

JAMAICAN RUM CHICKEN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
212 cal	9 g	33 g	4 g	88 mg	344 mg	36 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN,BREAST,BNLS/SKNLS,5 OZ	31-1/4 lbs		
VINEGAR,RED WINE	2-1/8 lbs	1 qts	
SALT	1-1/4 oz	2 tbsp	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
COOKING SPRAY,NONSTICK	1-1/2 oz	3 tbsp	
TOMATOES,CANNED,DICED,DRAINED	4-1/8 lbs	1 qts 3-1/2 cup	
CHICKEN BROTH		1 qts 2 cup	
SUGAR,BROWN,LIGHT	1-1/4 lbs	3-3/4 cup	
ONIONS,FRESH,CHOPPED	4-1/4 oz	3/4 cup	4-2/3 oz
FLAVORING,RUM	2-1/2 oz	1/4 cup 1-2/3 tbsp	
PARSLEY,DEHYDRATED,FLAKED	1-1/8 oz	1-1/2 cup	
GARLIC POWDER	7/8 oz	3 tbsp	
NUTMEG,GROUND	1/3 oz	1 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
SAGE,GROUND	1/8 oz	1 tbsp	
CORNSTARCH	3-3/8 oz	3/4 cup	
WATER,COLD	12-1/2 oz	1-1/2 cup	

Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine vinegar, salt, and pepper; stir to blend.
- 3 Ladle marinade over chicken in each roasting pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray. Discard remaining marinade.
- 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 at 140 F. or higher for use in Step 9.
- 7 Combine tomatoes, broth, sugar, onions, rum flavoring, parsley, garlic, nutmeg, cumin and sage. Bring to a boil. Cover; reduce heat; simmer 15 minutes.
- 8 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 9 Pour 1 quart sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.