

Teriyaki Rockfish Rice Bowl

HACCP Process: #2 Same Day Service

Yield: 50 servings

Size of Portions: 1 cup brown rice with ½ cup vegetables and 2 ounces cooked rockfish



Crediting Information per serving: 2 oz equivalent Meat/Meat Alternate; 2 oz equivalent Grains; ½ cup Vegetables (1/4 cup dark green subgroup, 1/8 cup red/orange subgroup, 1/8 cup other subgroup)

INGREDIENTS	50 SERVINGS		DIRECTIONS
	Weight	Measure	
Rice, brown, long grain, parboiled, dry	5 lbs 8 oz		Combine rice and hot water in two 4-inch deep full-size pans, taking care to avoid burns from hot water; cover and place in preheated 350 degree F oven. Cook for 45 minutes; stir and check to see if rice is fully cooked. If necessary, cook 5-10 minutes longer until rice is fully cooked. CCP: Cook to an internal temperature of 165 degree F for 15 seconds. CCP: Hold hot at 135 degrees F or above.
Water, hot, nearly boiling		2 gal	
Rockfish fillets, uncooked, frozen, thawed, 2.9 oz each	9 lb		Cut rockfish fillets into 2.9 ounce portions and place into a 2-inch steamtable pan sprayed with vegetable oil. Leave one inch of space between each piece.
Teriyaki sauce, commercially prepared lower sodium for school nutrition programs	5 lb	Approx. 2 quarts	Measure out 14 fluid ounces of teriyaki sauce, and set aside the remaining sauce. Distribute 14 fluid ounces of teriyaki sauce evenly over each piece of rockfish, and spread to coat the top of each piece. CHEF'S TIP: Fish cooks quickly. Wait to cook fish and vegetables until after rice is fully cooked. If planning in advance cooking, cold hold uncooked fish and vegetables at 41 degrees F or lower. Cook to the line in batches; adjust pan sizes as needed. Limit hot holding time for fish and steamed vegetables for best product.

INGREDIENTS	50 SERVINGS		DIRECTIONS
	Weight	Measure	
			Bake rockfish in a pre-heated 350 degrees F convection oven for about 15 minutes, until the internal temperature reaches 145 degrees F. CCP: Cook to an internal temperature of 145 degrees F for 15 seconds. Do not overcook the rockfish. CCP: Hold hot at 135 degrees F or above.
Red cabbage, shredded	2 lb		While fish cooks, place perforated pan in a full-size steam table pan. Place shredded cabbage in pan. Cover with shredded carrots, evenly distributing over cabbage. Cover carrot layer evenly with frozen broccoli florets. Steam for 7 to 10 minutes or until vegetables are tender and crisp. CCP: Cook to an internal temperature of 135 degrees F. CCP: Hold hot at 135 degrees F or above.
Carrots, shredded	2 lb 4 oz		
Broccoli florets, frozen (includes USDA Foods)	3 lb 10 oz		
			Heat the reserved teriyaki sauce to 165 degrees F and transfer to a pan for holding hot on the line. CCP: Hold hot at 135 degrees F or above.

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To assemble on serving line, build a rice bowl with:

- Two #8 scoops of rice (1 cup total)
- ½ cup (4 fl. oz.) slotted spoodle of steamed vegetables
- 2 oz cooked rockfish (one 2.9 oz portion, cooked)
- 1 oz teriyaki sauce



Approximate Nutrient Analysis Per Full Serving: 356 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 876 mg sodium, 49 g carbohydrates, 4 g dietary fiber, 25 g protein