

SZECHWAN CHICKEN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
226 cal	12 g	33 g	4 g	88 mg	712 mg	21 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 WATER
 CHICKEN BROTH
 VINEGAR,DISTILLED
 SOY SAUCE
 CATSUP
 SUGAR,GRANULATED
 PEPPER,RED,CRUSHED
 COOKING SPRAY,NONSTICK
 WATER,COLD
 CORNSTARCH

Weight

31-1/4 lbs
 4-2/3 lbs

 2-1/8 lbs
 1-7/8 lbs
 1-5/8 lbs
 1-3/4 lbs
 2/3 oz
 1-1/2 oz
 1-1/3 lbs
 5-1/8 oz

Measure

2 qts 1 cup
 1 qts
 1 qts
 3 cup
 3 cup
 1 qts
 1/2 cup
 3 tbsp
 2-1/2 cup
 1-1/8 cup

Issue**Method**

- 1 Wash chicken thoroughly under cold water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine water, chicken broth, vinegar, soy sauce, catsup, sugar, and red pepper in a steam-jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 5 minutes.
- 3 Pour marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 7.
- 5 Place chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray.
- 6 Using a convection oven, bake 12 to 14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Transfer chicken to steam table pans.
- 7 Bring remaining marinade to a boil.
- 8 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to marinade; bring to a boil. Cover; reduce heat; simmer 3 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must register 165 F. or higher for 15 seconds.
- 9 Pour 6 cups sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.