

TERIYAKI FISH RICE BOWL

Adapted from Genuine Alaska Pollock Producers



PROCESS METHOD 2: Same Day Service

YIELD: 50 servings

SERVING SIZE: ½ cup rice, 2 oz. cooked fish, ½ cup vegetables

PREP TIME: 30 minutes

COOK TIME: 45-55 minutes for rice; 10-20 minutes for fish and vegetables

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INGREDIENTS	WEIGHT	MEASURE	METHOD
Rice, brown, long, parboiled, dry Water, hot, nearly boiling	5 lb. 8 oz.	2 gal.	1. Combine rice and hot water in two 4-inch deep full-size pans, taking care to avoid burns from hot water; cover and place in preheated 350°F oven. Cook for 45 minutes; stir and check to see if rice is fully cooked. If necessary, cook 5-10 minutes longer until rice is fully cooked. Critical Control Point (CCP): Hot hold at 135°F or above. CHEF'S TIP: Fish cooks quickly. Wait to cook fish and vegetables until after rice is fully cooked. If planning in advance of cooking, cold hold uncooked fish and vegetables at 41°F or lower. Cook to the line in batches for best product; adjust pan sizes as needed. Limit hot holding time for fish and steamed vegetables for best product
Teriyaki sauce, commercially prepared lower sodium for school nutrition programs	One 5-lb. bag	Approx. 2 qt., divided	2. Reserve teriyaki sauce for 50 individual portions at serving time (1 oz. weight, about 2 tablespoons). Mix remaining sauce with low sodium chicken broth.
Pollock, raw, frozen portions, 2.6 ounce each Chicken or vegetable broth, low sodium	8 lb., 2 oz.	50 raw portions 2 qt.	3. Place frozen pollock portions in two full steam table pans. Pour half of liquid mixture over each pan of fish. Cook covered in steamer or bake in oven at 350°F until fish flakes easily and reaches 145°F, about 15 to 20 minutes. Do not overcook or allow fish to boil in liquid. CCP: Hot hold at 135°F or above.
Red cabbage, shredded Carrots, shredded Broccoli florets, frozen (includes USDA Foods)	2 lb. 2 lb., 4 oz. 3 lb., 10 oz.		4. While fish cooks, place perforated pan in a full-size steam table pan. Place shredded cabbage in pan. Cover with shredded carrots, evenly distributing over cabbage. Cover carrot layer evenly with frozen broccoli florets. Steam for 7 to 10 minutes or until vegetables are tender and crisp. CCP: Hot hold at 135°F or above.
			5. To assemble on serving line, build a rice bowl with: - Two #8 scoops of rice (1 cup total) - ½ cup (4 fl. oz.) slotted spoodle of layered vegetables - 2 oz. cooked pollock (one 2.6-ounce portion cooked) - 1 oz. teriyaki sauce

COMPONENT CONTRIBUTION PER SERVING: 2 oz. equivalent Meat/Meat Alternate; 2 oz. equivalent Grains; ½ cup Vegetables (¼ cup dark green subgroup, ¼ cup red/orange subgroup, ¼ cup other subgroup)

APPROXIMATE NUTRIENT ANALYSIS PER FULL SERVING: 435 calories, 3 g fat, 0.5 g saturated fat, 0 g *trans* fat, 505 mg sodium, 82 g carbohydrate, 6 g dietary fiber, 21 g protein, 4456 IU vitamin A, 30 mg vitamin C, 45 mg calcium, 2.4 mg iron

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.

