	RE	0.0000	0.0000	0.0000		*
Vitamin A (IU)	IU	0.0000	0.0000	0.0000		*
Vitamin C	mg	5.1288	0.0895	0.0513		*
Calcium	mg	475.4341	8.2966	4.7543		*
Iron	mg	42.0330	0.7335	0.4203		*
Moisture	g	1,766.1478	30.8203	17.6615		*
Ash	g	56.8463	0.9920	0.5685		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
HK2270	Black Pearl Rice	1.00	(Unassigned)	10	0.74	1/2 cup	/
HK12	Spices, Ginger Powder, Bulk	1.00	(Unassigned)	0	0.07	Pound	/
1013	BASE VEG NO MSG 6/1 LB	1.00	(Unassigned)	6	0.63	CONT (1 LB)	/
1062	SPICE TURMERIC	1.00	(Unassigned)	0	0.70	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.04	BOX (3 LB)	/

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