



Hawaiian Ham Coconut Rice USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cups		1 gal 3 qt	1 Boil water.
Brown rice, long-grain, regular, dry	3 lb 4 oz	2 qt	6 lb 8 oz	1gal	2 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 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3 Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					4 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
Coconut, sweetened, shredded	6 oz	2 cups	12 oz	1 qt	5 Remove cooked rice mixture from oven, and let stand covered for 5 minutes. Stir rice.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Assembly:
					7 First layer: Smooth rice mixture over bottom of pan.
Ham, low-sodium, diced ¼"	6 lb	1 gal 2 cups	12 lb	2 gal 1 qt	8 Second layer: Evenly distribute 2 qt 1 cup diced ham (3 lb) over each pan of rice mixture.
Sugar	8 oz	1 cup	1 lb	2 cups	9 Third layer: Combine sugar, flour, pineapple, remaining coconut, and cheddar cheese in a large bowl. Stir well. Pour 3 qt 1 ¼ cups (about 5 lb 3 oz) pineapple mixture over diced ham in each pan.
Flour, whole-wheat	3 oz	½ cup	6 oz	1 cup	
Canned pineapple tidbits in 100% juice, drained	8 lb	1 gal (2 No. 10 cans)	16 lb	2 gal (4 No. 10 cans)	
Coconut, sweetened, shredded	3 oz	1 cup	6 oz	2 cups	
Cheddar cheese, low-fat, shredded	1 lb 6 oz	2 qt	2 lb 12 oz	1 gal	
Pineapple juice		1 qt 2 cups		3 qt	10 Fourth layer: Pour 3 cups pineapple juice over each pan.
Bread crumbs, whole-grain, plain (see Notes)	13 oz	3 cups	1 lb 10 oz	1 qt 2 cups	11 Fifth layer: Sprinkle with 1 ½ cups bread crumbs (6 ½ oz) per pan and spray with a pan release cooking spray.
					12 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.
					13 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					14 Critical Control Point: Hold for hot service at 135 °F or higher.
					15 Portion with 8 fl oz spoodle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	278
Total Fat	8 g
Saturated Fat	4 g
Cholesterol	34 mg
Sodium	665 mg
Total Carbohydrate	35 g
Dietary Fiber	3 g
Total Sugars	20 g
Added Sugars included	N/A
Protein	18 g
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 50 servings:
8 slices of whole-grain bread

For 100 servings:
16 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

50 Servings	100 Servings
About 29 lb 8 oz	About 60 lb
About 3 gal 3 qt 2 cups/2 steam table pans (12" x 20" x 2 ½")	About 7 gal 3 qt/4 steam table pans (12" x 20" x 2 ½")

