

**CREOLE CHICKEN (8 PC)**

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
308 cal	11 g	41 g	11 g	119 mg	420 mg	62 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, 8 PC CUT, SKIN REMOVED  
 COOKING SPRAY,NONSTICK

**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  
 82 lbs  
 2-1/8 oz

**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  
 1/4 cup 2/3 tbsp

**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 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent.
- 6 Transfer chicken to steam table pans. Pour 2 quarts sauce evenly over chicken in each pan.
- 7 Cover; using a convection oven, bake 30 to 35 minutes at 350 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 8 CCP: Hold for service at 140 F. or higher.
- 9 Serve over cooked rice Recipe No. E 005 00.