LE-18

VEGETARIAN FRIED RICE BOWL

Steps and Instructions

Percent of Total Weight | Ingredient Description | Total Weight | Measures | Instructions
--- | --- | --- | --- | ---

Step 1: Pre-preparation Instructions (2-3 Days before):

Instructions:
1. Remove frozen eggs from the freezer and place in the cooler. For faster thawing time, remove cartons from case. Only thaw amount intended to be used.
### VEGETARIAN FRIED RICE BOWL

<table>
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<tr>
<th>Percent of Total Weight</th>
<th>Ingredient Description</th>
<th>Total Weight</th>
<th>Measures</th>
<th>Instructions</th>
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**Step 2:** Pre-preparation Instructions (1 Day before):

**Instructions:**
1. Take frozen vegetables out the freezer and place in cooler.
Instructions:

Step 3:
Preparation Instructions (Day of Service):

Instructions:
Reminder for Hot Food: all equipment is slightly different; because of this, your cooking times may vary. Check doneness by looking at color, texture and temperature.

1. Gather all ingredients and equipment.

~ Cook Rice – Steamer Method:
2. Preheat Steamer. To EACH 2” steam table pan, add the following. Stir once:
   - 4 cups brown rice
   - 6 cups water (if cooking rice in oven use 8 cups water)
   - 1 tbsp black pepper
   - 1 tbsp granulated garlic
   - 2 tsp salt
3. Steam uncovered for about 50 minutes or until almost all of the water is absorbed.
4. Fluff rice with a spoon, then add 1 lb of frozen vegetables to EACH pan.
5. Cook rice and vegetables for 2-3 more minutes in the steamer.

~ Cook Eggs – Oven Method:
6. Preheat oven to 350 F.
7. Pour eggs into a bowl. Whisk until mixture is smooth.
8. Generously coat a 2” steam table pan with non-stick spray.
9. Pour 6 cups of liquid egg into your prepared 2” steam table pan.
10. Cook for 7-9 minutes until egg is fully set and reaches an internal temp of at least 160 F.
11. Remove eggs from oven. Use a spoon or spatula to break up eggs into bite size pieces.

~ Combine:
12. Add eggs to rice and mix well.
13. Cover and hot hold above 135 F until time of service.

Food Contributions for Serving Size: PK-12

<table>
<thead>
<tr>
<th>Meat / Meat Alternate</th>
<th>Grains (Whole Grain-Rich)</th>
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<tbody>
<tr>
<td>3 oz eq.</td>
<td>2 oz eq.</td>
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Comments:
Vegetarian
Chef Inspired
LE-18  VEGETARIAN FRIED RICE BOWL

Production Notes: Leftovers: If cooled down using proper HAACP technique, product may be reheated to 165 F and served the next day only. Check product quality before adding to the serving line. Base Recipe Yields: 20 servings