



# Rice on the Menu

Award-winning U.S. rice recipes  
from SYSCO Foodservice chefs



*Rice. A World of Great Ideas.*

# Presenting the SYSCO- USA Rice Federation “Rice on the Menu” Recipe Contest Winners.

SYSCO chefs from across the U.S. rose to our challenge with dozens of innovative entries that prove rice is ideal for foodservice today. We hope it also inspires operators and chefs like you to explore new ways to menu rice.

This contest, a partnership of USA Rice Federation and SYSCO Foodservice, shows the versatility and global applications of rice. As a foundation for so many authentic ethnic cuisines, U.S. rice offers the varieties you need and is easy to prepare, hold and store in your kitchen. Best of all, inspired creations with rice are profitable, healthy and always on trend.

Please enjoy these winning recipes that are sure to excite your culinary team and delight your patrons. And as you continue to create your own unique dishes, remember U.S.-grown rice comes in many varieties of unsurpassed quality. You can easily and readily source all your ingredient needs, including rice, through SYSCO distributors.

For endless menu possibilities, think U.S.-grown rice and visit *MenuRice.com*.

grand prize recipe

# dungeness crab fried rice

yield: 12 servings



## Mark Bernetich, Corporate Chef, SYSCO Portland

Fried Rice has become an American favorite and a popular recipe with SYSCO chefs. Choosing ingredients unique to your area for a regional flair can turn everyday fried rice into an exciting dish that enhances your menu. Dress it up or keep it simple—it's a winner every time!

ingredients	weight	measure	method	
Peanut or vegetable oil		1/3 cup	1. In large skillet heat oil over high heat; add garlic and ginger and sauté 30 seconds. Add onion and sauté 1 minute. Stir in carrots, ham, scallions and pepper and stir-fry 1 minute. Remove from heat and cool. Use as directed.	
Garlic, chopped		1 Tbsp.		
Ginger, grated		1/2 Tbsp.		
Onion, yellow, chopped	7 1/2 oz.	1 1/2 cups		
Carrot, finely chopped	9 oz.	1 1/2 cups		
Ham, smoked, diced	1 lb.	1 1/2 cups		
Scallion, chopped	3 oz.	1 cup		
Red pepper flakes		1/2 tsp.		
Cooked long grain white rice, or parboiled rice	1 lb. 3 oz.	2 qt.	2. In large bowl or deep steam table pan mix rice with cooled vegetable-ham mixture. Mix in oyster sauce, soy sauce, sesame oil and sugar.	
Oyster sauce		1/3 cup		
Soy sauce		2 Tbsp.		
Sesame oil		1 Tbsp.		
Sugar, granulated		1 Tbsp.		
Dungeness or lump crab meat, shrimp, lobster, or mixture of seafood	1 1/2 lb.	3 cups	3. <i>For Each Serving:</i> To cook to order, in a hot non-stick skillet over high heat, stir-fry 1 cup rice mixture 1-2 minutes or until hot.	
Cooked plain omelet (12-egg), diced	1 1/2 lb.	12 large eggs		4. Fold in 1/4 cup crab meat and 1/4 cup omelet and heat.
Scallion, chopped	1 1/2 oz.	3/4 cup		5. Fold in 2 Tbsp. chopped scallion just before serving.
			6. Serve as a first course or as an accompaniment to grilled or roasted meats, poultry or fish.	

Variations: SYSCO's LA culinary team created Duck Confit Fried Rice, and a chef from SYSCO West Florida recommends Cajun Fried Rice with a combination of white and wild rice.

# Rice on the menu begins with perfectly cooked rice.

## Tips for perfect rice

Carefully measure the amounts of rice and liquid. Keep lid on tightly during cooking to prevent steam from escaping. At the end of cooking, remove lid and test for doneness. If rice is not quite tender or liquid is not absorbed, cook 2 to 4 minutes longer. When rice is cooked in a stockpot or kettle, immediately turn into a shallow pan to cool when finished. Accurate cooking times are based on your method of cooking; always check cooking time carefully.

