

CHICKEN VEGA (8 PC)

Yield 100

Portion 9 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
479 cal	45 g	45 g	12 g	121 mg	1249 mg	131 mg

Ingredient

CHICKEN, 8 PC CUT, SKIN REMOVED
 COOKING SPRAY, NONSTICK
 WATER, WARM
 MILK, NONFAT, DRY
 SOUP, DEHYDRATED, ONION
 WATER, COLD
 FLOUR, WHEAT, GENERAL PURPOSE
 CHICKEN BROTH
 RICE, LONG GRAIN

Weight

82 lbs
 2-1/8 oz
 20-7/8 lbs
 1-1/4 lbs
 12 oz
 3-2/3 lbs
 1-1/8 lbs
 9-5/8 lbs

Measure

1/4 cup 2/3 tbsp
 2 gal 2 qts
 2 qts
 2-5/8 cup
 1 qts 3 cup
 1 qts
 3 gal
 1 gal 1-7/8 qts

Issue

Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken, meat side up, on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray.
- 2 Using a convection oven, bake chicken 40 minutes at 350 F. on high fan, closed vent. Hold at 140 F. or higher for use in Step 6.
- 3 Reconstitute milk in warm water. Heat milk to a simmer. Do not boil. Add dehydrated onion soup; mix well.
- 4 Blend flour and cold water together; stir to make a smooth slurry. Add slurry to hot seasoned milk mixture stirring constantly. Bring to a boil. Cover; reduce heat; simmer 5 minutes or until thickened; stirring frequently to prevent sticking.
- 5 Place 2-1/3 uncooked rice evenly in each of 10 steam table pans. Pour hot chicken broth over rice in each pan; stir well.
- 6 Place 20 pieces of pre-baked chicken evenly over rice mixture in each pan.
- 7 Pour 1-1/4 quarts of sauce evenly over chicken in each pan.
- 8 Cover; using a convection oven, bake 35 minutes at 350 F. or until rice is tender, on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.