

Oriental Rice

E-800-00

Cereals, Rices and Pasta Products

Color Code: Yellow

Sodium: Moderate

Yield: 100 Portions

Each Portion: ¾ cup (5 oz)

Pan Size and Number: 12 x 20 x 4-Inch Steam Table Pans (3)

Temperature: 350°F
(177°C)

Time: 42 - 45 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
WATER (for rice)	2-½ gal	20 lb 14 oz	
RICE, WHITE, LONG GRAIN, PARBOILED, DRY	1 gal + 1-½ qt	8 lb 15 oz	
SOY SAUCE, LOW SODIUM	3 cup	1 lb 14 oz	
GARLIC, GRANULATED	¼ cup + 2 tbsp	2 oz	
GINGER, GROUND	3 tbsp	0.63 oz	
WATER (for cooking vegetables)	1 gal	8 lb 6 oz	
SALT	2 tbsp	1-¼ oz	

DIRECTIONS

1. Preheat oven to 350°F (177°C).
2. Add 3-¼ qt + ⅓ cup (6 lb 15 oz) water, 1-¾ qt + ⅓ cup (2 lb 15 oz) rice, 1 cup (10 oz) soy sauce, 2 tbsp (0.69 oz) garlic and 1 tbsp (0.21 oz) ginger to each pan. Mix well.
3. In an oven, on convection mode, bake covered at 350°F (177°C) for 42 to 45 minutes. CCP: Internal temperature must reach 135°F (57°C).
4. While rice is cooking, bring water and salt to a boil in steam-jacketed kettle or stock pot. Add mixed vegetables and simmer for 3 to 5 minutes. CCP: Internal temperature must reach 135°F (57°C).
5. Drain vegetables and evenly distribute among rice in each pan. Stir well to combine. Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. 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 you may need to add a couple to few minutes to the cook time to achieve the desired end state for the recipe).
2. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	174
Carbohydrates	36 g
Sugars*	1 g
Protein	4 g
Fat	0 g
Saturated Fat	0.1 g

Sodium 455 mg

Calcium 41 mg

Fiber 1.7 g



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