

CREOLE CHICKEN (COOKED DICED)

Yield 100

Portion 1-1/4 Cups

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 204 cal | 11 g | 26 g | 6 g | 73 mg | 375 mg | 54 mg |

Ingredient

ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 COOKING SPRAY,NONSTICK
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 SUGAR,GRANULATED
 WORCESTERSHIRE SAUCE
 SALT
 PEPPER,BLACK,GROUND
 FLOUR,WHEAT,GENERAL PURPOSE
 WATER,COLD
 CHICKEN,COOKED,DICED

Weight

2-1/4 lbs
 2-1/4 lbs
 2-1/4 lbs
 1/4 oz
 22 lbs
 3-1/2 oz
 1-5/8 oz
 1-1/2 oz
 3/8 oz
 3-1/3 oz
 12-1/2 oz
 18 lbs

Measure

1 qts 2-3/8 cup
 1 qts 2-7/8 cup
 2 qts 1/2 cup
 1/4 tsp
 2 gal 2 qts
 1/2 cup
 3 tbsp
 2-1/3 tbsp
 1 tbsp
 3/4 cup
 1-1/2 cup

Issue

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

Method

- 1 Stir-cook onions, peppers, and celery in a lightly sprayed steam-jacketed kettle or stockpot 10 minutes or until tender, stirring constantly.
- 2 Add tomatoes, sugar, Worcestershire sauce, salt and pepper to vegetables. Bring to a boil. Cover; reduce heat; simmer 10 minutes.
- 3 Blend flour and cold water to make a smooth slurry. Add slurry to vegetable and tomato mixture. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened, stirring frequently to prevent sticking.
- 4 Stir chicken gently into thickened creole sauce. Cover, reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Pour 2-1/2 gallon creole chicken into ungreased steam table pans. CCP: Hold for service at 140 F. or higher.
- 6 Serve over cooked rice Recipe No. E 005 00.