

Fried Rice

Meal Components: Vegetable, Grains, Meat / Meat Alternate

B-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ cup	1. Heat oil. Add onions. Cook for 3-5 minutes.
*Fresh onions, chopped	8 oz	1 ½ cups	1 lb	2 ½ cups	
OR	OR	OR	OR	OR	
Dehydrated onions	1 ½ oz	¾ cup	3 oz	1 ½ cups	
Frozen whole eggs, thawed	2 lb 13 oz	1 qt 1 ½ cups	5 lb 10 oz	2 qt 2 ½ cups	2. Add eggs. Cook over medium heat, stirring frequently, for 10-15 minutes or until set.
OR		OR		OR	
Fresh large eggs (see Special Tip)		26 each		52 each	
*Cooked brown rice	11 lb 13 oz	1 gal 3 ¼ qt	23 lb 10 oz	3 gal 2 ½ qt	3. For cooked rice, use Cooking Rice recipe (see B-03). Combine rice, peas, soy sauce, and carrots. Pour into medium steamtable pans (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Frozen peas	1 lb 2 oz	2 ¾ cups	2 lb 4 oz	1 qt 1 ½ cups	
Low-sodium soy sauce		1 ½ cups		2 ½ cups	
Frozen diced carrots	1 lb 2 oz	2 ¾ cups 2 Tbsp	2 lb 4 oz	1 qt 1 ¾ cups	

5. Bake: Convection oven: 325° F for 25 minutes
Conventional oven: 350° F for 35 minutes CCP:
Heat to 165° F or higher for at least 15 seconds.
6. CCP: Hold for hot service at 135° F or higher.
Portion with 6 oz portioning spoon (¾ cup).

Notes

*See Marketing Guide.

Special Tip:

For 50 servings, use 13 oz (1 qt ¾ cup) dried whole eggs and 1 qt ¾ cup water in place of eggs.

For 100 servings, use 1 lb 10 oz (2 qt ¾ cup) dried whole eggs and 2 qt ¾ cup water in place of eggs.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Brown rice, medium grain	4 lb 5 oz	8 lb 10 oz
Brown rice, long grain	3 lb 14 oz	7 lb 12 oz
Brown rice, long grain parboiled	4 lb 3 oz	8 lb 6 oz

Serving	Yield	Volume
3/4 cup (6 oz portioning spoon) provides 1 oz equivalent meat alternate, 1/8 cup additional vegetable, and 1 oz equivalent grains.	50 Servings: about 17 lb	50 Servings: about 2 gallons 1 ½ quarts 2 steamtable pans
	100 Servings: about 34 lb	100 Servings: about 4 gallons 3 quarts 4 steamtable pans