



Masala Fried Brown Rice & Quinoa

Vibrant vegetable fried rice and quinoa side dish with warm Indian spices.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
California Department of Education

Preparation Time: 1 hour 45 minutes

Cook Time: 45 minutes

NSLP/SBP crediting information:

8 oz spoodle provides 2 oz grains and ¼ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Coriander, ground	3 oz		6 oz		<ol style="list-style-type: none"> 1. Prepare curry spice mix in advance. Weigh all the ground spices. Mix well in a large mixing bowl. Yield: 1 pound. Store in airtight containers with name and date labels. Store in a dry place.
Turmeric, ground	2 ⁴ / ₅ oz		5 ³ / ₅ oz		
Chili powder	2 ² / ₅ oz		4 ⁴ / ₅ oz		
Cumin, ground	1 ³ / ₅ oz		3 ¹ / ₅ oz		
Paprika, Spanish	1 ² / ₅ oz		2 ⁴ / ₅ oz		
Salt, kosher, Diamond-brand flake	1 ² / ₅ oz		2 ⁴ / ₅ oz		
Fennel, dry, ground	⁴ / ₅ oz		1 ³ / ₅ oz		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS	
	Weight	Measure	Weight	Measure		
Black pepper, ground, coarse	3/5 oz		1 1/5 oz			
Garlic, granulated	3/5 oz		1 1/5 oz			
Ginger, ground	2/5 oz		4/5 oz			
Cayenne pepper, ground	2/5 oz		4/5 oz			
Cardamom, ground	3/10 oz		3/5 oz			
Cinnamon, ground	1/5 oz		2/5 oz			
Clove, ground	1/10 oz		1/5 oz			
Long grain brown rice, parboiled, dry	3 lb 8 oz	1 qt 3 1/2 cups	7 lb	3 qt 3 cups		<p>To Prepare Masala Fried Brown Rice:</p> <ol style="list-style-type: none"> Preheat conventional oven or convection oven to 350 °F. In a stock pot, add water, salt, curry spice mix, and turmeric powder, and stir well. Place brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, divide rice evenly into two pans. For 100 servings, divide rice evenly into four pans. Divide liquid from stock pot into steam table pans evenly and stir well. Cover pans tightly. Bake in conventional oven at 350 °F for 45 minutes or convection oven at 350 °F for 40 minutes. Remove from oven. Fluff rice. Set aside. <p>Critical Control Point: Heat rice to 135 °F or higher. Hold for hot service at 135 °F or higher.</p>
Water		3 qt 2 1/2 cups		1 gal 3 qt 1 cup		
Curry spice mix		1 Tbsp		2 Tbsp		
Turmeric, ground		1 tsp		2 tsp		
Salt, kosher		1 tsp		2 tsp		



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Quinoa, dry	3 lb 8 oz	1 qt 3 ½ cups	7 lb	3 qt 3 cups	<p>To Prepare Quinoa:</p> <p>7. Rinse quinoa in a fine-mesh strainer until water runs clear, not cloudy.</p> <p>8. Combine quinoa, salt, curry spice mix, turmeric powder, and water in a stockpot. Stir well and bring to a boil. Cover stockpot.</p> <p>9. Reduce heat and simmer until water is completely absorbed, about 10-15 minutes.</p> <p>10. When done, quinoa will be soft, and a white ring will pop out of the kernel. The white ring will appear only when it is fully cooked. Remove from heat. Fluff quinoa. Set aside.</p> <p>Critical Control Point: Heat quinoa to 135 °F or higher. Hold for hot service at 135 °F or higher.</p>
Curry spice mix		1 Tbsp		2 Tbsp	
Turmeric, ground		1 tsp		2 tsp	
Salt, kosher		1 tsp		2 tsp	
Water		1 gal		2 gal	
Olive oil		⅓ cup		⅔ cup	<p>11. Heat a sauté pan and add olive oil.</p> <p>12. Add diced onions to sauté pan. Sauté onions uncovered for 8 minutes over medium heat or until translucent.</p> <p>13. Add frozen peas and carrots to sauté pan. Cook for 6 minutes.</p> <p>14. Add curry spice mix, turmeric powder (optional), and salt to vegetable mixture and stir well.</p> <p>15. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced, stirring frequently.</p> <p>16. Transfer mixture to large stock pot.</p> <p>17. Fold in cooked and fluffed rice and quinoa.</p>
*Onion, yellow, fresh, diced, ¼-inch pieces	14 oz	2 ¾ cups	1 lb 12 oz	1 qt 1 ½ cups	
Peas and carrots, frozen	4 lb	2 qt 3 cups	8 lb	1 gal 1 qt 2 cups	
Curry spice mix		2 tsp		1 Tbsp 1 tsp	
Salt, kosher		¾ tsp		1 ½ tsp	
Turmeric, ground (optional)		1 tsp		2 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>18. For service, place in one 12" x 20" x 4" steam table/hotel pan. For 50 servings, use one pan. For 100 servings, use two pans.</p> <p>19. Hold for service. Critical Control Point: Heat to 135 °F or higher. Hold for hot service at 135 °F or higher.</p> <p>20. Portion one 8 oz spoodle per serving.</p>



**MASALA FRIED RICE AND QUINOA
NUTRITION INFORMATION**

For one 8 oz spoodle

NUTRIENTS	AMOUNT
Calories	269
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Total Fat	4.6 g
Saturated Fat	0 g
Cholesterol	0 g
Sodium	106 mg
Total Carbohydrate	49 mg
Dietary Fiber	5 g
Total Sugars	0 g
Added Sugars included.	N/A
Protein	9 g
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Vitamin A	3484 IU
Vitamin C	5 mg
Vitamin D	N/A
Calcium	28 mg
Iron	3 mg
Potassium	N/A

N/A=data not available.

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Onion, Yellow	1 lb 4 oz	2 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Equipment Needed: Kitchen scale, large mixing bowl, measuring spoons, measuring cups, large stock pots; sealable small container for spice storage, steam table/hotel pans 12" x 20" x 2 1/2" (4 pans for 50 servings, 8 pans for 100 servings), fine mesh strainer, sauté pan, steam table/hotel pans 12" x 20" x 4" (one pan for 50 servings and two pans for 100 servings); 8 oz spoodles.

Menu Category: Side Dish

Flavor Profile: Global Cuisine, Indian or Asian Fusion, Hot Plate

Serving Suggestions: Serve as a side dish to Butternut Squash and Tofu and Veggie Curry with Kachumber Salad to make a Curryfornia bowl.

Cooking Process #3: Complex Food Preparation

For large quantities, quinoa can be prepared in the oven using steam table pans. Cover pans tightly. Bake in conventional oven at 350 °F for 35 minutes or in a convection oven at 350 °F for 30 minutes.

The food safety temperatures are based on the FDA Food Code. Some information included may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

YIELD/VOLUME

50 Servings	100 Servings
About 21 lb 13 oz About 4 gal	About 43 lb 10 oz About 8 gal