## Rice cooking methods

**Stockpot Method:** Heat all ingredients to boiling; stir. Cover and lower heat to simmer. Cook short, medium or long grain white rice for 15 minutes; parboiled rice for 20 to 25 minutes; and brown rice for 40 to 45 minutes. For best results, refer to package directions.

**Oven Method:** Using boiling liquid, place ingredients in shallow pan; stir. Cover and bake at 350°F. Bake short, medium or long grain white rice for 25 to 30 minutes; parboiled rice for 30 to 40 minutes; and brown rice for 50 to 60 minutes. For best results, refer to package directions.

**Steamer or Steam-Jacketed Kettle:** Follow manufacturer's instructions.

**Commercial Rice Cookers:** A commercial rice cooker may be a good choice for your operation. Contact SYSCO for more information on ordering a commercial rice cooker.

## Rice cooking guide

Type of rice	Approx. yield	# of 1/2 cup servings	Uncooked rice	Liquid	Salt	Butter or margarine
Long Grain White Rice	1 qt.	8	1 1/3 cups (9 oz.)	2 2/3 cups	1/2 tsp.	1 Tbsp.
	1 gal.	32	5 1/2 cups (2 lbs. 4 oz.)	2 1/2 qts.	1 Tbsp.	2 Tbsp.
Medium or Short Grain White Rice	1 qt.	8	1 1/2 cups (10 oz.)	2 cups	1/2 tsp.	1 Tbsp.
	1 gal.	32	6 cups (2 lbs. 10 oz.)	2 1/4 qts.	1 Tbsp.	2 Tbsp.
Parboiled Rice	1 qt.	8	1 1/3 cups (7 oz.)	2 1/4 cups	1/2 tsp.	1 Tbsp.
	1 gal.	32	4 1/2 cups (1 lb. 13 oz.)	2 1/2 qts.	1 Tbsp.	2 Tbsp.
Brown Rice (All types)	1 qt.	8	1 1/4 cups (8 oz.)	2 1/2 cups	1/2 tsp.	1 Tbsp.
	1 gal.	32	5 cups (2 lbs.)	2 1/2 qts.	1 Tbsp.	2 Tbsp.

If using quick-cooking rice, follow package directions.

*Variations: Liquid other than water can be used, including chicken stock, beef stock, bouillon, consommé, tomato or vegetable juice (1 part water, 1 part juice) or fruit juices such as orange or apple (1 part water, 1 part juice).*

midwest winning recipe

# arboritto rice cakes with grilled vegetables

yield: 12 servings



**Chip Herchert**, Market Developer Specialist/Brand Manager

**Jerry Butchko**, Chef/Product Marketing Specialist, SYSCO Louisville

Transform cooked rice into deliciously seasoned rice cakes. Try this version, which utilizes U.S. arborio rice cooked risotto-style, with Italian-influenced ingredients.

ingredients	weight	measure	method
Butter or vegetable oil		1/4 cup	1. In large, heavy pot, heat butter over medium heat. Add rice and sauté 2 minutes; season. Add 2 cups stock and stir until absorbed. Stir in diced sun-dried tomatoes. Continue to add stock, 2 cups at a time, until all liquid is absorbed and rice is tender. 2. Stir in Parmesan, basil, salt and pepper. 3. Pour rice mixture into greased shallow, half-size steam table pan; spread to smooth top. Cool, cover, and refrigerate, and hold.
U.S. arborio or medium grain rice	1 1/4 lb.	3 cups	
Vegetarian stock, hot		2 1/4 qt.	
Sun-dried tomatoes, diced	3 oz.	1 cup	
Parmesan cheese, shredded	7 1/2 oz.	2 1/2 cups	
Basil, fresh, chopped	2 oz.	2 cups	
Salt and ground black pepper		1 tsp. each	
Butter or vegetable oil		As needed	4. Cut pan of rice into 12 squares; cut each square in half diagonally. 5. <i>For Each Serving:</i> In skillet heat butter; add 2 rice cakes and sauté until golden on both sides and heated through. 6. Arrange rice cakes on plate and top with 1 cup <i>Grilled Marinated Vegetables*</i> . Drizzle with 3 Tbsp. vinaigrette and garnish with 1 Tbsp. basil.
<i>Grilled Marinated Vegetables*</i>		3 qt.	
Sun-dried Tomato Vinaigrette, low-fat		2 1/4 cups	
Basil, fresh, julienned	1 oz.	3/4 cups	
<i>*Grilled Marinated Vegetables (1 gal.)</i>			1. In large bowl mix vinegar, garlic, salt, pepper, and oil. Add vegetables and toss to coat. 2. Grill or broil vegetables until marked and tender. Remove from heat and use as directed.
Balsamic vinegar		1 cup	
Garlic, minced		3 Tbsp.	
Salt, Kosher		1 Tbsp.	
Ground black pepper		2 tsp.	
Olive oil		1/2 cup	
Variety of vegetables, cut into pieces (eg.: bell peppers, squash, plum tomatoes, eggplant)		1 gal.	

