


Recipe Name: Sweet and Sour Chicken Stir Fry			File No:
Grade Group: K-12			HACCP Process: <input type="checkbox"/> #1 No Cook <input checked="" type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50			
Portion Size: 1 cup			
Serving Utensil: 8 fl oz spoodle			
Servings per Pan:			
			
Ingredients:	Weight:	Measure:	Procedure:
*Broccoli, untrimmed, whole	5 lb		<ol style="list-style-type: none"> Trim and chop broccoli to uniform size, approximately 2" pieces. <i>*Note: If purchasing pre-cut produce, recipe calls for:</i> <ul style="list-style-type: none"> 1 gallon + 1 ½ quarts broccoli florets 1 gallon + 1 cup sliced carrots Peel and cut carrots to uniform size, approximately ¼" thick coins. Core and chop apples to uniform size, approximately ¾" pieces. Place broccoli in steamer pan. Steam until tender: <ol style="list-style-type: none"> Non-pressurized steamer: 13 minutes in perforated pan. Conventional oven: Fill 4" deep hotel pan with 1" water. Place 2" perforated pan inside water-filled pan. Tightly cover. Cook at 350°F for 26 minutes. Add apple juice, oil, brown sugar, vinegar, stock, soy sauce, and sweet chili sauce to a large stock pot. Bring to boil over medium heat. Add the carrots and apples to the stock pot. Simmer until carrots are tender, 20 minutes or longer if needed. Combine ground ginger, garlic powder, onion powder, white pepper, and cornstarch in a bowl.
*Carrot, whole, without tops	6 lb 3 oz		
Apples, Granny Smith, whole	3 lb 12 oz		
Apple juice		2 c	
Vegetable oil		1½ c	
Brown sugar, packed		1 c	
Apple cider vinegar		2 ¼ c	
Chicken stock		3 c	
Soy sauce, low-sodium		1 ¼ c	
Sweet-chili sauce		¾ c	
Ground ginger		¼ c	
Garlic powder		¼ c	
Onion powder		¼ c	
Ground white pepper		1 Tbsp	
Cornstarch		1 c	
Water, cold		1 ½ c	
Chicken, diced, cooked	6 lb 4 oz		

			<p>9. Add 1 ½ cups cold water and whisk to combine.</p> <p>10. Add cornstarch mixture to stock pot and stir with whisk until thickened.</p> <p>11. Add chicken to stock pot and stir while cooking.</p> <p>12. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>13. Transfer mixture to steam table pans and add steamed broccoli. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>14. Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p>15. Portion with 8 fl oz spoodle (1 cup).</p> <p><i>Note: Serve over rice or noodles.</i></p>
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Total Yield		Number of Pans:	Equipment (if not specified in procedures above):
Weight:	Measure (volume): 3 gal ½ qt	Pan Size:	

Meal Component Contribution Based on Portion Size							Nutrient Analysis Based on Portion Size
Meat/Meat Alternate	2 oz eq						Calories: 249
	DG	B/P	R/O	S	O	A	Saturated Fat (g): 2
Vegetable Subgroups	¼ c		¼ c				Sodium (mg): 422
Fruits							
Grains							

DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other A=Additional [Food Buying Guide](#) (FBG)

