



# Hawaiian Ham Coconut Rice

## USDA Recipe for CACFP

To make Hawaiian Ham and Coconut Rice, ham, brown rice, pineapple, and coconut are baked together to create a naturally sweet Polynesian flavor.

### CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, ¼ cup fruit, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt 3 cups		3 qt 2 cups	<b>1</b> Boil water.
Brown rice, long-grain, regular, dry	1 lb 10 oz	1 qt	3 lb 4 oz	2 qt	<b>2</b> Place 1 qt brown rice (1 lb 10 oz) and 1 cup coconut (3 oz) in each steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>3</b> Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					<b>4</b> Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
Coconut, sweetened, shredded	3 oz	1 cup	6 oz	2 cups	<b>5</b> Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>6</b> Assembly:
					<b>7</b> First layer: Smooth rice mixture over bottom of pan.
Ham, low-sodium, diced ¼"	3 lb	2 qt 1 cup	6 lb	1 gal 2 cups	<b>8</b> Second layer: Evenly distribute 2 qt 1 cup diced ham (3 lb) over each pan of rice mixture.
Sugar	4 oz	½ cup	8 oz	1 cup	<b>9</b> Third layer: Combine sugar, flour, pineapple, remaining coconut, and cheddar cheese in a large bowl.  Stir well.  Pour 3 qt 1 ¼ cup (about 5 lb 3 oz) pineapple mixture over diced ham in each pan.
Flour, whole-wheat		¼ cup	3 oz	½ cup	
Canned pineapple tidbits in 100% juice, drained	4 lb	2 qt (1 No. 10 can)	8 lb	1 gal (2 No. 10 cans)	
Coconut, sweetened, shredded	1 ½ oz	½ cup	3 oz	1 cup	
Cheddar cheese, low-fat, shredded	11 oz	1 qt	1 lb 6 oz	2 qt	
Pineapple juice		3 cups		1 qt 2 cups	<b>10</b> Fourth layer: Pour 3 cups pineapple juice over each pan.
Bread crumbs, whole-grain, plain (see Notes)	6 ½ oz	1 ½ cups	13 oz	3 cups	<b>11</b> Fifth layer: Sprinkle with 1 ½ cups bread crumbs (6 ½ oz) per pan and spray with a pan release cooking spray.
					<b>12</b> Bake until cheese is melted and bread crumbs are lightly toasted: Conventional oven: 350 °F for 20 minutes. Convection oven: 325 °F for 15 minutes.
					<b>13</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>14</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>15</b> Portion with 8 fl oz spoodle (1 cup).



**NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>278</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	4 g
Cholesterol	34 mg
<b>Sodium</b>	<b>665 mg</b>
<b>Total Carbohydrate</b>	<b>35 g</b>
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>
Vitamin D	19 IU
Calcium	73 mg
Iron	1 mg
Potassium	364 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**NOTES**

Cooking Process #2: Same Day Service.

**Whole-Grain Bread Crumbs Recipe**

For 25 servings:

4 slices of whole-grain bread

For 50 servings:

8 slices of whole-grain bread

Lightly toast whole-grain bread slices. Tear into small pieces. Insert into a food processor and pulse until coarse crumbs form. Place on a small baking sheet, and bake in oven at 350 °F for 2–3 minutes until browned and dry. Toss occasionally. Cool and store in an airtight container.

**YIELD/VOLUME****25 Servings**

About 15 lb

About 1 gal 3 qt 3 cups/1 steam table pan (12" x 20" x 2 ½")

**50 Servings**

About 29 lb 8 oz

About 3 gal 3 qt 2 cups/2 steam table pans (12" x 20" x 2 ½")