*Variations: The SYSCO Louisville team shared two other variations for rice cakes using U.S. jasmine and U.S. basmati rice, each taking on their own international flair. This recipe invites creativity.*

southwest winning recipe

# cardamom saffron rice pudding

yield: 12 servings



**Mark Patel**, Chef/Business Partnership Specialist, SYSCO New Mexico Kheer, a classic Indian dessert, is a creamy rice pudding that can be dressed up with special ingredients like the sweet aromatic flavors of green cardamom, saffron, orange and almonds for an exotic dessert that is sure to delight.

ingredients	weight	measure	method
Milk Heavy or light cream, or half and half U.S. basmati or U.S. jasmine rice (medium or long grain rice can be used)	1 lb.	3 qt. 1 qt. 2 1/4 cups	1. In heavy pot bring milk and cream to a boil over medium heat, stirring frequently to prevent scorching. 2. Add rice, reduce heat to medium-low and continue cooking, stirring occasionally, until liquid is absorbed and the mixture reduces and thickens to consistency of custard. Rice should be soft and creamy (about 45-50 minutes). Remove from heat.
Light brown sugar Green cardamom pods Saffron threads Dark seedless raisins Almond slices, toasted Orange zest, optional	6 oz.   9 oz. 4 oz.	1 1/4 cups 1-1 1/2 tsp. ground 1 to 1 1/2 tsp. 1 1/2 cups 1 cup	3. Stir sugar into hot rice mixture. 4. Add ground cardamom seeds (removed from pod and ground), saffron threads, raisins, and almonds to rice mixture and mix well. Add orange zest, if desired. Turn mixture into deep half steam table pan. Cool, cover, and refrigerate.
Almond slices, toasted, optional  <i>Other flavorings could be substituted for variety, including vanilla beans, candied ginger, cinnamon, nutmeg, coriander, etc. Other nuts could also be used including cashews or pine nuts.</i>		As needed	5. <i>To Serve:</i> Place 1 cup pudding into a dessert dish and serve with additional toasted almond slices on top. 6. Dish may be served with a variety of fresh tropical fruit including: mango, papaya, pineapple, star fruit, etc. If desired, garnish with a sprig of mint or lemon verbena.

*Variations: Rice pudding is so versatile. Try lemon-infused rice pudding with fresh summer berries, pumpkin praline rice pudding for a seasonal spin or cappuccino rice pudding as the perfect ending to any meal.*

southeast winning recipe

# mediterranean rice with feta, mint & olives

yield: 12 servings



**Todd Oliphant**, Corporate Chef, SYSCO Columbia

Begin with a seasoned Spanish rice mix, and you're halfway there! Add flavorful ingredients to make a distinctive side dish that's perfect with any entrée.

