

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw chicken drumsticks, with bone, without skin (at least 3.2 oz each) OR	5 lb	25 servings	10 lb	50 servings	<ol style="list-style-type: none"> Place 12-13 chicken thighs or drumsticks in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Bake until lightly browned.: Conventional oven: 425° F for 30 minutes Convection oven: 375° F for 30 minutes Drain and discard liquid and fat. Remove chicken from bone. Place 1 lb 2 oz chicken in each pan (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. In a sauce pan, combine soy sauce, oil, lemon juice, vinegar, sugar, dry mustard, granulated garlic, pineapple juice, and peach puree. OR Use bottled sweet-and-sour sauce. Simmer for 15 minutes. Add pineapple juice.
Raw chicken drumsticks, with bone, with skin (at least 3.7 oz each) OR	5 lb 12 ½ oz	25 servings	11 lb 9 oz	50 servings	
Raw chicken thighs, with bone, without skin (at least 2.9 oz each) OR	4 lb 8 ½ oz	25 servings	9 lb 1 oz	50 servings	
Raw chicken thighs, with bone, with skin (at least 3.6 oz each)	5 lb 10 oz	25 servings	11 lb 4 oz	50 servings	
Sweet-and-Sour Sauce:					
Soy sauce		2 Tbsp		¼ cup	
Vegetable oil		2 Tbsp		¼ cup	
Lemon juice		1 Tbsp		2 Tbsp	
White vinegar		¾ cup		1 ½ cups	
Sugar	6 oz	¾ cup	12 oz	1 ½ cups	
Dry mustard		1 tsp		2 tsp	
Granulated garlic		1 tsp		2 tsp	
Pineapple juice		1 cup		2 cups	
Canned peaches, drained and pureed OR	4 oz	½ cup	8 oz	1 cup	
Bottled sweet-and-sour sauce	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	
Pineapple juice		1 cup		2 cups	

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Cornstarch	2 Tbsp	¼ cup	<p>6. Dissolve cornstarch in cold water. Add to simmering liquid and stir until thickened.</p> <p>7. Pour 1 ½ cups of sauce over each casserole dish of chicken.</p> <p>8. Bake until golden brown: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes</p> <p>Baste every 15 minutes for a glazed appearance.</p> <p>CCP: Heat to 165° F or higher.</p> <p>9. CCP: Hold for hot service at 140° F or warmer.</p> <p>Portion with No. 10 scoop (⅔ cup).</p>
Water, cold	¾ cup	1 ½ cups	

Note: The weights given provide an average of 25 and 50 servings based on the minimum raw chicken weight listed with the description. When purchasing chicken, ensure that the average weight of the raw chicken pieces meets the minimum individual piece weight listed.

SERVING:	YIELD:	VOLUME:
⅔ cup (No. 10 scoop) provides 1 ½ oz cooked poultry.	25 Servings: 4 lb 1 oz	25 Servings: 2 quarts 2 cups
	50 Servings: 8 lb 2 oz	50 Servings: 1 gallon 1 quart
	Tested 2004	

Special Tip:
 The Sweet-and-Sour Sauce from Step 4 may be used on baked fish or baked pork.

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Nutrients Per Serving

Calories	128	Saturated Fat	0.78 g	Iron	0.66 mg
Protein	12.18 g	Cholesterol	40 mg	Calcium	9 mg
Carbohydrate	11.30 g	Vitamin A	53 IU	Sodium	124 mg
Total Fat	3.53 g	Vitamin C	2.5 mg	Dietary Fiber	0.2 g

Nutrients are based on 1 drumstick without skin.