

TARRAGON CHICKEN & RICE (FAJITA STRIPS)

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
332 cal	40 g	34 g	4 g	71 mg	686 mg	69 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN,FAJITA STRIPS	25 lbs		
TARRAGON,GROUND	2 oz	1/2 cup	
ONIONS,GREEN,FRESH,CHOPPED	10-5/8 oz	3 cup	11-3/4 oz
CHICKEN BROTH		1 gal 2 qts	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
TARRAGON,GROUND	2 oz	1/2 cup	
FLOUR,WHEAT,GENERAL PURPOSE	1 lbs	3-1/2 cup	
WATER	1 lbs	2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/8 tsp	
RICE,LONG GRAIN & WILD	10 lbs	1 gal 3-1/8 qts	
WATER,COLD	23 lbs	2 gal 3 qts	
SALT	1-7/8 oz	3 tbsp	

Method

- 1 Divide chicken strips equally into steam table pans. Add 2 ounces tarragon and 3 cups green onions. Toss to mix thoroughly. CCP: Hold covered under refrigeration at 41 F. or lower for 30 minutes.
- 2 Prepare broth according to manufacturer's instructions on label. Dissolve milk into broth using a wire whip. Add 2 ounces tarragon. Bring to a boil. Simmer 10 minutes. Dissolve flour in water to form a slurry. To temper, add a little broth to the slurry, and then slowly add slurry to broth while whipping vigorously. Add black pepper. Simmer 30 minutes.
- 3 Stir-cook chicken strips in a lightly sprayed steam-jacketed kettle or stockpot about 10-15 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold at 140 F. or higher for service.
- 4 Ladle 3 quarts sauce over the chicken in each pan.
- 5 Prepare rice in a sauce pot or steam kettle by bringing the water to a boil. Add rice and salt to boiling water. Simmer covered for 20 minutes. Remove from heat and place in serving pans. CCP: Hold at 140 F. or higher for service.
- 6 PORTION: Serve 3 ounces chicken strips with 2 ounces sauce over 1/2 cup steamed rice.