

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. 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).
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	
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:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides 1 serving of grains/breads.	50 Servings: about 9 lb 12 oz	50 Servings: about 1 gallon 2 ¼ quarts 1 steamtable pan

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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