

Dallas Independent School District
 Child Nutrition

Recipe Instructions

LE-18 VEGETARIAN FRIED RICE BOWL

Photo:



Served by Site	Servings	Serving Size	Portion Size	Scoop
	100 Portions	PK-12	1 (1 ½ Cups)	3, #8 Dippers

Steps and Instructions

Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
				<p>Step 1: Pre-preparation Instructions (2-3 Days before):</p> <p>Instructions: 1. Remove frozen eggs from the freezer and place in the cooler. For faster thawing time, remove cartons from case. Only thaw amount intended to be used.</p>

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Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
				Step 2: Pre-preparation Instructions (1 Day before): Instructions: 1. Take frozen vegetables out the freezer and place in cooler.

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Percent of Total Weight	Ingredient Description	Total Weight	Measures	Instructions
8.56%	RICE, BROWN	4 lb .903 oz	1 1/4 gal	<p>Step 3: Preparation Instructions (Day of Service):</p> <p>Instructions: Reminder for Hot Food: all equipment is slightly different; because of this, your cooking times may vary. Check doneness by looking at color, texture and temperature.</p> <ol style="list-style-type: none"> Gather all ingredients and equipment. <p>~ Cook Rice – Steamer Method:</p> <ol style="list-style-type: none"> Preheat Steamer. To EACH 2" steam table pan, add the following. Stir once: <ul style="list-style-type: none"> 4 cups brown rice 6 cups water (if cooking rice in oven use 8 cups water) 1 tsp black pepper 1 tsp granulated garlic 2 tsp salt Steam uncovered for about 50 minutes or until almost all of the water is absorbed. Fluff rice with a spoon, then add 1 lb of frozen vegetables to EACH pan. Cook rice and vegetables for 2-3 more minutes in the steamer. <p>~ Cook Eggs – Oven Method:</p> <ol style="list-style-type: none"> Preheat oven to 350 F. Pour eggs into a bowl. Whisk until mixture is smooth. Generously coat a 2" steam table pan with non-stick spray. Pour 6 cups of liquid egg into your prepared 2" steam table pan. Cook for 7-9 minutes until egg is fully set and reaches an internal temp of at least 160 F. Remove eggs from oven. Use a spoon or spatula to break up eggs into bite size pieces. <p>~ Combine:</p> <ol style="list-style-type: none"> Add eggs to rice and mix well. Cover and hot hold above 135 F until time of service.
33.51%	WATER. TAP	15 lb 13.998 oz	1 3/4 gal + 2 cup	
0.16%	SPICE, PEPPER, BLACK, GROUND	1.217 oz	0 cup + 5 tbsp	
0.23%	SPICE, GARLIC, GRANULATED	1.711 oz	0 cup + 5 tbsp	
0.28%	SPICE, SALT, IODIZED	2.116 oz	3 1/3 tbsp	
10.56%	VEGETABLE BLEND	5 lb	5 lb	
33.51%	EGGS, FROZEN	15 lb 13.968 oz	1 3/4 gal + 2 cup	
13.19%	BOWL, BLACK, 16 OZ	6 lb 4 oz	100 ea	

Food Contributions for Serving Size: PK-12

Meat / Meat Alternate	3 oz eq.	Grains (Whole Grain-Rich)	2 oz eq.
Comments:	Vegetarian Chef Inspired		

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Production Notes:

Leftovers: If cooled down using proper HACCP technique, product may be reheated to 165 F and served the next day only. Check product quality before adding to the serving line.
Base Recipe Yields: 20 servings