

Brown Rice Pilaf with Carrots & Fresh Dill – Fresh From the Farm: The Massachusetts Farm to School Cookbook

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Onion, fresh[§] , diced	13 oz (2 – 2 ½ cup)	1 lb. 10 oz (5 cup)	6 ½ oz (1 – 1 ¼ cup)	<ol style="list-style-type: none"> 1. Preheat oven at 350 F (convection) or 400 F (conventional). 2. Add the onion, olive oil, garlic to 2 ½ inch deep hotel pans. Roast, stirring once or twice, until the onions are translucent but NOT brown. (about 10-15 min) 3. Remove from oven, stir in rice and black pepper. 4. Add boiling broth, equally dividing it among hotel pans if you are using more than one. Cover tightly. 5. Bake until all liquid is absorbed and rice is tender, about 40-50 min. (CCP: Heat to 165 F or higher.) 6. Steam the carrots until tender, but NOT mushy (about 5-7 min), depending on the intensity of your steamer. (check after 5 min) 7. Stir carrots and dill into cooked rice, reserving a little dill for garnish, using forks to mix gently. (Add salt to taste, if necessary. Salt will depend on the sodium in the concentrate.) 8. Serve immediately, sprinkle with remaining dill. (CCP: Hold for hot service at 140 F or higher.) <p>Serving Size: ½ cup.</p>
Olive oil	3 Tb	¼ cup + 2 Tb	1 ½ Tb	
Garlic, fresh[§] , grated	2 tsp – 1 Tb (2-3 cloves)	4 tsp – 2 Tb (4-6 cloves)	1 tsp – ½ Tb (1 – 1 ½ cloves)	
Ginger, ground	¾ tsp	1 ½ tsp	3/8 tsp	
Brown Rice, long grain, dry	2 lb. 8 oz (6 ¼ cup)	5 lb. (12 ½ cup)	1 lb. 4 oz (3 1/8 cup)	
Black pepper, ground	½ tsp	1 tsp	¼ tsp	
Chicken broth (from concentrate)	3 qt + 2 cup	1 gal + 3 qt	7 cup	
Carrots, fresh[§] , top off, sliced	3 lb.	6 lb.	1 lb. 8 oz	
Dill, fresh[§] , chopped	2/3 cup (+ garnish)	1 1/3 cup (+ garnish)	1/3 cup (+ garnish)	

§WA product available when in season

Approximate preparation time: 80 min. (including the time in the oven)

Tips & Variations:

- One full 2 ½ inch hotel pan will serve 50.
- **Dill** – Wash and dry before chopping. Using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. If using food processor, DO NOT over chop and wrap in towel to keep dry.



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Child Nutrition Program Food Components:

- ✓ ¼ cup grain
- ✓ 1/8 cup vegetable

Nutrients Per Serving:

Calories	56 kcal
% Calories from Fat	28 %
Total Fat	2 g
Saturated Fat	< 1 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	186 mg
Total Carbohydrates	9.3 g
Dietary Fiber	1.4 g
Protein	1.3 g
Vitamin A (4614 IU)	115 %
Vitamin C (2.3 mg)	9 %
Calcium	1 %
Iron	6 %

👉 Did you know that Washington ranks 1st in the nation in production of processing carrots and 4th in the nation in production of fresh carrots? [Click here to find more about carrots.](#)

👉 **Fresh carrot greens** can be chopped into a green salad or stir-fry.

👉 **Storage Tip:** Remove greens and refrigerate carrots in a plastic bag. undamaged carrots will last 2-4 weeks when refrigerated properly. For long-term storage, pack carrots in a barrel with moist sand and keep in a cool location. **Carrots** can also be frozen. Blanch for 3 minutes, rinse in cold water to stop the cooking process, drain, let dry, and pack into an airtight container. [ref: *From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"]

notes

