

Rice Pilaf



Recipe Rating	
Total Time	55 Minutes
Cooking Time	30 Minutes
Total Labour	25 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spatula
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (73g) / par 1 serv (73g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories	30
Fat / Lipides 0g	0%
Saturated / satures 0g	
+ Trans / trans	
Cholesterol / Cholesterol	0mg
Sodium / Sodium 75mg	3%
Carbohydrate / Glucides 5g	2%
Fibre / Fibres less than 1g 3%	
Sugars / Sucres less than 1g	
Protein / Proteines	1g
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	25%
Calcium / Calcium	0%
Iron / Fer	4%

Rice Pilaf

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Rice, Long Grain	500 mL	16.9 fl oz	1 L	1.1 quarts
Chicken Stock	1 L	1.1 quarts	2 L	2.2 quarts
Green onions, sliced	100 gm	3.5 oz	200 gm	7 oz
Green Peas, Fresh (or frozen)	150 gm	5.3 oz	300 gm	10.6 oz
Red Pepper, Fresh, Diced	150 gm	5.3 oz	300 gm	10.6 oz
Parsley, Finely Chopped	25 gm	0.9 oz	50 gm	1.8 oz

Method



1. Wash green onions and slice. Shell and wash green peas. Wash and remove core from red peppers. Dice red peppers. Wash and chop parsley.



2. Combine all ingredients evenly in a ½ size- 2" deep production pan that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil.

Place pan in Multigen for 30 minutes.



3. Bulk: remove covering once cooked and serve.

Serve hot.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

Cold Plating: allow to cool and plate alone or as a side dish. Place on the hot side of the tray prior to service.

Garnish: **n/a**

Food Accompany: **Serve with any suitable protein dish**