



Spicy Tuna Fusion Bowl

A nourishing Asian inspired bowl served as a main dish. The bowl is filled with lettuce and brown sushi rice and topped with spicy canned tuna, local radishes, sliced carrots, and cucumbers.

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

Preparation Time: 30 minutes

Cook Time: 50 minutes

NSLP/SBP crediting information:

1 bowl (1 cup rice, ¼ cup tuna, 1 ⅛ cup vegetables) provides ⅛ cup dark green vegetable, ¼ cup red/orange vegetable, ⅝ cup other vegetable, and ⅛ cup additional vegetable, 2 oz eq meat/meat alternate, 2 oz eq grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar	12 oz	1 ¾ cups	1 lb 8 oz	3 ½ cups	<p>To Prepare Vinegar Mixture in Advance</p> <ol style="list-style-type: none"> 1. Combine sugar and rice vinegar in a saucepan. Heat the mixture over medium and stir occasionally until the sugar dissolves. 2. Allow vinegar mixture to cook for 5 minutes, and then store in the refrigerator until brown rice is cooked. <p>Critical Control Point: Hold for cold service at 41°F or below.</p>
Rice vinegar	1 lb 6 ½ oz	2 ⅔ cups	2 lb 13 oz	5 ⅓ cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long grain, parboiled, dry	6 lb 8 oz	1 gal	13 lb	2 gal	<p>To Prepare Sushi Rice</p> <ol style="list-style-type: none"> 3. Preheat conventional oven to 350 °F or convection oven to 325 °F. 4. Place 8 cups of brown rice in each half-size steam table/hotel pan (No. 204 pan; 12" x 10" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 5. In a large stock pot over medium-high heat, bring water to a boil. 6. Pour boiling water (1 gallon per 204 pan) over brown rice. Stir. Cover pans tightly with lids or aluminum foil. 7. Place pans in oven and bake for 50 minutes if using a conventional oven and 40 minutes for a convectional oven. Critical Control Point: Cook to internal temperature of 135 °F or higher. 8. Remove cooked rice from the oven and let stand for 5 minutes. 9. Add chilled vinegar mixture to rice (about 12 oz per pan). Stir (do not overmix) with a silicone spatula. Rice will appear wet but will dry as you lightly stir to release heat. Cover with foil. 10. Fill a full-sized steam table/hotel pan (12" x 20" x 4") with crushed ice and water to create an ice bath and place cooked rice over ice to cool. Allow to sit for 10 minutes.
Water		2 gal		4 gal	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>11. Remove from ice and place in the refrigerator until assembly.</p> <p>Critical Control Point: Hold the rice mixture at 41 °F or below within 4 hours.</p>
Tuna, canned, chunk light, water packed, no salt	8 lb 5 oz	2 66 ½ oz cans	16 lb 10 oz	4 66 ½ oz cans	<p>To Prepare Spicy Tuna</p> <p>12. Drain the canned tuna and place in a large mixing bowl.</p>
Mayonnaise, light	1 lb 1 ⅜ oz	2 cups	2 lb 3 ⅜ oz	1 qt	<p>13. Add mayonnaise, sriracha sauce, and sesame oil to the tuna and mix thoroughly. Cover and place in the refrigerator until assembly.</p> <p>Critical Control Point: Hold the tuna mixture at 41 °F or below until service.</p>
Sriracha sauce	1 lb 6 oz	2 cups	2 lb 12 oz	1 qt	
Sesame oil	¼ lb	½ cup	½ lb	1 cup	
*Romaine lettuce, fresh, shredded	2 lb	1 gal 2 qt 1 cup	4 lb	3 gal 2 cups	<p>To Assemble Bowl</p> <p>14. Scoop 1 cup (using a No. 4 scoop) of sushi rice to one side of a 16 oz pulp bowl and ½ cup of lettuce to the opposite side.</p>
*Cucumbers, fresh, slices	4 lb 12 oz	3 qt ½ cup	9 lb 8 oz	1 gal 2 qt 1 cup	<p>15. Using one No. 16 scoop (¼ cup), place spicy tuna mixture over rice.</p>
*Radishes, fresh, slices	3 lb 4 oz	3 qt ½ cup	6 lb 8 oz	1 gal 2 qt 1 cup	<p>16. Garnish bowl with ¼ cup each cucumber and radish slices, and shredded carrots.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Carrots, fresh, grated	2 lb 12 oz	3 qt ½ cup	5 lb 8 oz	1 gal 2 qt 1 cup	
*Jalapeños, fresh, sliced	1 lb	3 ¼ cups	3 lb 8 oz	1 qt 2 ½ cups	17. Place 1 Tbsp jalapeño rounds on a scoop of tuna and add 1 tsp of sriracha on top of jalapeños.
Sriracha sauce	11 ½ oz	1 cup 2 tsp	1 lb 7 oz	2 cups 1Tbsp 1 tsp	18. To hold for service, refrigerate the Spicy Tuna Fusion Bowl. Critical Control Point: Hold for cold service at 41 °F or below. 19. Serve one 16 oz pulp bowl with 1 cup sushi rice, ¼ cup spicy tuna, and 1 ⅛ of cup vegetables.



SPICY TUNA FUSION BOWL
NUTRITION INFORMATION

For one 16 oz bowl (1 cup rice, ¼ cup tuna, 1 ⅛ cup vegetables)

NUTRIENTS **AMOUNT**
Calories **432**

Total Fat	8 g
Saturated Fat	1 g
Cholesterol	17 mg
Sodium	369 mg
Total Carbohydrate	68 g
Dietary Fiber	5 g
Total Sugars	13 g
Added Sugars included	13 g
Protein	21 g

Vitamin A	6709 IU
Vitamin C	10 mg
Vitamin D	N/A
Calcium	46 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
Romaine Lettuce	3 lb 2 oz	6 lb 4 oz
Radishes	3 lb 8 oz	7 lb
Jalapeños	1 lb 1 oz	2 lb 2 oz

NOTES

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

Category: Popular Cuisine, Asian Fusion, main dish
Serving Suggestion: Serve with a packet of Asian Sesame Dressing (Marzetti).
Cooking Process #2: Same Day Service

Equipment Needed: measuring cups, measuring spoons, saucepan, ½ steam table/hotel pans 4” deep or 204 pans with lids (2 each for 50 servings, 4 each for 100 servings), large stock pot, 2 each full steam table/hotel pans, silicone spatula, steam table/hotel pans 4” deep (1 for 50 servings and 2 for 100 servings), large mixing bowl, mixing spoon, 8 oz scoop, No.16 scoop, and No. 4 scoop

The food safety temperatures are based on the FDA Food Code. Some information included in this guide 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 22 lb 4 oz brown rice	About 44 lb 8 oz brown rice
About 6 lb 4 oz tuna	About 12 lb 8 oz tuna
About 3 gal 2 cups brown rice	About 6 gal 1 qt brown rice
About 3 qt ½ cup tuna	About 1 gal 2 qt 1 cup tuna

