

Cooking Rice

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 14 oz OR 1 lb 11 oz OR 1 lb 13 oz	1 qt ¼ cup OR 1 qt OR 1 qt ⅝ cup	3 lb 12 oz OR 3 lb 6 oz OR 3 lb 10 oz	2 qt ½ cup OR 2 qt OR 2 qt 1 ¼ cups	<ol style="list-style-type: none"> Do not rinse enriched rice. Place 15 oz medium grain, or 13 ½ oz long grain, or 14 ½ oz par boiled rice in each pan (9" x 13" x 2 "). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Add salt to boiling water. Pour water over rice. (3 cups per pan). Cover pans tightly. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes Remove from oven. CCP: Hold for hot service at 140° F or warmer. OR CCP: Refrigerate within 2 hours. Hold at 40° F or colder. <p>Portion with No. 8 scoop (½ cup).</p>
Water, boiling		1 qt 2 cups		3 qt	
Salt		1 tsp		2 tsp	

SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides the equivalent of 1 slice of bread.	25 Servings: 2 pans	25 Servings: about 3 quarts ½ cup
	50 Servings: 4 pans	50 Servings: about 1 gallon 2 ¼ quarts
	Tested 2004, Tested 2007	

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Special Tip:
Cooking Brown Rice, long grain, regular

For 25 Servings, use 1 lb 9 oz brown rice, 2 qt 1 $\frac{3}{4}$ cup boiling water, and 1 tsp salt. Place 12 $\frac{1}{2}$ oz of rice and 4 $\frac{7}{8}$ cups of salted water in each pan (9" x 13" x 2"). Use 2 pans. Cover and bake at 350° F for 50 minutes.

For 50 Servings, use 3 lb 2 oz brown rice, 1 gal 3 $\frac{1}{2}$ qt boiling water, and 2 tsp salt. Place 12 $\frac{1}{2}$ oz of rice and 4 $\frac{7}{8}$ cups of salted water in each pan (9" x 13" x 2"). Use 4 pans. Cover and bake at 350° F for 50 minutes.

Nutrients Per Serving					
Calories	122	Saturated Fat	0.06 g	Iron	1.40 mg
Protein	2.24 g	Cholesterol	0 mg	Calcium	3 mg
Carbohydrate	26.92 g	Vitamin A	0 IU	Sodium	93 mg
Total Fat	0.20 g	Vitamin C	0 mg	Dietary Fiber	0.3 g