## MEAT, FISH, AND POULTRY No.L 146 01

## **BARBECUED CHICKEN (BREAST BONELESS)**

Yield 100 Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
237 cal	16 g	33 g	4 g	89 mg	942 mg	31 mg

<u>Ingredient</u>	<b>Weight</b>	<b>Measure</b>	<b>Issue</b>
CHICKEN,BREAST,BNLS/SKNLS,5 OZ	31-1/4 lbs		
CATSUP	10-5/8 lbs	1 gal 1 qts	
SAUCE,CHILI	2-1/8 lbs	3-3/4 cup	
VINEGAR, DISTILLED	1-1/3 lbs	2-1/2 cup	
WORCESTERSHIRE SAUCE	14-7/8 oz	1-3/4 cup	
MUSTARD,PREPARED	6-5/8 oz	3/4 cup	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
SALT	1-7/8 oz	3 tbsp	
PEPPER,RED,GROUND	1/4 oz	1 tbsp	
COOKING SPRAY, NONSTICK	3/4 oz	1 tbsp	

## Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine catsup, chili sauce, vinegar, Worcestershire sauce, mustard, salt, black pepper, and red pepper; mix well.
- 3 Pour 1 gallon barbecue sauce evenly over chicken in each pan; cover.
- 4 Place chicken breasts on lightly sprayed sheet pans.
- 5 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, open vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer chicken to steam table pans.
- 6 Bring remaining barbecue sauce to a boil.
- 7 Pour 3-1/2 cups of barbecue sauce over chicken in each pan. CCP: Hold for service at 140 F. or higher.

## **Notes**

1 In Step 2, 2 gallons of prepared BBQ sauce may be used per 100 portions.