

BOMBAY CHICKEN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
287 cal	31 g	32 g	4 g	88 mg	81 mg	22 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 COOKING SPRAY,NONSTICK
 HONEY
 JUICE,LIME
 CURRY POWDER

Weight

31-1/4 lbs
 1-1/2 oz
 7-7/8 lbs
 3-3/8 lbs
 2 oz

Measure

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

Issue

Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Place chicken breasts on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 3 Using a convection oven, bake at 325 F. 10 to 12 minutes on high fan, closed vent. Transfer chicken to steam table pans. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for use in Step 5.
- 4 Combine honey, lime juice and curry; mix well. Bring to a boil. Cover; reduce heat; simmer 10 minutes.
- 5 Pour 1-1/4 qt sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.