



US-GROWN

RICE

Rice Cooking Guide
for School Foodservice



INCLUDES

**DELICIOUS
RICE RECIPES**
KIDS LOVE!

GROWN IN THE USA





GREAT-DAY RICE WRAP

INGREDIENTS

Pork or turkey breakfast sausage pieces, frozen
Bell pepper, red or green, fresh, diced
Yellow onion, fresh, diced
Garlic, fresh, minced
Whole eggs, fluid
Water
Green onion (scallion), diced
Reduced-fat cheddar cheese, shredded
Salt, table
Black pepper, ground
Whole-grain brown rice, cooked
Cilantro, fresh, chopped
8-inch whole wheat tortillas

50 SERVINGS		100 SERVINGS	
WEIGHT	MEASURE	WEIGHT	MEASURE
1 lb 12 oz	7 cups	3 lb 8 oz	3 qt 2 cups
5 lb 4 oz	3 qt ½ cup	10 lb 8 oz	1½ gal 1 cup
2 lb	6¼ cups	4 lb	3 qt ½ cup
	¼ cup		½ cup
4 lb 4 oz	2 qt	8 lb 8 oz	1 gal
	1 cup		2 cups
8 oz	2 cups	1 lb	4 cups
13 oz	1¾ cups	1 lb 10 oz	3½ cups
	2 tsp		4 tsp
	2 tsp		4 tsp
3 lb 14½ oz	3 qt ½ cup	7 lb 13 oz	1½ gal 1 cup
	1 cup		2 cups
	50 ea		100 ea

DIRECTIONS

1. Lightly coat steam table pans with pan release spray. Place 14 ounces sausage, 2 pounds 10 ounces bell pepper, 1 pound onion, and 2 tablespoons garlic in each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. , For 100 servings, use 4 pans.

2. Bake, uncovered, until onions and peppers are tender crisp. , Conventional oven: 350°F for 15 minutes Convection oven: 325°F for 10 minutes

3. Remove pans from oven.

4. Add to each pan 1 quart eggs, ½ cup water, 1 cup green onion, 6½ ounces cheese, 1 teaspoon salt, 1 teaspoon black pepper and 6¼ cups cooked rice. Stir to combine.
5. Cover and place in oven. Bake for 20 minutes or until eggs are set. Critical Control Point: Heat to 165°F or higher for at least 15 seconds.

6. Remove pans from oven. Sprinkle ½ cup chopped cilantro over each pan.

7. To serve, place 1 cup of egg and rice filling in the center of each tortilla, using 2 scoops of number 8 disher. Fold bottom and sides over filling and roll up.

Critical Control Point: Hold for service at 135°F or higher.

SERVING SIZE:	K-8: ½ wrap	9-12: 1 wrap
ONE SERVING PROVIDES:	1 oz M/MA + .1875 c V + 1¼ G/B	2 oz M/MA + ⅜ c V + 2½ G/B

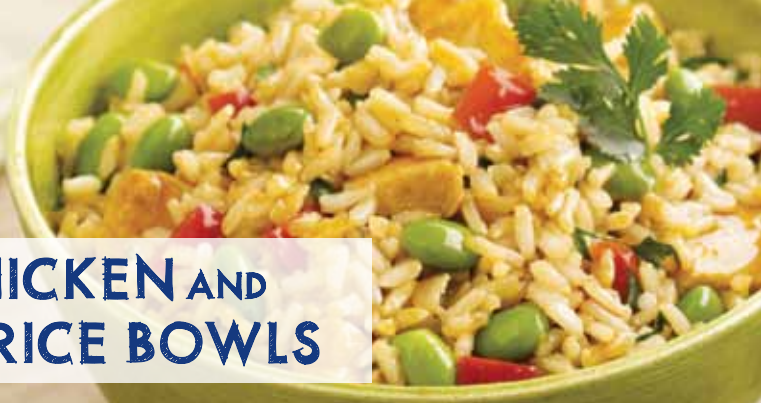
NUTRIENTS PER 1 WHOLE WRAP

Calories 288 kcal, Protein 16.46 g, Carbohydrate 34.18 g, Total Fat 9.71 g, Saturated Fat 3.22 g, Cholesterol 156.09 mg, Vitamin A 1820.13 IU, Vitamin C 92.52 mg, Iron 2.4 mg, Calcium 226.34 mg, Sodium 623.37 mg, Dietary Fiber 5.56 g

If using turkey breakfast sausage:

