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CULINARY
INSTITUTE OF
CHILD NUTRITION

CULINARY QUICK BITES

BASIC COOKING TECHNIQUES:
HOW TO STEAM BROWN RICE



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BASIC COOKING TECHNIQUES: HOW TO STEAM BROWN RICE

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The University of Mississippi, School of Applied Sciences
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Key Area: 2 – Operations

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Food Production – 2100

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TRAINING OVERVIEW

The Culinary Quick Bites training series is a tool to help child nutrition professionals develop and refine their culinary skills. Each lesson is designed to last approximately fifteen minutes. Each lesson should be facilitated (led) by the person responsible for overseeing food production at a meal site, service area, or at the district level.

Training facilitators should review the training, in its entirety, prior to conducting the training.

This training has been developed to address a variety of learning styles. The training includes an overview of the topic presented by the facilitator, an infographic to reinforce the training topic visually, a video to demonstrate the topic, and an activity to reinforce learning.

Please contact the Institute of Child Nutrition Help Desk at 1-800-321-3054 or helpdesk@theicn.org if you have any questions about how best to facilitate this training.

KEY AREA

Key Area: 2 – Operations

PROFESSIONAL STANDARDS

FOOD PRODUCTION – 2100

Employee will be able to effectively utilize food preparation principles, production records, kitchen equipment, and food crediting to prepare foods from standardized recipes, including those for special diets.

2130 – Develop culinary skills necessary for school meal preparation.

FACILITATOR'S NOTES

This training counts for 15 minutes of training credit under USDA Professional Standards learning objective 2130 – Develop culinary skills necessary for school meal preparation.

This activity helps reinforce knowledge and skills learned during this lesson. The brown rice prepared during this lesson may be included in the next day's menu production.

Before the training, prepare for the lesson activity and set up the kitchen workstation as described on page 12.

Deliver the lesson/training to participants:

- Read the lesson overview to the participants.
- Discuss the infographic and how it relates to the training topic.
- View the instruction video with participants.
- Answer any questions participants may have on the lesson, infographic, and video.

Complete the activity as instructed on page 12.

MATERIALS NEEDED



- Brown rice (amount based on the selected recipe)
- Water
- 2- or 4-inch hotel pan (depending on recipe)
- Lid (or parchment and foil)
- Other ingredients as listed in the selected recipe
- Infographic: How to Steam Brown Rice – 1 per person
- Equipment: steamer, oven, tilt skillet, or stove top
- Recipe of choice – 1 per person
 - Note: For this lesson, you will need to choose your site's steaming brown rice recipe or Cooking Rice USDA Recipe for School – [Child Nutrition Recipe Box](https://theicn.org/cnr/) (<https://theicn.org/cnr/>)
- Access to a screen to show the training video. Possible options include:
 - Site computer monitor with sound
 - Projector with sound
 - Tablets and smartphones
 - A QR code has been provided for quick access to the video on handheld devices.

LESSON OVERVIEW

OBJECTIVE:

At the end of this lesson, participants will be able to demonstrate how to steam brown rice.

GENERAL INFORMATION ABOUT BROWN RICE

- Brown rice is a whole grain, has a mild, nutty flavor and it's nutritious for all ages. There are two types of brown rice: par-boiled and standard. The difference between par-boiled and standard brown rice is that par-boiled rice has been partially cooked. This means that the cooking time for par-boiled rice is less than standard brown rice.
- You can enhance the flavor of brown rice in healthy ways by adding flavor through chicken stock, vegetable stock, seasonings, or tomato sauce.
- If you cook brown rice properly, it can be versatile and accepted by your students due to its mild flavor.
- You can batch cook brown rice to save time and increase efficiency in the kitchen.
- Pre-cooked brown rice can be reheated quickly or frozen for later use.
- To batch cook brown rice, cook it following the recipe, cool it properly, and save it in proper quantities for easy reheating.
- Brown rice can be used in different recipes like fried rice or cold grain salads.
- Brown rice can be cooked in a steamer, oven, tilt skillet, or stove top.
- It is important not to stir the rice during the cooking process or immediately after cooking, as this rough action will break the endosperm (the most commonly consumed portion of the rice grain) and cause the starch to be released during the cooking process, which will result in sticky and clumpy rice.
- Grains, just like vegetables and meat, have carry-over cook time. The product might be out of the steamer, but it is still cooking until it is able to cool down.
- It is helpful to vent the rice, as it will help to release extra water or steam pockets.
- Brown rice can be held in a warmer.
- Check the packaging on the rice to determine its cooking time.
- Commodity brown rice will often have shorter cook times.

