

CHICKEN A LA KING (COOKED DICED)

Yield 100

Portion 1 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|---------|---------|
| 246 cal | 17 g | 27 g | 7 g | 74 mg | 1235 mg | 62 mg |

Ingredient

| <u>Ingredient</u> | <u>Weight</u> | <u>Measure</u> | <u>Issue</u> |
|---------------------------------|----------------------|-----------------------|---------------------|
| CHICKEN BROTH | | 2 gal 3 qts | |
| CELERY,FRESH,CHOPPED | 4 lbs | 3 qts 3-1/8 cup | 5-1/2 lbs |
| ONIONS,FRESH,CHOPPED | 1 lbs | 2-7/8 cup | 1-1/8 lbs |
| SALT | 1-7/8 oz | 3 tbsp | |
| PEPPER,WHITE,GROUND | 1/3 oz | 1 tbsp | |
| WATER,WARM | 7-7/8 lbs | 3 qts 3 cup | |
| MILK,NONFAT,DRY | 7-1/4 oz | 3 cup | |
| CHICKEN BROTH | | 3 qts | |
| FLOUR,WHEAT,GENERAL PURPOSE | 3-7/8 lbs | 3 qts 2 cup | |
| CHICKEN,COOKED,DICED | 18 lbs | | |
| PEPPERS,GREEN,FRESH,CHOPPED | 1 lbs | 3 cup | 1-1/4 lbs |
| PIMIENTO,CANNED,DRAINED,CHOPPED | 8-1/2 oz | 1-1/4 cup | |

Method

- 1 Place broth, celery, onions, salt and pepper in a steam jacketed kettle or stockpot; bring to a boil. Cover; reduce heat; simmer 8-10 minutes until tender.
- 2 Reconstitute milk in warm water. Stir milk into cooked vegetables and broth.
- 3 Blend flour and broth together to make a smooth slurry. Add slurry to vegetables, broth, and milk mixture, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Stir chicken, peppers, and pimientos gently into thickened sauce. Cover, reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 2-1/2 gallons of chicken a la king into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.