

HONEY GINGER CHICKEN (BREAST BONELESS)

Yield 100

Portion 5 Ounces

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 217 cal | 11 g | 33 g | 4 g | 88 mg | 481 mg | 21 mg |

Ingredient

CHICKEN,BREAST,BNLS/SKNLS,5 OZ
 COOKING SPRAY,NONSTICK
 HONEY
 SOY SAUCE
 JUICE,LEMON
 GARLIC POWDER
 ONION POWDER
 GINGER,GROUND
 WATER,COLD
 CORNSTARCH

Weight

31-1/4 lbs
 3/4 oz
 2-1/4 lbs
 1-5/8 lbs
 1-1/3 lbs
 2-3/8 oz
 1-7/8 oz
 1-1/2 oz
 8-1/3 oz
 2-1/4 oz

Measure

1 tbsp
 3 cup
 2-1/2 cup
 2-1/2 cup
 1/2 cup
 1/2 cup
 1/2 cup
 1 cup
 1/2 cup

Issue

Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat.
- 2 Arrange chicken breasts shingle-style in lightly sprayed steam table pans.
- 3 Combine honey, soy sauce, lemon juice, garlic powder, onion powder, and ground ginger; mix well. Pour sauce over chicken in each pan.
- 4 Using a convection oven, bake at 325 F. for 12 to 14 minutes on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Transfer chicken to steam table pans. Drain sauce. Reserve sauce.
- 6 Bring reserved sauce 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.
- 7 Pour 1 qt sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.