LESSON OVERVIEW

STEPS TO STEAM BROWN RICE FOLLOWING THE RECIPE

NOTE: Follow the recipe amounts for the amount of brown rice, oil (if needed), and liquid.

- Steamer: Place brown rice and liquid in a 2- or 4-inch hotel/steam table pan. Place without a lid into the steamer and cook for 45 minutes, or until all liquid is absorbed. Remove rice from steamer and let it sit, uncovered, for 5 minutes before stirring.
- Tilt Skillet/Kettle/Stove Top: Toast brown rice in the amount of oil indicated on the recipe. Add the liquid. Bring to a boil, then turn down to medium-low to simmer, covered, for 40–45 minutes.
- Oven: To decrease cooking time, heat water to 180 °F before pouring into the hotel pan. Place brown rice in the hotel pan in a 350 °F oven, and cover with parchment paper and a lid (or foil).
 - Par-boiled rice cooking time = 30–35 min
 - Non par-boiled rice cooking time = 40–45 min

HOW TO STEAM BROWN RICE

- Utilizing the infographic, review the process for steaming brown rice.
- Review the embedded training video.

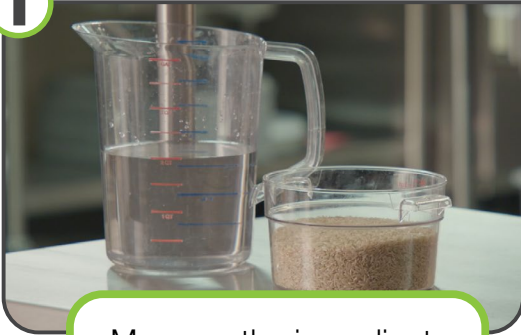
After we review the infographic and video, there will be an activity to reinforce skills learned.

Culinary Quick Bites

BASIC FOOD PREPARATION SKILLS

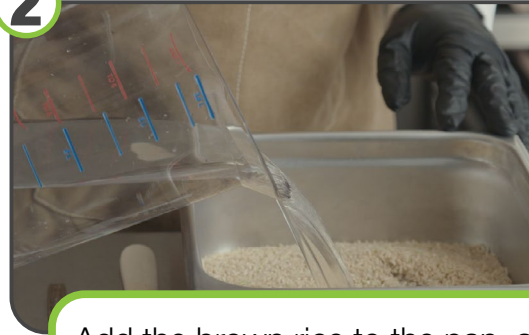
HOW TO STEAM BROWN RICE

1



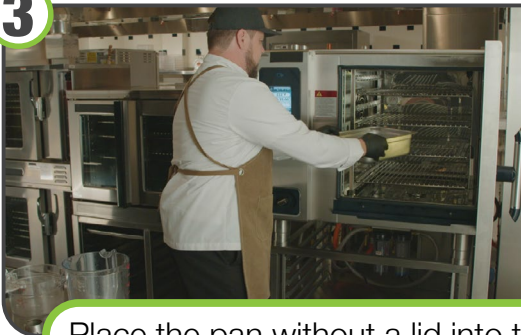
Measure the ingredients following the recipe.

2



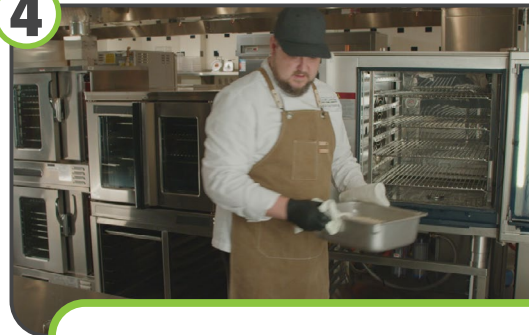
Add the brown rice to the pan, and then add the listed amount of liquid.

