

# ISD #347

000756 - CHICKEN STIR-FRY : USDA D-30 F2S	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 3/4 CUP Alternate Recipe Name: Chicken Stir Fry with Local Garlic and Carrots				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions												
020027 CORNSTARCH..... 014429 WATER,MUNICIPAL..... 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO N.... 002021 GINGER,GROUND..... 990306 GARLIC, MINCED..... 002030 PEPPER,BLACK..... 990235 SOUP,CHICKEN BROTH,LO SODIUM,CND..... 011124 CARROTS,RAW..... 004318 OIL,VEG,TYPE B-COMMOD.....	4 1/2 ozs 1/2 cup 1/2 cup 1/2 tsp 1 oz 2 tsp 2 qts 5 lbs + 10 ozs 1/2 cup	1. Dissolve cornstarch in water and soy sauce. Add ginger, minced garlic, and pepper.  2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.  3. Cook for 3-5 minutes, until thickened. Remove from heat.  4. Prepare no more than 50 portions per batch. Sauté carrots(chopped 1/4") in oil for 4 minutes.												
011282 ONIONS,RAW..... 011090 BROCCOLI,RAW..... 002047 SALT, TABLE..... 005064 CHICKEN,BROILERS OR FRYERS,BREAST,MEAT O..... 004318 OIL,VEG,TYPE B-COMMOD.....	1 lb + 6 OZS (chopped) 4 lbs + 1 OZ (chopped) 2 tsp 8 lbs + 15 ozs 1 cup	5. Add diced onions and cook for 1 minute.  6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. Add salt. Keep warm.												
		7. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steamtable pan. Add sauce and mix to coat chicken and vegetables.  <b>CCP: Heat to 165° F or higher for at least 15 seconds.</b>  8. <b>CCP: Hold for hot service at 135-140° F or higher.</b>  Portion with 2 rounded No. 10 scoops (3/4 cup 1 Tbsp).												
		<b>Food as Purchased</b>												
		<table style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th></th> <th style="text-align: center;">50 Servings</th> <th style="text-align: center;">100 Servings</th> </tr> </thead> <tbody> <tr> <td>Carrots</td> <td style="text-align: center;">6 lb 13 oz</td> <td style="text-align: center;">13 lb 10 oz</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb 9 oz</td> <td style="text-align: center;">3 lb 2 oz</td> </tr> <tr> <td>Broccoli</td> <td style="text-align: center;">5 lb 1 oz</td> <td style="text-align: center;">10 lb 2 oz</td> </tr> </tbody> </table>		50 Servings	100 Servings	Carrots	6 lb 13 oz	13 lb 10 oz	Mature onions	1 lb 9 oz	3 lb 2 oz	Broccoli	5 lb 1 oz	10 lb 2 oz
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		<p style="text-align: center;"><b>Special Tips</b></p> <p>1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté chicken, for each 50 servings.</p> <p>2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.</p> <p>3) Reduce salt if using regular soy sauce.</p>
		<p style="text-align: center;"><b>Serving</b></p> <p>¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.</p>

Calories..... 248	Iron..... 1.46 mg	Protein..... 27.72 g	Protein..... 44.79%
Cholesterol.. 69 mg	Calcium... 51.74 mg	Carbohydrates 11.84 g	Carbohydrates. 19.12%
Sodium..... 299 mg	Vitamin A..8825.7 IU	Total Fat.... 9.94 g	Total Fat..... 36.15%
Dietary Fiber 2.67 g	Vitamin A..8825.7 RE	Saturated Fat 1.84 g	Saturated Fat. 6.68%
	Vitamin C.. 36.8 mg	Trans Fat.... 0.00* g	Trans Fat..... 0.00%

\* - Denotes Missing Nutrient Values