

LEFTOVER RICE MENUING GUIDE

A HIDDEN RESOURCE LYING IN PLAIN SIGHT



Don't take leftover rice for granted—use it to increase profits and reduce waste. Learn how you can transform your menu with leftover rice.



TOP 3 REASONS TO USE LEFTOVER RICE



1

INCREASE PROFITS



Go from in the **red** to seeing **green**. Utilize cooked rice that was once destined for the trash and transform it into new, exciting dishes that your customers will love.

\$162 billion =

How much the restaurant industry spends every year in costs related to wasted food

RTS, "Food Waste in America in 2020: Statistics + Facts."

“Upcycling” has been on the rise recently with consumers and operators, and for good reason. Finding innovative ways to use perfectly good ingredients that may have been discarded—like leftover rice or “ugly” produce—can carve away at the billions of pounds of food wasted each year.

40% of the U.S. food supply
is wasted each year

RTS, “Food Waste in America in
2020: Statistics + Facts.”



2

REDUCE FOOD WASTE

3

OFFER SUPERIOR FLAVOR AND TEXTURE



Believe it or not, certain dishes actually perform better with day-old rice because it has time to dry out. Leftover rice not only keeps its texture during the cooking process, but it also absorbs more flavor.



RTS, "Food Waste in America in 2020: Statistics + Facts."

CHEF TIPS FOR USING LEFTOVER RICE



LEFTOVER RICE IS IDEAL FOR...



FRIED RICE, or any dish that requires adding flavors and ingredients to plain rice.



BURGERS, MEATBALLS, AND FILLINGS. Leftover rice makes a fantastic binder for meat- and plant-based burgers, meatballs, and fillings for items such as stuffed peppers.



RICE TOTS. Repurpose rice by forming it into bite-size pieces and frying them. Serve the tots as a simple side or use them as the base for a loaded appetizer.



RICE PUDDING. Simply combine rice with milk, sugar, and cinnamon and cook down to make a comforting dessert.

Loaded tots are
up 183% on
menus over the
past 4 years

PRACTICAL CONSIDERATIONS





STORAGE

Cooked rice that is properly cooled and stored can be held for up to 7 days.

REHEATING

Any leftover food must be reheated to 165°F for a minimum of 15 seconds before being consumed.

VARIETIES

- ✓ Long grain rice is better for applications like fried rice, fillings, or rice pudding.
- ✓ Short and medium grain rice is better for applications such as rice tots or congee.



COOKING TECHNIQUES

- ✓ **Microwave:** Microwaved rice should be consumed immediately.
- ✓ **Sauté:** Use high heat.
- ✓ **Fry:** Perfect for rice tots or making puffed rice.
- ✓ **Steam:** Best for short grain rice with a higher starch content. Be sure to soak the rice prior to steaming.
- ✓ **Bake:** Cover rice to keep it from drying out and burning.

FOOD SAFETY NOTE

Consumption of improperly held and cooled rice can lead to germination of dangerous bacteria that can lead to a foodborne illness. Please refer to your county's guidelines for proper cooling procedures.

RECIPE IDEAS

MAKE THE MOST OF YOUR
LEFTOVER RICE WITH THESE
DELICIOUS RECIPES, ALL
FEATURING U.S.-GROWN RICE.





TERIYAKI MEATBALLS AND JASMINE RICE BOWL

Featuring U.S.-Grown Jasmine Rice

Pork meatballs pan-seared in a skillet, baked to perfection, coated in an irresistible sticky-sweet teriyaki sauce. Serve them over a bed of jasmine rice along with crunchy veggies of your choice.

CHEF INSIGHT: Aromatic jasmine rice does double duty here—it acts as a great binder for the meatballs and serves as a wholesome grain base.



Rice bowls tend to travel well and are ideal for your delivery and takeout menu.



RICE BURGER WITH SWEET POTATO AND MUSHROOM

Featuring U.S.-Grown Brown Rice

Topped with crispy shallots and spicy mayo that gets a kick from adobo peppers, this veggie burger is tasty and filling enough to please any diner.

CHEF INSIGHT: Brown rice helps to create a satisfying texture that rivals that of an animal protein burger.



These burgers are a welcome choice for consumers who want a plant-based burger made with wholesome, fresh, home-grown ingredients.



CONGEE WITH SPINACH AND SHIITAKE

Featuring U.S.-Grown Long Grain White Rice

Try our take on traditional Chinese-style porridge, or congee, a comforting and creamy dish that is infinitely customizable. Here, shiitake mushrooms and spinach make this a veggie-forward option.

CHEF TIP: Use this same technique but with milk, sugar, and cinnamon to make rice pudding.



“Congee is a blank canvas. You can do whatever you want with it.” – Chef Mei Lin

Eater, “Order the Congee: Chefs Around the Country Are Turning to Porridge to Show Diners Who They Are,” Jan. 22, 2019, by Hillary Dixler Canavan.



CHEESY BACON RICE TOTS

Featuring U.S.-Grown Long Grain Rice

Switch up your appetizer menu with these rice-based fried tots made with bacon, cheddar, green chili hot sauce, and long grain rice, served with flavorful black pepper aioli on the side.

CHEF TIP: Be sure to press the rice mixture overnight before cutting into tots to ensure they stay together.



Try offering these tots in a game-day bundle with wings or sliders.

BROWN RICE AVOCADO TOAST

Featuring U.S.-Grown Brown Rice

Swap the sourdough for rectangles of fried or seared brown rice, topped with creamy avocado, radish, marinated mushrooms, and farmer's cheese.

CHEF TIP: Once cut out, you can either deep-fry the rectangles or sear them on the flat top to keep the inside extra tender.



Avocado toast is up a staggering **777%**
on menus over the past 4 years.

Datassential MenuTrends, U.S. menu penetration
growth 2016-2020.



CHICKEN GREEN ONION FRIED RICE

Featuring U.S.-Grown Long Grain Rice

Fried rice featuring brined chicken thighs, onions, peas, and gochujang, topped with freshly chopped scallions and served with a soy-chili sauce.

CHEF TIP: Let the other ingredients cook and heat up before adding the rice to avoid overcooking it. Add any flavoring sauce just prior to plating.



Use whatever you have on hand to whip up a signature fried rice that travels well.

ADD U.S.-GROWN RICE TO YOUR MENU!

Did you know that American rice farmers grow more than 80% of the rice we eat in the U.S.? Visit thinkrice.com to learn more about U.S. rice farming, sustainability efforts, and sourcing, plus find more recipes like these.

RICE TO THE RESCUE!

We encourage independent operators to request a Rice to the Rescue kit, including a 10-pound bag of rice and an Aroma commercial rice cooker. Enter your information at thinkrice.com/rescue. Available while supplies last.