Calories 291 kcal, Protein 15.9 g, Carbohydrate 33.70 g, Total Fat 10.22 g, Saturated Fat 3.26 g, Cholesterol 164.41 mg, Vitamin A 1814.62 IU, Vitamin C 92.80 mg, Iron 2.47 mg, Calcium 219.18 mg, Sodium 613.53 mg, Dietary Fiber 5 g

TERIYAKI CHICKEN AND EDAMAME RICE BOWLS



INGREDIENTS

Chicken, frozen, cooked, diced*

*For K-8 grade groups

*For 9-12 grade groups

Edamame (fresh soybeans), frozen, shelled

Red bell pepper, fresh, diced

Teriyaki sauce, reduced sodium, prepared

Cilantro, fresh, chopped

Whole-grain brown rice, cooked

50 SERVINGS		100 SERVINGS	
WEIGHT	MEASURE	WEIGHT	MEASURE
4 lb 4 oz		8 lb 8 oz	
8 lb 8 oz		17 lb	
4 lb 11 oz	3 qt ½ cup	9 lb 6 oz	1½ gal 1 cup
2 lb 10 oz	6¼ cups	5 lb 4 oz	3 qt ½ cup
	24 fl oz		48 fl oz
	1 cup		2 cups
7 lb 13 oz	1½ gal 1 cup	15 lb 10 oz	3 gal 1 pint

DIRECTIONS

1. Lightly coat steam table pans with pan release spray. Place 4 pounds 4 ounces chicken into each steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
2. Add 2 pounds 5½ ounces edamame, 1 pound 5 ounces red bell pepper and 1½ cups teriyaki sauce to each pan. Cover; bake at 375°F for 30-45 minutes. *Critical Control Point: Heat to 165°F or higher for at least 15 seconds.*
3. Remove pans from oven; sprinkle ½ cup chopped fresh cilantro over each.
4. **For K-8 Grade Groups:** Place ½ cup rice into a serving dish, using number 8 disher. Top with ½ cup teriyaki chicken mixture, using 4-ounce spoodle.

For 9-12 Grade Groups: Place ½ cup rice into a serving dish, using number 8 disher. Top with ¾ cup teriyaki chicken mixture, using 6-ounce spoodle.

Critical Control Point: Hold for service at 135°F or higher.



SERVING SIZE:

K-8: ½ cup chicken (4-oz spoodle) + ½ cup rice (no. 8 disher)

9-12: ¾ cup chicken (6-oz spoodle) + ½ cup rice (no. 8 disher)

ONE SERVING PROVIDES:

1 oz M/MA + ⅜ c V + 1 G/B

2 oz M/MA + ⅜ c V + 1 G/B

NUTRIENTS PER SERVING

K-8: Calories 216 kcal, Protein 20.16 g, Carbohydrate 24.85 g, Total Fat 5.29 g, Saturated Fat 0.84 g, Cholesterol 34 mg, Vitamin A 745.60 IU, Vitamin C 45.25 mg, Iron 1.75 mg, Calcium 112.74 mg, Sodium 319.58 mg, Dietary Fiber 3.78 g

9-12: Calories 275 kcal, Protein 31.86 g, Carbohydrate 24.85 g, Total Fat 6.87 g, Saturated Fat 1.29 g, Cholesterol 68 mg, Vitamin A 745.60 IU, Vitamin C 45.25 mg, Iron 1.75 mg, Calcium 112.74 mg, Sodium 337.26 mg, Dietary Fiber 3.78 g

GET COOKING

WITH US-GROWN RICE!

Preparation tips to make perfect rice in your school kitchen, every time.



How do you cook rice: in the oven? on the stovetop? in a kettle cooker? Have you ever had trouble cooking rice? Are you unsure of how long different types of rice take to cook properly?



The USA Rice Federation is here to help!

We've compiled in one handy reference guide everything you need to know to make perfect rice. No matter which type of rice or equipment your school kitchen uses, you'll find the answers here. The guide shows the amounts of rice and liquid, prep steps and cook time needed so you can easily cook up fluffy, tasty rice every time. We've also included some delicious rice recipes that meet child nutrition program requirements for grain in school meals. And your students are sure to give them an A+!

Rice-cooking instructions are provided for the following types of equipment:

- ✓ **Oven**
- ✓ **Steam-Jacketed Kettle**
- ✓ **Commercial Microwave**
- ✓ **Steamer**
- ✓ **Stovetop**
- ✓ **Combination Oven**

Please note: These are basic guidelines. Results may vary with rice brand and equipment.



