Pacific Islands & Oceania
HAWAIIAN LOCO MOCO



INGREDIENTS

- 3 Pounds Ground Beef (no more than 20% fat)
- 3 Medium Yellow Onions
- 6 Garlic Cloves (minced)
- 3 Tablespoons Worcestershire Sauce (divided)
- 1 Tablespoon Kosher Salt
- 1½ Teaspoons Black Pepper
- 7½ Tablespoons Oil (divided)
- 1½ Pounds Sliced Mushrooms
- 6 Cups Beef Broth
- 2 Tablespoons Soy Sauce
- 4½ Tablespoons Cornstarch
- 4 Cups Dry Medium-Grain Rice (enriched or whole grain rich)
- 12 Large Eggs
- 6 Scallions (chopped)

DIRECTIONS

1. Cook rice according to package directions (about 12 cups).
2. Finely chop ¾ cup onion; cut the rest into ½-inch wedges.
3. Gently combine beef, chopped onion, garlic, 1½ tablespoons Worcestershire sauce, salt and pepper. Shape into 12 patties (¼ pound raw each), ½ inch thick. Refrigerate 20 minutes.
4. In a large skillet, heat 3 tablespoons oil over medium heat. Sauté onion wedges 5-7 minutes, then cook on low 10 minutes more, stirring often, until caramelized. Set aside.
5. Add 3 tablespoons oil. Cook patties in batches, about 4 minutes per side, until they reach 160°. Cover to keep hot.
6. Add remaining oil and sauté mushrooms 7-10 minutes until tender. Add caramelized onions, broth, soy sauce and remaining Worcestershire sauce. Bring to a simmer.
7. Whisk cornstarch with ½ cup of the hot broth until smooth. Stir into skillet; simmer 5-7 minutes until thickened.
8. Fry eggs until whites and yolks are firm (160°).
9. For each Loco Moco, top 1 cup rice with 1 patty, about ¾ cup gravy and 1 egg. Garnish with scallions. Serve immediately.

MEAL PATTERN CONTRIBUTION

Grain
Meat/Meat Alternate

MEAL TYPE

Lunch/Supper

YIELD

12 Loco Mocos

PORTION SIZES

Toddler:	½ Loco Moco
Preschool:	½ Loco Moco
School Age:	1 Loco Moco
Adult:	1 Loco Moco