



Mumbai Rice

“Mumbai Rice”

Recipe HACCP Process: #2 Same Day Service

Serving Size: ½ cup

Yield: 50

Source: JSI Back to Basics: Indian Fare Recipe

Ingredients:

Ingredient Name	Measurements
Rice, brown, long-grain, dry	3 lb + 4 ½ oz
Water	16 2/3 cups
Salt	2 Tbsp + 2 ½ tsp
Cinnamon, ground	2 ¾ tsp
Cumin, ground	2 Tbsp + 2 ½ tsp
Oil, olive	1 1/3 cup + ½ Tbsp
Onions, raw, small dice	1 lb + 2/3 oz
Garlic, raw, minced	11 1/8 cloves
Ginger root, raw	8 1/3 slices (1" diameter)

**Note: Choose USDA foods whenever available to save on cost.*

Instructions:

1. Pre-heat steamer. In a 2-in. hotel pan, combine rice, water, salt, cinnamon, and cumin. Cook for 30-35 minutes, until tender.
2. Once rice is cooked, remove from heat and let cool for 10 minutes then fluff with fork. Add salt, cinnamon, and cumin and fluff again.
3. Heat oil in large sauté pan, add onions and cook until soft. Add garlic and ginger and cook for another 2 minutes.
4. Add cooked rice to a large bowl and mix in the onion, garlic, and ginger mixture.
5. Refrigerate until served.
6. Hold for hot service at 135°F or higher.

Nutritional Analysis:

Nutrients	Amount based on one serving
Calories	168.91 kcal
Total Fat	7.05 g
Saturated Fat	1.02 g
Trans Fat	0.00 g
Cholesterol	0.00 mg
Sodium	393.49 mg
Total Carbohydrate	24.11 g
Dietary Fiber	1.37 g
Total Sugars	0.61 g
Protein	2.46 g

Meal Component Information:

Meal Components	Amount
Grain	1 oz equivalent

**Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*