

SHRIMP FRIED RICE

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
234 cal	29 g	12 g	7 g	90 mg	502 mg	46 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
RICE, LONG GRAIN	7-1/3 lbs	1 gal 1/2 qts	
WATER, BOILING	18-3/4 lbs	2 gal 1 qts	
SALT	1-2/3 oz	2-2/3 tbsp	
OIL, SALAD	1 oz	2 tbsp	
ONIONS, FRESH, CHOPPED	2-1/2 lbs	1 qts 3 cup	2-3/4 lbs
PEPPERS, GREEN, FRESH, CHOPPED	1-1/2 lbs	1 qts 1/2 cup	1-7/8 lbs
CELERY, FRESH, CHOPPED	1-1/4 lbs	1 qts 3/4 cup	1-3/4 lbs
OIL, SALAD	5-1/8 oz	1/2 cup 2-2/3 tbsp	
EGGS, WHOLE, FROZEN	2 lbs	3-3/4 cup	
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
SHRIMP, COOKED, CHOPPED	4 lbs		
PORK, COOKED, DICED	4 lbs		
PIMIENTO, CANNED, DRAINED, CHOPPED	13-1/2 oz	2 cup	
SOY SAUCE	1 lbs	1-1/2 cup	

Method

- 1 Place equal amounts of rice, water, salt, and salad oil in well greased pans. Stir to combine.
- 2 Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent. Remove from oven. Uncover. Set aside for use in Step 4.
- 3 Combine onions, peppers and celery; saute in shortening or salad oil about 10 minutes or until tender.
- 4 Add an equal quantity of sauteed vegetables to cooked rice in each pan. Mix lightly but thoroughly.
- 5 Pour beaten eggs on lightly greased griddle. Cook until well done. DO NOT TURN. Cut into strips; add an equal amount to rice mixture in each pan.
- 6 Add equal amounts of pork, cooked chopped shrimp and pimientos to rice in each pan. Mix lightly but thoroughly.
- 7 Using a convection oven, bake 45 minutes at 350 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 8 Remove from oven; blend in 1/2 cup soy sauce per pan. CCP: Hold for service at 140 F. or higher.

Notes

- 1 In Step 6, 4 pounds diced ham may be used per 100 servings.