

# Brown Rice Pilaf

Grains/Breads

Grains/Breads

B-22

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Brown rice, long grain, regular	2 lb	1 qt 1 cup	4 lb	2 qt 2 cups	1. Place 1 lb 7 oz of brown rice in each steamtable pan (12" x 20" x 2 ½"). For 50 servings use 2 pans. For 100 servings, use 4 pans.
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	1 lb 4 oz OR 1 lb 13 oz	3 cups OR 1 qt ¾ cup	2 lb 8 oz OR 3 lb 10 oz	1 qt 2 cups OR 2 qt 1 ½ cups	
Chicken stock, non-MSG		1 gal 2 ½ cups		2 gal 1 ¼ qt	2. Place 13 ½ oz regular rice OR 14 ½ oz of parboiled rice into each steamtable pan (12" x 20" x 2 ½ ").
Ground black or white pepper		½ tsp		1 tsp	
*Fresh onions, diced 1/4 " OR Dehydrated onions	4 oz OR 1 oz	¾ cup OR 2 Tbsp	8 oz OR 2 oz	1 ½ cups OR ¼ cup	3. Heat the chicken stock, pepper, and onions in a pot. Bring to a boil.
					4. Add 2 qt 1 ¼ cup of hot chicken stock mixture to each pan. Cover with foil or metal lid.
					5. Bake: Conventional oven: 350° F for 50 minutes Convection oven: 350° F for 40 minutes Steamer: 40 minutes
					CCP: Heat to 135° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher.
					Portion with No. 8 scoop (½ cup).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	5 oz	10 oz

**SERVING:**

½ cup (No. 8 scoop) provides 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 9 lb

**VOLUME:**

**50 Servings:** about 1 gallon 2 ¼ quarts  
2 steamtable pans

# Brown Rice Pilaf

Grains/Breads

Grains/Breads

B-22

**100 Servings:** about 24 lb 14 oz

**100 Servings:** about 3 gallons 2 cups  
4 steamtable pans

Tested 2004, Tested 2007

## Nutrients Per Serving

<b>Calories</b>	112	<b>Saturated Fat</b>	0.17 g	<b>Iron</b>	0.61 mg
<b>Protein</b>	2.76 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	11 mg
<b>Carbohydrate</b>	23.15 g	<b>Vitamin A</b>	1 IU	<b>Sodium</b>	54 mg
<b>Total Fat</b>	0.79 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	1.3 g