3



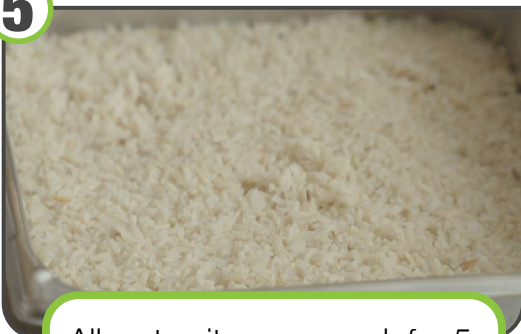
Place the pan without a lid into the steamer and cook for 45 minutes, or until all of the liquid is absorbed.

4



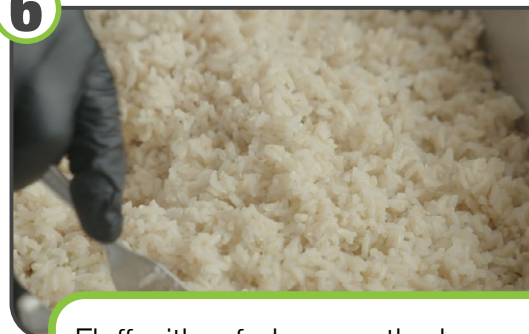
Remove the brown rice from the steamer.

5



Allow to sit, uncovered, for 5 minutes.

6



Fluff with a fork, once the brown rice has been allowed to rest.



CULINARY QUICK BITES

How to Steam Brown Rice

[WATCH THE VIDEO](#)

<https://vimeo.com/879569124/fff805e360?share=copy>

QR CODE

Utilize the QR code embedded to the right to share the video with staff utilizing handheld devices such as smartphones and tablets. Use the photo app on the smart device to scan the code to be directed to the video.



ACTIVITY

SETUP

MATERIALS:



Brown rice
(amount based on
your service needs)



Lid
(or parchment and foil)



Equipment: steamer,
oven, tilt skillet, or
stove top



Water



Other ingredients as
listed in the selected
recipe



Recipe of choice
(site's or CNRB)
– 1 per person



2- or 4-inch hotel
pan (depending on
amount)



Infographic: How to Steam
Brown Rice
– 1 per person

NOTE: Participants will be working together to make the recipe. Determine the quantity of the recipe to prepare based on the number of servings needed for your service. Scale recipe accordingly.

SETUP INSTRUCTIONS FOR FACILITATOR

- 1** Prior to the training, gather all of the materials needed for the activity. Choose the method of cooking that best fits your service and kitchen equipment. Set up a workstation for each participant with the utensils and ingredients needed to prepare the recipe.
- 2** During the activity, remember to monitor and observe staff as they practice their culinary skills.

ACTIVITY

ACTIVITY INSTRUCTIONS FOR PARTICIPANTS

- 1** Refer the participants to the infographic and the recipe. Then read the instructions for the activity. Ask the participants if there are any questions before beginning the activity.
- 2** Instruct all participants to wash their hands and put on single-use gloves before starting.
- 3** As a group, the participants will prepare steamed brown rice to incorporate into their weekly menu. Complete the cooking process and encourage the participants to taste the final product.
 - Instruct participants to take their time and practice their culinary skills.
 - Discard waste.

POST ACTIVITY

- After completing the hands-on activity, recap the lesson with the participants. Offer an opportunity for participants to share their learning experience during the training and highlight any tips or takeaways they want to share with the group.
- If time allows, facilitate a discussion with the participants. Suggested discussion topics include:
 - Ask participants to discuss recipes that would benefit from properly steamed brown rice.
 - Ask participants to describe how properly steaming brown rice and enhancing the flavor in healthy ways can assist in improving meal quality.
 - Ask participants in what form or dishes their students would enjoy seeing brown rice on menus.
- Ask if the participants feel more comfortable with steaming brown rice or want more time to develop the skill further if time allows.
- Plan the next training session based on the needs of your staff.



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