

CEREALS AND PASTA PRODUCTS No.E 005 03
LONG GRAIN AND WILD RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
168 cal	34 g	7 g	1 g	0 mg	7 mg	12 mg

Ingredient

RICE, LONG GRAIN & WILD
 WATER, COLD
 OIL, SALAD

Weight

10-1/8 lbs
 25-1/8 lbs
 1-1/2 oz

Measure

1 gal 3-1/8 qts
 3 gal
 3 tbsp

Issue

Method

- 1 Combine rice mix, water 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. CCP: Hold for service at 140 F. or higher.