

TERIYAKI CHICKEN (THIGHS)

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
308 cal	1 g	38 g	16 g	135 mg	487 mg	20 mg

Ingredient

CHICKEN,THIGHS,BNLS/SKNLS,RAW
 WATER
 SOY SAUCE
 JUICE,PINEAPPLE,CANNED,UNSWEETENED
 GINGER,GROUND
 PEPPER,BLACK,GROUND
 GARLIC POWDER
 COOKING SPRAY,NONSTICK

Weight

31-1/4 lbs
 2-1/3 lbs
 1-3/8 lbs
 1-1/8 lbs
 1 oz
 1/3 oz
 1/4 oz
 1-1/2 oz

Measure

1 qts 1/2 cup
 2-1/4 cup
 2 cup
 1/4 cup 1-2/3 tbsp
 1 tbsp
 3/8 tsp
 3 tbsp

Issue**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans, cover.
- 2 Combine water, soy sauce, pineapple juice, ginger, pepper, and garlic powder; mix well.
- 3 Pour teriyaki sauce over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place chicken thighs on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray. Discard remaining teriyaki sauce.
- 5 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. Hold for service at 140 F. or higher.

Notes

- 1 In Step 2, 2 gallons of prepared teriyaki sauce may be used per 100 portions.