Oven

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½-CUP SERVINGS)	COOK TIME
Long Grain White	25 oz	50 fl oz	25 portions	30 min.
Medium Grain White*	25 oz	40 fl oz	25 portions	30 min.
Short Grain White*	25 oz	40 fl oz	25 portions	30 min.
Long Grain Parboiled White	25 oz	50 fl oz	25 portions	30 min.
Long Grain Brown	25 oz	50 fl oz	25 portions	40 min.
Medium Grain Brown	25 oz	50 fl oz	25 portions	60 min.
Short Grain Brown	25 oz	50 fl oz	25 portions	40 min.
Long Grain Parboiled Brown	25 oz	50 fl oz	25 portions	30 min.
Long Grain Parboiled Brown/White 50:50 Mix	25 oz	50 fl oz	25 portions	75 min.

DIRECTIONS

1. Preheat oven: convection to 325°F, conventional to 350°F.
2. For rice types starred (*) above, wash rice in cold water until water runs clear.
3. Combine rice and hot (125°F) tap water in 4" half-size steam table pan; stir.
4. Cover pan; place in oven.
5. Bake for time indicated in chart until rice is tender and water is absorbed.
6. Remove pan from oven; let stand 15 minutes.
7. Remove cover; fluff rice before serving.

Convection Steamer

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½-CUP SERVINGS)	COOK TIME
Long Grain White	25 oz	50 fl oz	25 portions	30 min.
Medium Grain White*	25 oz	40 fl oz	25 portions	25 min.
Short Grain White*	25 oz	40 fl oz	25 portions	25 min.
Long Grain Parboiled White	25 oz	50 fl oz	25 portions	30 min.
Long Grain Brown	25 oz	50 fl oz	25 portions	40 min.
Medium Grain Brown	25 oz	50 fl oz	25 portions	60 min.
Short Grain Brown	25 oz	50 fl oz	25 portions	40 min.
Long Grain Parboiled Brown	25 oz	50 fl oz	25 portions	30 min.
Long Grain Parboiled Brown/White 50:50 Mix	25 oz	50 fl oz	25 portions	30 min.

DIRECTIONS

1. For rice types starred (*) above, wash rice in cold water until water runs clear.
2. Combine rice and cold tap water in 4" half-size steam table pan and cook uncovered.
3. Pull from steamer; cover and let stand 15 minutes.
4. Remove cover; fluff rice before serving.

Steam-Jacketed Kettle

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½-CUP SERVINGS)	COOK TIME
Long Grain White*	25 oz	58 fl oz	25 portions	30 min.
Medium Grain White*	25 oz	40 fl oz	25 portions	15 min.
Short Grain White*	25 oz	40 fl oz	25 portions	10 min.
Long Grain Parboiled White	25 oz	50 fl oz	25 portions	15 min.
Long Grain Brown	25 oz	50 fl oz	25 portions	15 min.
Medium Grain Brown	25 oz	50 fl oz	25 portions	40 min.
Short Grain Brown	25 oz	50 fl oz	25 portions	40 min.
Long Grain Parboiled Brown	25 oz	58 fl oz	25 portions	35 min.
Long Grain Parboiled Brown/White 50:50 Mix	25 oz	50 fl oz	25 portions	26 min.

DIRECTIONS

1. For rice types starred (*) above, wash rice in cold water until water runs clear.
2. Combine rice and water in kettle; bring to boil, then reduce to simmer.
3. Cook uncovered, stirring occasionally.
4. Allow to rest covered for 10 minutes; fluff rice before serving.

Stovetop

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½-CUP SERVINGS)	COOK TIME
Long Grain White* A	25 oz	60 fl oz	25 portions	30 min.
Medium Grain White* C	25 oz	50 fl oz	25 portions	20 min.
Short Grain White* D	25 oz	50 fl oz	25 portions	15 min.
Long Grain Parboiled White B	25 oz	58 fl oz	25 portions	30 min.
Long Grain Brown B	25 oz	58 fl oz	25 portions	30 min.
Medium Grain Brown C	25 oz	52 fl oz	25 portions	30 min.
Short Grain Brown C	25 oz	65 fl oz	25 portions	35 min.
Long Grain Parboiled Brown A	25 oz	58 fl oz	25 portions	45 min.
Long Grain Parboiled Brown/White 50:50 Mix B	25 oz	50 fl oz	25 portions	38 min.

