

HONEY LEMON CHICKEN BREAST (BREAST BONELESS)

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
219 cal	13 g	32 g	4 g	88 mg	88 mg	19 mg

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 HONEY
 JUICE,LEMON
 MUSTARD,DIJON
 LEMON RIND,GRATED
 CURRY POWDER
 GINGER,GROUND
 COOKING SPRAY,NONSTICK
 WATER,COLD
 CORNSTARCH

Weight

31-1/4 lbs
 3 lbs
 2-1/8 lbs
 2-7/8 oz
 1-1/8 oz
 3/8 oz
 1/3 oz
 3/4 oz
 1 lbs
 2-1/4 oz

Measure

1 qts
 1 qts
 1/4 cup 1-2/3 tbsp
 1/4 cup 1-2/3 tbsp
 1 tbsp
 1 tbsp
 1 tbsp
 2 cup
 1/2 cup

Issue**Method**

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine honey, lemon juice, dijon mustard, lemon rind, curry and ginger; mix well.
- 3 Pour marinade over chicken in each roasting pan; cover. CCP: Marinate under refrigeration 41 F. or lower for 45 minutes.
- 4 Place chicken breasts on each lightly sprayed sheet pan. Lightly spray chicken with cooking spray. CCP: Refrigerate remaining marinade at 41 F. or lower for use in Step 7.
- 5 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.
- 6 Transfer chicken to steam table pans. CCP: Hold at 140 F. or higher for use in Step 8. Drain chicken drippings.
- 7 Bring chicken drippings and reserved marinade to a boil. Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking. CCP: Temperature must reach 165 F. or higher for 15 seconds.
- 8 Pour 3-1/4 cups sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.