ingredients	weight	measure	method
Water Basil, dry leaf (thyme, marjoram, oregano, etc.) Spanish rice mix (long grain rice with seasoning)	1 1/4 lb.	1 1/2 qt. 1/2 Tbsp. 3 cups (about half of a 36 oz. box*)	1. In large pot bring water to a boil over high heat; add basil. 2. Stir in rice and seasoning packet, return to a boil, reduce heat, cover and let simmer over low heat 18-20 minutes or until rice is cooked through and liquid is absorbed. Remove from heat and let stand 5-10 minutes before fluffing with a fork and using as directed.
Olive oil, extra virgin Lemon juice, fresh		1/4 cup 1/4 cup	3. Mix olive oil and lemon juice and toss with warm rice to completely coat.
Bell pepper, multi-color, finely diced Feta cheese, crumbled Cucumber, peeled, seeded, diced Kalamata olives, pitted, chopped Mint leaves, fresh, chopped Lemon zest Black pepper, cracked  <i>Other ingredient variations could include: corn, scallions, lime juice and zest, green olives, roasted red pepper, goat cheese, chillies, etc.</i>	5 oz. 3 oz. 3 oz. 3 oz. 1 oz.	1 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1 Tbsp. 2 tsp.	4. Gently fold in remaining ingredients until mixed in completely. Use scoop to serve. 5. Serve with roasted or grilled poultry, beef, lamb, or pork.

\*Recipe can be doubled using full box.

Variations: Seasoned rice mixes are a versatile way to create ethnic dishes with the addition of a few simple ingredients. To create a delicious complement to any Mexican entree, try adding fresh cilantro, black beans and queso blanco.

western winning recipe

# smoked salmon rice salad with apple vinaigrette

yield: 12 servings



**Kenny Morgan**, Chef/Culinary Specialist, SYSCO Portland

Transform simple ingredients into a remarkable dish using a white and wild rice blend to set the stage. Toss with exciting, fresh and local ingredients, and you've got a regionally unique dish that your customers will applaud.

ingredients	weight	measure	method
Long grain white and wild rice blend (if not using a packaged blend, cook each rice separately then mix together) Chicken stock, warm	1 lb.	3 cups  1 1/2 qt.	1. Place rice blend in pot with stock and bring to a boil over high heat. Reduce heat, cover and cook 15-20 minutes or until rice absorbs all liquid and is tender (follow package directions). Remove from heat and let stand 15 minutes covered before fluffing. Bring to room temperature before using as directed.
Apple Vinaigrette*, divided Smoked salmon, diced^ Golden raisins, plumped (or dried cranberries)	1 lb. 6 oz.	3 1/2 cups 3 cups 1 cup	2. Toss rice mixture with 2 cups <i>Apple Vinaigrette*</i> . Gently stir in salmon and raisins. Cover and refrigerate until ready to serve.
Arugula, divided (or baby lettuces) Chopped hazelnuts, toasted	1 1/2 lb. 8 oz.	1 gal. 2 cups 1 1/2 cups	3. <i>For Each Serving:</i> Plate 1 1/2 cups Arugula on chilled plate and top with 1 cup Salmon-Rice salad mixture. Garnish with 2 Tbsp. hazelnuts and serve with 2 Tbsp. <i>Apple Vinaigrette*</i> .
* <i>Apple Vinaigrette</i> (3 1/2 cups) Granny Smith apples, cored, finely diced Sherry vinegar Chives, minced Shallots, minced Lemon juice Salt Black pepper, ground Olive oil, extra-virgin	12 oz.	3 small/ 3 cups 3/4 cup 1/2 cup 3 Tbsp. 2 Tbsp. 2 tsp. 1 tsp. 1 1/2 cups	1. In bowl combine diced apple, vinegar, chives, shallots, lemon juice, salt and pepper. 2. Slowly whisk in olive oil. Cover and refrigerate at least 1 hour before using as directed.

^ Hot-smoked salmon, lox-style smoked salmon, smoked trout, smoked seafood, etc. may be used.

Variations: This versatile rice salad can feature sliced smoked chicken or marinated pork tenderloin in place of smoked salmon.

northeast winning recipe

# asian sesame seared salmon with brown rice pilaf

yield: 12 servings



## Bobby Kenny, Chef/Culinary Specialist, SYSCO Albany

Want to wow your customers? Brown rice's nutty flavor and hearty texture perfectly complement sesame-studded salmon and exotic Asian flavors of wasabi and ginger.

