



Green for Go Local

Ingredients in **green** =
locally grown or produced



Garlic



Onion



Cabbage



Carrot



Sweet Potato



Peas

Egg Roll in a Bowl

By Jenny & Rosie

Yield: 50 × 8 oz (240 mL) Elementary School servings

Ingredients

For Rice:

6 cups (1.5 L) Brown rice
9 cups (2.25 L) Water
1 Tbsp (15 mL) Salt

For Pork-Vegetable Mixture:

8 **Garlic** cloves, chopped
1 Tbsp (30 mL) Ginger, grated
1 cup (250 mL) Low-sodium soy sauce
½ cup (125 mL) Sesame oil
1 tsp (5 mL) Ground black pepper
5 lb (2.27 kg) Ground **pork**
1 Tbsp (15 mL) Oil (if pork is very lean)
1 large **Onion**, minced
2 medium **Cabbage**, shredded (or 6 × 10 oz / 280 g bags
Coleslaw mix)
2 lb (907 g) **Carrots** or **Sweet potatoes**, peeled and grated
1 lb (454 g) **Sugar snap peas** or **frozen peas (optional)**

Directions

Note: Wash all produce well.

1. Preheat the oven to 350°F (175°C). Lightly oil or spray a full 4-inch hotel pan with cooking spray and add the rice. Bring the water and salt to a boil and carefully pour over the rice. Mix well and cover tightly with foil or the pan lid.
2. Place in the oven for 1 hour, then remove from the oven and let stand, covered, for 30 minutes. Fluff with a wooden spoon and divide evenly between two hotel pans. Cover with lids or foil and hold warm until service.
3. Increase oven temperature to 400°F (200°C). In a blender or food processor, combine the garlic, ginger, soy sauce, sesame oil and black pepper. Blend for one minute, then set aside.
4. Pour the oil into a hotel (steam table) pan and crumble in the pork, spreading evenly. Toss in the onions and and cook for 20-30 minutes, stirring or mashing every 10 minutes, until the pork is cooked through.
5. Add the cabbage and carrots, mix well and return to the oven for 15 minutes.
7. Add sauce and optional peas to the pork mixture and stir well to combine. Divide between the two pans of rice equally.
8. Cover with lids or foil and hold food at a minimum 140°F (60°C), checking at regular intervals, in a warming oven or steam table set to 170°F (75°C).



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking. Serve with a fortune cookie.

- ★ Sauces: Plum, hoisin, sriracha, sweet chili
- ★ Toasted sesame, sunflower or pumpkin seeds
- ★ Crunchy chow mein noodles
- ★ Crispy wonton wrappers - brush with oil and bake at 350°F / 175°C until crispy
- ★ **Broccoli** - cooked
- ★ **Celery**
- ★ **Sweet potato** - cooked
- ★ **Spinach**
- ★ **Pea shoots**
- ★ **Radish**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Mushrooms**
- ★ **Fresh cilantro**
- ★ **Fried tofu**
- ★ **Fruit**

Equipment

- Three 4" deep full-size hotel pans
- Sheet pan
- Food processor

Note from the Authors

"This dish is based on the popular flavours of Egg Rolls and it seems to be a big hit with many families!"

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 lb (454 g) of carrots = about 5 medium
- 1 lb (454g) of sweet potato = about 3 medium
- 1 lb (454g) of cabbage = half a medium
- 1 cup (200 g) of brown rice = about 2 ½ cups cooked

Veg It Up!

Add sweet pepper strips, bean sprouts, diced green beans, chopped broccoli, sliced mushrooms, sliced radishes, or corn for extra colour, fiber and flavour.

Swap In

Swap in an equal amount of diced chicken or tofu for the pork. You may need to add a little more oil when cooking.

Cooking in a Steam Kettle or Tilt Skillet

1. Brown the pork and onions in the oil over medium-high heat, adding the oil if your pork is on the lean side. A potato masher will help break up any clumps.
2. Once the pork is cooked through, add the cabbage and carrot and stir to combine.
3. Add the sauce mixture, the peas and the rice to the meat and veggies.
4. Stir and cook for another few minutes, until the mixture is 165°F (74°C).



Allergy Alert

If you have a sesame-free facility, omit the sesame oil.