



Black Pearl Medley® “Fried” Rice

Indian Harvest Black Pearl Medley® contains Long Grain Parboiled Brown Rice, Black Barley and Daikon Radish Seeds.

Yield: 2 ½ inch hotel pan or 30 cups

Ingredients

- ½ c. ginger, finely minced or grated
- ¼ c. garlic clove, minced
- 3 qts. chicken stock, low sodium
- 4 c. carrots, peeled and diced
- 1 c. scallions, thinly sliced
- 5 c. Indian Harvest Black Pearl Medley®
- 4 lbs. chicken meat, cooked, diced
- 1 c. soy sauce, reduced sodium
- 2 T. sesame oil
- 4 c. peas, thawed

Directions

1. Combine ginger, garlic and chicken stock in a large pot and bring to a boil.
2. Into each 2 ½ inch full hotel pan, place 5 c. Indian Harvest Black Pearl Medley®, 4 lbs. chicken, 4 c. carrots, 1 c. scallions, 1 c. soy sauce, 2 T. sesame oil and 3 qts. hot stock mixture.
3. Stir well to combine and distribute the ingredients.
4. Cover tightly with parchment paper and foil.
5. Cook in a 350°F convection oven for approximately 1 hour or until rice is tender.
6. Add 4 c. thawed peas to each pan and stir well to combine.
7. Cover and let stand 10 minutes before serving.

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