





Chef Brenda

Standardizing Recipes for Child Nutrition Programs



Recipe Name:	Whole Grain Brown Rice
Category:	Side
Portion Size(s):	½ cup (about 2.8 oz)
Meal Components:	1 oz eq. whole grain

Ingredients:	100 Servings	
	Weight	Measure
Long Grain Brown Rice		
Long grain brown rice, dry (1 oz per serving)	6 lbs 4 oz	3 ½ qt 2/3 c
Water, hot (0.25 c per 1 oz rice, dry)	200 fl oz	1 gal 2 qt 1 c
Cooking spray (oven method only)		1 spray
OR		
Long Grain Parboiled Brown Rice		
Long grain parboiled brown rice, dry (1 oz per serving)	6 lbs 4 oz	
Water, hot (0.2 c per 1 oz rice, dry)	160 fl oz	1 gal 1 qt
Cooking spray (oven method only)		1 spray

Oven Method:

1. Preheat oven to 350 °F.
2. For 100 servings: Spray 12" x 20" x 4" hotel/steamtable pan with cooking spray.
3. Place rice and hot water in pan. Stir to combine and cover tightly with foil.
4. **For long grain brown rice:** Bake for 1 hour 15 minutes or until water is absorbed. **For long grain parboiled brown rice:** Bake for 1 hour or until water is absorbed.
5. Serve 100 - 1/2 cup servings.

Chef Notes: Rice grown in the US is high quality and should not be rinsed to maintain nutrient values. Cooking times may vary from oven to oven. It is always best to conduct a test run for the first time.

Stockpot Method:

1. For 100 servings: Use a stockpot no smaller than 12 quarts.
2. Place rice and hot water in the stockpot. Bring to a hard boil. Stir. Cover tightly and reduce heat to low.
3. **For long grain brown rice:** Cook for 1 hour 15 minutes or until water is absorbed. **For long grain parboiled brown rice:** Cook for 45 minutes or until water is absorbed.
4. Serve 100 - 1/2 cup servings.

Chef Notes: Rice grown in the US is high quality and should not be rinsed to maintain nutrient values. Cooking times may vary from oven to oven. It is always best to conduct a test run for the first time.

Other Cooking Methods:

For steamer and rice cooker methods, refer to manufacturer's directions.

Nutrients Per One 1/2-cup Serving (Based on USDA Brown Box Long Grain Parboiled Brown Rice):

Calories	114	kcal	Total Fat	1	g	Total Dietary Fiber	1	g
Saturated Fat	0	g	Trans Fat	0	g	Protein	2	g
Sodium	3	mg	Cholesterol	0	mg			
Sugars	0	g	Carbohydrate	24	g			

Components Per One ½- cup Serving (Based on the USDA Exhibit A: Grain Requirements for Child Nutrition Programs: 1 oz eq = ½ cup cooked or 1 ounce (28 gm) dry):

Meat/Meat ALT	Grain	Vegetable(s)	Fruit	Milk
0 oz. eq.	1 oz. eq.	0 cups(s)	0 cup(s)	0 cup(s)

Group H	Ounce Equivalent (oz eq) for Group H
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) ^{6,7} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry