

**CEREALS AND PASTA PRODUCTS No.E 005 00**  
**STEAMED RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
148 cal	32 g	3 g	1 g	0 mg	214 mg	26 mg

**Ingredient**

RICE, LONG GRAIN  
WATER, COLD  
SALT  
OIL, SALAD

**Weight**

8-1/2 lbs  
23 lbs  
1-7/8 oz  
1-1/2 oz

**Measure**

1 gal 1-1/4 qts  
2 gal 3 qts  
3 tbsp  
3 tbsp

**Issue**

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer 20 to 25 minutes. DO NOT STIR.
- 3 Remove from heat; transfer to shallow serving pans.

**Notes**

- 1 In Step 2, rice may be baked in a 350 F. convection oven, 35 to 40 minutes on high fan, closed vent.