DIRECTIONS

1. For rice types starred (*) above, wash rice in cold water until water runs clear.
2. Combine rice and cold water in 6-quart saucepan, uncovered.
3. Bring to boil, and reduce to simmer.
4. Use the letter guide next to each rice type for further cooking instructions:
 - A.** Stir occasionally.
 - B.** Stir occasionally for first 15 minutes; then cover to finish; let rest 15 minutes.
 - C.** Stir occasionally; cover and let rest 15 minutes.
 - D.** Stir occasionally until ¾ cooked; cover and let rest 15 minutes.
5. Fluff rice before serving.

Commercial Microwave (1000-Watt)

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½-CUP SERVINGS)	COOK TIME
Long Grain White*	25 oz	50 fl oz	25 portions	12 min.
Medium Grain White*	25 oz	50 fl oz	25 portions	18 min.
Short Grain White*	25 oz	50 fl oz	25 portions	15 min.
Long Grain Parboiled White	25 oz	50 fl oz	25 portions	12 min.
Long Grain Brown	25 oz	50 fl oz	25 portions	27 min.
Medium Grain Brown	25 oz	50 fl oz	25 portions	24 min.
Short Grain Brown	25 oz	50 fl oz	25 portions	36 min.
Long Grain Parboiled Brown	25 oz	50 fl oz	25 portions	18 min.
Long Grain Parboiled Brown/White 50:50 Mix	25 oz	50 fl oz	25 portions	18 min.

DIRECTIONS

1. For rice types starred (*) above, wash rice in cold water until water runs clear.
2. Cover rice with hot (125°F) tap water in 4-quart microwave-safe dish.
3. Cook on high in 3- to 6-minute intervals, stirring between each cycle.
4. Once rice is cooked, allow to rest for 10 minutes.
5. Fluff rice before serving.

Combination Oven

TYPE OF RICE	DRY RICE AMOUNT	WATER AMOUNT	YIELD (½-CUP SERVINGS)	COOK TIME
Long Grain White*	25 oz	50 fl oz	25 portions	25 min.
Medium Grain White*	25 oz	40 fl oz	25 portions	25 min.
Short Grain White*	25 oz	40 fl oz	25 portions	25 min.
Long Grain Parboiled White	25 oz	50 fl oz	25 portions	20 min.
Long Grain Brown	25 oz	50 fl oz	25 portions	35 min.
Medium Grain Brown	25 oz	50 fl oz	25 portions	55 min.
Short Grain Brown	25 oz	50 fl oz	25 portions	35 min.
Long Grain Parboiled Brown	25 oz	50 fl oz	25 portions	25 min.
Long Grain Parboiled Brown/White 50:50 Mix	25 oz	50 fl oz	25 portions	45 min.

DIRECTIONS

1. For rice types starred (*) above, wash rice in cold water until water runs clear.
2. Preheat oven to 325°F.
3. Combine rice and hot (125°F) tap water in 4" half-size steam table pan; stir.
4. Cover pan; place in oven.
5. Bake for time indicated in chart until rice is tender and water is absorbed.
6. Remove pan from oven; let stand 15 minutes.
7. Remove cover; fluff rice before serving.

US-grown rice helps meet healthy eating guidelines!

Rice is a healthy, wholesome food that fits with the nutrition recommendations of both the **US Dietary Guidelines for Americans** and the **National School Lunch and School Breakfast Program**, and meets the need to include more servings of whole grains. In fact, brown, black, red and wild rice varieties are 100% whole grain. Rice partners well with nutrient-rich vegetables, fruit and proteins; it's a healthy source of calories and fiber, too.

Rice is:

- ✓ Low in calories, with just a trace of fat
- ✓ Cholesterol and sodium free, has no trans fats and is naturally gluten free
- ✓ Nutrient dense, contributing more than 15 vitamins and minerals
- ✓ A complex carbohydrate, providing energy for the body and the brain



Make the smart, nutritious choice—with rice.

Students and teachers alike give rice high marks for flavor, appeal and meal variety. Now, whole-grain brown, black, red and wild rices are adding unique new tastes to school meals. Rice helps you meet the culturally influenced culinary preferences of many students, while providing a healthy and wholesome foundation for meals.

It's easy to plan, prepare and serve rice, stretching food dollars to help balance lower-cost ingredients with higher-cost proteins. And quicker-cooking brown rice is available to shorten preparation time. Brown rice has a delicious nutty flavor and holds up well when cooked, adding distinctive texture and color to school meals.

Rice helps you show students that healthy food tastes great!

www.menurice.com

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