

Hawaiian Ham Coconut Rice

Meat/Meat Alternate-Fruit-Grains

Main Dishes

25 Servings

50 Servings

Directions 25-50

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: <small>Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked.</small> <small>Describe: peeled, sliced, chopped, diced, grated, minced, and size.</small>	Weight <small>Lbs+ oz</small>	Measure <small>Largest unit</small>	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Water		1 qt 3 cups		3 qt 2 cups	1. Boil water.
Brown rice, long-grain, regular, dry	1 lb 10 oz	1 qt	3 lb 4 oz	2 qt	2. Place 1 qt brown rice (1 lb 10 oz) and 1 cup coconut (3 oz) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Sweetened coconut, shredded	3 oz	1 cup	6 oz	2 cups	3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly. 4. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. 5. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice. 6. Assembly: 7. First layer: Smooth rice mixture over bottom of pan.
Low-sodium ham, diced 1/4"	3 lb	2 qt 1 cup	6 lb	1 gal 2 cups	8. Second layer: Evenly distribute 2 qt 1 cup diced ham (3 lb) over rice mixture.
Sugar	4 oz	1/2 cup	8 oz	1 cup	9. Third layer: Combine sugar, flour, pineapple, remaining coconut, and cheddar cheese in a large bowl. Stir well. Pour 3 qt 1 1/4 cups (about 5 lb 3 oz) pineapple mixture over diced ham in each pan.

Whole-wheat flour		1/4 cup	3 oz	1/2 cup	
Canned pineapple tidbits in 100% juice, drained	4 lb	2 qt (1 No. 10 can)	8 lb	1 gal (2 No. 10 cans)	
Sweetened coconut, shredded	1 1/2 oz	1/2 cup	3 oz	1 cup	
Reduced-fat Cheddar cheese, shredded	11 oz	1 qt	1 lb 6 oz	2 qt	
Pineapple juice		3 cups		1 qt 2 cups	10. Fourth layer: Pour 3 cups pineapple juice over each pan.
Whole-grain bread crumbs, plain (See Notes)	6 1/2 oz	1 1/2 cups	13 oz	3 cups	11. Fifth layer: Sprinkle with 1 1/2 cups bread crumbs (6 1/2 oz) per pan and spray with a pan release cooking spray. 12. Bake until cheese is melted and bread crumbs are lightly toasted: Conventional oven: 350 °F for 20 minutes. Convection oven: 325 °F for 15 minutes. 13. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 14. Critical Control Point: Hold for hot service at 140 °F or higher. 15. Portion with 8 fl oz spoodle (1 cup).

Marketing Guide for Selected Items

Food as Purchased for

25 Servings

50 Servings

Notes:

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, ¼ cup fruit, and 1 ¼ oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, ¼ cup fruit/vegetable, and 1 ¼ oz grains/bread.

Whole-Grain Bread Crumbs Recipe

For 25 servings:

4 slices of whole-grain bread

For 50 servings:

8 slices of whole-grain bread

Lightly toast whole-grain bread slices. Tear into small pieces. Insert into a food processor and pulse until coarse crumbs form. Place on a small baking sheet and bake in oven at 350 °F for 2-3 minutes until browned and dry. Toss occasionally. Cool and store in an airtight container.



Serving: see Notes	Yield: (not to exceed 27, 54)	Volume:
		about 1 gallon 3 quarts 3 cups / 1 steam table pan (12" x 20" x 2 1/2")
NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/4 cup fruit, and 1 1/4 oz equivalent grains.	25 Servings about 15 lb	
CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/4 cup fruit/vegetable, and 1 1/4 oz grains/bread.		3 quarts 2 cups / 2 steam table pans (12" x 20" x 2 1/2")
	50 Servings about 29 lb 8 oz (12" x 20" x 2 1/2")	



Nutrient		% Daily Value		Minerals		Vitamins	
Total Calories	277.59						
Protein	17.98 g	Calcium	73.25 mg	Vitamin A	122.26 IU		
Carbohydrates	35.02 g	Potassium	364.38 mg	Vitamin B6	0.29 mg		
Dietary Fiber	2.73 g	Sodium	664.51 mg	Vitamin B12	0.44 mcg		
Total Sugars	19.83g	Copper	0.2 mg	Vitamin C	14.02 mg		
Total Fat	7.66 g	Iron	1.45 mg	Vitamin D	18.59 IU		
Saturated Fat	3.65 g	Magnesium	39.98 mg	Vitamin E	0.2 mg AT		
Monounsaturated Fat	2.55 g	Phosphorus	240.24 mg	Vitamin K	0.79 mcg		
Polyunsaturated Fat	0.72 g	Selenium	16.65 mcg	Folate	8.56 mcg		
Linoleic Acid	0.62 g	Zinc	1.92 mg	Thiamin	0.51 mg		
α -Linolenic Acid	0.1 g			Riboflavin	0.22 mg		
Cholesterol	34.19 mg			Niacin	3.87 mg		
				Choline	56.62 mg		

