



# Savory Rice Pilaf

In India, rice pilaf called *pulao* is cooked in flavored broth and seasoned with cooked onions and a mix of spices. Rice pilaf is a common dish in the Middle East, Central and South Asia, Latin America, and East Africa. In many parts of the world it is prepared with vegetables, meat, fish, or dried fruit.

### CACFP CREDITING INFORMATION

¼ cup (No. 16 scoop) provides ½ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>1</b> Preheat oven to 350 °F.
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<b>2</b> In a tilted skillet or skillets, heat oil on medium–high heat.  For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.
*Onions, fresh, peeled, ¼" diced	4 oz	1 cup	8 oz	2 cup	<b>3</b> Add onions and sauté until tender, about 5 minutes. Reduce heat to medium.
Enriched rice, parboiled, uncooked	14½ oz	3 cup 2 Tbsp	1 lb 13 oz	1 qt 2¼ cup	<b>4</b> Add uncooked rice, almonds, salt, allspice, turmeric, curry powder, and black pepper.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Almonds, chopped	2 oz	½ cup	4 oz	1 cup	<p><b>5</b> Stir constantly until rice is yellow and almonds and seasoning are lightly toasted, 1–2 minutes. Do not burn.</p>
Salt, table		½ tsp		1 tsp	
Allspice, dry, ground		½ tsp		1 tsp	
Turmeric, dry, ground		1 tsp		2 tsp	
Curry powder, dry, ground		1 tsp		2 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Chicken broth, low-sodium	32 fl oz (2 lb)	1 qt	64 fl oz (4 lb)	2 qt	
Nonstick cooking spray		1 spray		1 spray	
					<p><b>7</b> Lightly coat a half steam table pan (10<sup>3</sup>/<sub>8</sub>" x 12<sup>3</sup>/<sub>4</sub>" x 2") with nonstick cooking spray.</p> <p>For 25 servings, use 1 steam table pan. For 50 servings, use 2 steam table pans.</p>
					<p><b>8</b> Transfer rice mixture to steam table pan. Cover with foil, and bake 45 minutes to 1 hour or until liquid is fully absorbed. Fluff the rice gently with a fork.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
					<p><b>9</b> Serve ¼ cup packed (No. 16 scoop).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



**NUTRITION INFORMATION**

For ¼ cup packed.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>87</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>66 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	N/A
Calcium	13 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature onions	5 oz	10 oz

**NOTES**

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

**Variations**

To make dish whole grain-rich, brown rice may be substituted for the enriched rice.

Caution! Almonds are a common allergen. Avoid using almonds if someone in your care is allergic.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
2 lb 11¾ oz 1 qt 2¼ cup	5 lb 7½ oz 3 qt ½ cup

