



# Whole Grain Parboiled Brown Rice



**Cooks in 25 Minutes!**



ParExcellence® Whole Grain Brown Rice is parboiled – meaning the rice undergoes an additional step in the milling process. This results in a firmer rice that cooks separate and fluffy and extends the shelf life of the product.

Brown rice is a perfect whole grain choice. The sweet, nutty flavor of brown rice provides a distinguishing touch to recipes.



From America's Farms to the Table.



**Cooks in 25 Minutes!**

## Directions for Cooking

**STOCKPOT METHOD:** Combine rice, salt, butter and water in a stockpot and bring to a hard boil. Stir. Cover tightly and cook over low-medium heat about **25 minutes** or until most of the water is absorbed. Transfer to a serving pan and keep warm.

**OVEN METHOD:** Place rice, salt, butter and boiling water in pan. Stir and cover tightly. Bake at 350° for 30-35 minutes or until most of the water is absorbed.

**STEAMER METHOD:** Place rice, salt, butter and boiling water in steamer pan or steamtable pan. Stir. Place uncovered pan in steamer and cook according to manufacturer's directions.

## Preparation Instructions

*No. of Servings	Uncooked Rice	Water	Salt (Optional)	Butter (Optional)
128	2 gallons	4 gallons	2/3 cup	1 cup
64	1 gallon	2 gallons	1/3 cup	1/2 cup
32	2 quarts	4 quarts	8 tsp.	4 Tbsp.
16	1 quart	2 quarts	4 tsp.	2 Tbsp.

\*Each serving yields about 3/4 cup cooked rice.

SIZE/PACK	PRODUCT CODE	GTIN	SHIP WGT. (lbs.)	CASE DIM. (l x w x h")	CASE CUBE	CASES/LAYER	LAYER/PALLET
25# Bag	R2PX25QC0	00072806-056055	25.2	23 x 12 x 3.5	.56	10	10
50# Bag	R2PX50QC0	00072806-060007	50.4	31 x 15 x 4	1.08	6	8

## Nutrition Facts

Serving Size 1/4 cup (47g) dry weight	
Servings Per Container about 241	
Amount Per Serving	
<b>Calories 170</b>	Calories from Fat: 10
% Daily Value*	
<b>Total Fat 1g</b>	<b>1%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Potassium 105mg</b>	<b>3%</b>
<b>Total Carbohydrate 37g</b>	<b>12%</b>
<b>Dietary Fiber 2g</b>	<b>8%</b>
<b>Sugars 0g</b>	
<b>Protein 4g</b>	
Iron 4%	Thiamine 10%
Niacin 15%	Folate 6%
<small>Not a significant source of calories from Vitamin A, Vitamin C, and calcium.</small>	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Ingredients: Long grain parboiled brown rice.

## SCHOOL MENU EQUIVALENT:

1/2 cooked = 1 grains/bread serving:  
1 whole grain serving (16g)

## TUSCAN RICE

A rice base is blended with fennel, dried tomatoes, garlic, onion, basil, pine nuts, and olives and garnished with prosciutto, goat cheese, roasted tomato and bruschetta.

PORTIONS: 12 SERVINGS

INGREDIENTS	AMOUNT	PREPARATION	
Olive oil	2 Tbsp	1. In large skillet heat oil over high heat; add onion and saute 2 minutes. Add fennel and garlic and continue to cook 2 minutes. Stir in tomatoes and dried tomatoes and heat through.	
Finely chopped yellow onion	1 1/2 quarts		
Julienned fresh fennel bulb	1 1/2 cups		
Minced garlic	1/4 cup		
Canned diced tomato, drained	2 3/4 cups		
Julienned dried tomatoes in oil, drained	1 1/4 cups		
White wine	3 cups		
Cooked ParExcellence Brown Rice	1 gallon		
Sliced pitted ripe olives	1 3/4 cups		
Fine julienne fresh basil	2 cups		
Toasted pine nuts	1 cup	2. Add wine, bring to a boil and reduce volume by half, about 15 minutes.	
Salt and ground black pepper			
Julienned prosciutto	3/4 cup		
Crumbled goat cheese	3/4 cup		
Julienned fresh basil	1 1/2 cups		
Slices garlic bruschetta	24 each		
Slices oven-roasted tomatoes	24 each		
Pieces grilled fennel	12 each		
			3. Mix in rice and olives and toss to mix; heat through. Stir in basil and pine nuts and mix in completely. Season with salt and pepper to taste. Keep warm.
		4. To serve: For each serving, place 1 2/3-cup mound of warm rice mixture on plate and top with: 1 tablespoon prosciutto, 1 tablespoon goat cheese and 2 tablespoons basil. Garnish with 2 Bruschetta, 2 roasted tomato slices and 1 piece of grilled fennel.	

## WALNUT BROWN RICE DRESSING

A hearty cold-weather stuffing with brown and wild rice in addition to walnuts, sage, celery, onion and seasonings.

PORTIONS: 12 SERVINGS

INGREDIENTS	AMOUNT	PREPARATION
Butter	2 Tbsp	1. In skillet heat butter over medium-high heat; add onions and saute 1 minute. Add celery and garlic and continue sauteing 2 minutes.
Chopped yellow onion	1 cup	
Chopped celery	1 cup	
Minced garlic	3 Tbsp	
Cooked ParExcellence Brown Rice, cooked in stock	1 quart	
Cooked wild rice, cooked in stock	2 cups	
Chopped toasted walnuts	1 cup	
Rubbed sage leaves	2 tsp	
Seasoned salt	1/2 tsp	
Ground black pepper	1/4 tsp	
Chicken stock	1 cup	2. Add rice to vegetable mixture and continue sauteing 5 minutes to heat through. Stir in walnuts, sage, salt and pepper and mix well. Transfer to a buttered full-size steamtable pan. Bake in 350F convection oven for 20-25 minutes or until completely heated through.

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