ingredients	weight	measure	method
Vegetable stock Dried mushrooms, blend, chopped	3/4 oz.	2 qt. 3/4 cup	1. In large pot heat stock over high heat, stir in mushroom pieces; hydrate for 15 minutes. Strain broth, chop mushrooms and return to broth.
Olive oil Onion, minced Garlic, minced Long grain brown rice Kosher salt and ground black pepper Sautéed fresh mushrooms (shiitake, crimini, etc.)	10 oz. 1 1/2 lb.	3 Tbsp. 2 cups 1/4 cup 2 cups As needed 1 qt.	2. In large heavy pot, heat oil over medium-high heat; add onions and garlic and sauté 1 minute. Stir in rice and sauté 2 minutes. 3. Stir in warm broth (including chopped mushrooms), bring to a boil, reduce heat, cover, and simmer for 35-40 minutes or until rice is tender and all liquid is absorbed. Remove from heat and let stand 5-10 minutes. Adjust seasonings. Stir in sautéed fresh mushrooms; keep warm.
Sesame seeds, black and white Ground black pepper Kosher salt Salmon fillets Olive oil or pan coating Broccolini, sautéed crisp tender (or other vegetables) Sauce* Pickled ginger and wasabi paste, optional	4 oz. 5 1/4 lb.	1 cup 1 Tbsp. 2 tsp. 12 x 7-oz. fillets As needed 12 stalks 1 1/4 cups As needed	4. Mix sesame seeds, pepper and salt together. Coat both sides of salmon fillets with this mixture, about 1 1/4 Tbsp. per fillet. Cover and refrigerate. 5. <i>To Cook:</i> Heat oil in skillet over high heat and sear salmon 3 minutes per side or to desired degree of doneness. 6. <i>To Serve:</i> For each serving, scoop 1 cup mushroom rice onto a plate and place seared salmon askew over top of rice. Drizzle 1 1/2 Tbsp. <i>Sauce*</i> around plate and on salmon. Accompany with broccolini. Serve with pickled ginger and wasabi paste, if desired.
*Sauce (1 1/4 cups) Fusion Sauce <sup>^</sup> Red wine (Burgundy) Wasabi infused oil** Ginger, grated		1 1/4 cups 1/3 cup 3/4 cup 3 Tbsp.	1. In saucepan bring Fusion Sauce and red wine to a boil and reduce by half. Remove from heat, cool, cover, and chill until thickened and syrupy; beat until smooth with whisk. Slowly whisk in wasabi oil and ginger until smooth. Adjust seasonings.

\*\*Mix wasabi paste with olive oil if unavailable.

<sup>^</sup>Fusion Sauce is a bottled product made from soy sauce, red wine, rice vinegar, garlic, sugar, honey, and spices.

# Experience the Versatility of U.S.-Grown Rice

The many flavors and textures of U.S.-grown rice give you endless menu possibilities for contemporary dishes and authentic ethnic cuisines. Rice is so versatile, many varieties can be used interchangeably in your dishes, while others have specific characteristics needed to achieve the perfect result. With so many varieties of U.S.-grown rice available, consider the following options for your next culinary creation:

**Long Grain:** Kernels are slender and four to five times as long as they are wide. When cooked the grains are separate, light and fluffy.

- Rice varieties: U.S. long grain brown, white and parboiled, U.S. jasmine, U.S. basmati, U.S. aromatic red
- Great for: Entrées, rice bowls, pilafs, stuffings, rice salads, jambalaya and more

**Medium Grain:** Kernels are two to three times as long as they are wide. The cooked grains are moist and tender, with a greater tendency to cling, a desirable characteristic in many dishes.

- Rice varieties: U.S. medium grain brown and white, U.S. arborio, U.S. black japonica
- Great for: Sushi, rice bowls, risotto, paella, rice puddings, desserts

**Short Grain:** Kernels are plump and almost round in shape. After cooking, the grains are soft and clingy.

- Rice varieties: U.S. short grain, U.S. sweet
- Great for: Sushi, paella, Asian dishes, rice puddings, desserts

Finding the U.S.-grown rice that fulfills your culinary needs is easier than you may think. Contact your SYSCO marketing associate today for a full product specification sheet and order the U.S.-grown rice varieties you need for your operation.

For more U.S. rice recipes  
and menu ideas, visit:

*MenuRice.com*



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ingredients and ordering, visit:

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