

Chicken Brown Rice Bowl with Vegetables

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal 1 ¾ qt			<ol style="list-style-type: none"> Boil water. Add salt (optional). Place 1 lb 9 oz brown long grain regular rice per 12" x 20" x 2 ½" steam table pan and pour 2 qt 1 ¾ cups boiling water per steam table pan. Cover pans tightly. Bake in conventional oven at 350°F for 50 minutes or steamer at 5 lb pressure for 50 minutes. Remove from oven or steamer and serve. CCP: Hold hot rice at 135°F or above. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to simmer. Cook for 3-5 minutes until thickened. Remove from heat.
Salt (optional)		1 Tbsp 1 tsp			
Brown rice, long-grain	7 lb 1 oz				
Cornstarch	9 oz	2 cups			
Water, cold		1 cup			
Soy sauce, low-sodium		1 cup			
Ground ginger		1 tsp			
Granulated garlic		¼ cup 2 Tbsp			
Ground black or white pepper		1 Tbsp 2 tsp			
Chicken stock, low sodium, non-MSG		1 gal			

Fresh carrots, peeled, ¼” chopped <i>Or</i> Carrots, frozen, sliced	11 lb 4 oz <i>Or</i> 13 lb 8 oz	2 gal 3 qt <i>Or</i> 3 gal			6. Sauté carrots in oil for 4 minutes.
Vegetable oil		1 cup			
Fresh onions, diced	2 lb 12 oz	1 qt 3 ½ cup			7. Add onions and cook for 1 minute.
Fresh broccoli chopped <i>Or</i> Frozen mixed oriental vegetables	8 lb 2 oz <i>Or</i> 9 lb 14 oz	3 gal 2 ½ qt <i>Or</i> 1 gal			8. Add broccoli and cook for 2 more minutes. Remove to steam table pan (12” x 20” x 2 ½”). For 100 servings, use 4 pans. Add salt. Keep warm.
Salt		1 Tbsp 1 tsp			
Chicken breast, skinless, boneless, raw, cut into ½” cubes <i>Or</i> Chicken, cooked, diced	17 lb 14 oz <i>Or</i> 12 lb 8 oz				9. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold above 135°F until service.
Vegetable oil		2 cups			10. Portion with 2 rounded No.10 scoops (¾ cup 1 Tbsp). Notes: <ul style="list-style-type: none"> • Can substitute ¼ cup sesame oil for ¼ cup vegetable oil to sauté chicken for each 50 servings. • Fresh vegetable mixes can be varied. • Reduce salt if using regular soy sauce. • If using frozen oriental vegetables, add to sautéed chicken in step 9.

Serving Size	1 Serving Provides	Yield
2 rounded No.10 scoops (¾ cup 1 Tbsp)	1 oz equivalent meat/meat alternate, ½ c of vegetables and 2¼ serving of grains/breads.	100 servings

Chicken Brown Rice Bowl with Vegetables, cont.

Nutrients Per Serving

Calories	318	Vitamin A	10366 IU	Iron	3.06 mg
Protein	21 g	Vitamin C	8.91 mg	Calcium	46.21 mg
Carbohydrate	37 g	Fiber	4 g	Cholesterol	52 mg
Fat	11 g	% Fat	31 %	Sodium	274 mg
Saturated Fat	2 g	% Saturated Fat	5.7 %		
