## Loma Linda University Allied Health Nutrition & Dietetics

## **Brown Rice**

Portions: 120

Ingredients: rice, water, unsalted butter, salt

Amount Item

Brown rice 40 cups

Water 640 oz (5 gallons)

Unsalt. Butter 2 cups

Salt 10 tbsp

## Method:

1. Pre-heat oven to 375

- 2. Pour rice into several pans
- 3. Bring water, butter, and salt just to a boil in a covered pot
- 4. Once water boils, pour over the rice, stir to combine, and cover the dish tightly with aluminum foil
- 5. Bake on the middle rack of the oven for 1 hour
- 6. After 1 hour, remove, fluff the rice with a fork, and cover

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