THAI WALNUT & EDAMAME RICE BOWL

HACCP Process  Same Day Service

YIELD
100 servings

MEAL COMPONENTS
2 oz eq meat/meat alternate (1 oz eq each from walnuts and edamame), 2 oz eq whole grain-rich grains, ½ cup other vegetable

INGREDIENTS
California Walnuts  6 lb + 4 oz
Shelled Edamame, Frozen  9 lb + 6 oz
Thai Sweet Chili Sauce  1 qt + 2 cup
Brown Rice, USDA #101031  12 lb + 8 oz
Water  5 gal + 2 qt
Asian Vegetable Blend, Frozen  20 lb + 2 oz
Pan Spray  1 oz

ALLERGENS: Tree Nuts, Soybeans

DIRECTIONS
(Day of Service)

PREP
• Pull 5 full sheet pans and place at workstation.
• Pull 4 full deep pans and place at workstation.
• Pull 4 full steamer pans with inserts and place at workstation.
• Pull brown rice and Thai Sweet Chili Sauce from dry storage and place at workstation.
• Preheat convection oven to 350°F.
• Preheat steamer if available.
• Spray sheet pans and steam table pans well.
• Wash hands thoroughly.
• Divide rice between 4 deep hotel pans, 3 lb + 2 oz each.
• Add 1 gal + 1 ½ qt (190°F) water to each pan.
• Stir and cover.
• Bake covered rice for 45 minutes or until most of the liquid is absorbed. Stir to ensure rice is cooked and cover.
• CCP: Heat until an internal temperature of 140°F is reached for 15 seconds.
• CCP: Batch cook as necessary to ensure best quality product.
• Pull cooked brown rice from oven, place in warmer and hold above 135°F for service.

(continued)
• CCP: Batch cook as necessary to ensure best quality product.
• Pull California walnuts and shelled edamame from the freezer and place at workstation.
• Wash hands thoroughly and put on gloves.
• Remove 6 lb + 4 oz walnuts from case, reseal and date stamp with remaining quantity.
• Remove 9 lb + 6 oz edamame from the case, reseal and date stamp with the remaining quantity.
• Return sealed cases to freezer.
• CCP: Prepare foods at room temperature in two hours or less.
• Wash hands thoroughly and put on gloves.
• Divide the walnuts onto 2 sheet pans with 3 lb + 2 oz per pan.
• Divide the shelled edamame onto 3 sheet pans with 3 lb + 2 oz per pan.
• Wash hands thoroughly.
• CCP: Heat until an internal temperature of 140°F is reached for 15 seconds.
• Place walnuts and edamame in preheated convection oven set to 350°F. Roast for 5-7 minutes until the walnuts are toasted and the edamame reaches at least 140°F.
• CCP: Heat until an internal temperature of 140°F is reached for 15 seconds.
• Carefully add walnuts to a bowl with 3 cups of the Thai Sweet Chili Sauce.
• Wash hands thoroughly and put on gloves.
• Toss walnuts in sauce, evenly coating all walnuts.
• Place in steam table pan and cover.
• Add edamame to a bowl with 3 cups of the Thai Sweet Chili Sauce.
• Wash hands thoroughly and put on gloves.
• Toss edamame in sauce, evenly coating all the edamame.
• Place edamame into a steam table pan and cover tightly.
• Wash hands thoroughly.
• Place seasoned walnuts and edamame into warmer and hold above 135°F for service.
• CCP: Batch cook as necessary to ensure best quality product.
• Pull Asian vegetable blend from freezer and place at workstation.
• Wash hands thoroughly.
• Place 5 lb + 2 oz of vegetables into one full steamer pan.
• Place 5 lb of vegetables into each of 3 more full steam pans.
• Steam vegetables for 7 minutes until they reach an internal temperature of 140°F.
• Alternately, bake covered vegetables for 12 minutes in a 350°F convection oven.
• CCP: Heat until an internal temperature of 140°F is reached for 15 seconds.
• CCP: Batch cook as necessary to ensure best quality product.

SERVE
• Using one 8-oz spoodle, place 1 cup of brown rice in bowl. Top rice with 1 oz (¼ cup) of seasoned walnuts using one 2-oz spoodle. Add ¼ cup seasoned edamame using one 2-oz spoodle. Encircle rice with ½ cup Asian vegetable blend using one 4-oz spoodle. Serve.
• CCP: Hold at 135°F or higher.

PRODUCTION NOTES
• California walnuts are best kept frozen, and can be used from a frozen state.
• Walnuts are the only nut significantly high in the omega-3 fatty acid alpha-linolenic acid (ALA) (2.5g/oz).
• Roast edamame from a frozen state.
• The sweet and spicy seasoned walnuts and edamame are great additions to your Asian bars and pasta bars.
• Walnuts and edamame are great together to provide a nutritious, hearty, plant-based protein.

APPROXIMATE NUTRIENTS PER SERVING

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<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
<td>525</td>
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<tr>
<td>Protein</td>
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<td>Sugars</td>
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