

Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¼ cup 2 Tbsp	<ol style="list-style-type: none"> Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. Cook for 3-5 minutes, until thickened. Remove from heat. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 minute. Add broccoli and cook for 2 minutes. Place in serving pans (9" x 13" x 2"). For 25 servings, use 2 pans. For 50 servings, use 4 pans. Keep warm. Sauté chicken in oil for 2-3 minutes. Add chicken to vegetables in pans. Add sauce and mix to coat chicken and vegetables.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	
*Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	
OR	OR	OR	OR	OR	
Frozen sliced carrots	3 lb 6 oz	3 qt	6 lb 12 oz	1 gal 2 qt	
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	
*Fresh broccoli, chopped	2 lb 13 oz	1 gal 1 ⅞ qt	5 lb 10 oz	2 gal 2 ¼ qt	
OR	OR	OR	OR	OR	
Frozen mixed Oriental vegetables	3 lb 7 oz	2 qt 3 ⅞ cups	6 lb 14 oz	1 gal 1 ⅔ qt	
Raw chicken skinless, boneless, ½" cubes	4 lb 8 oz		9 lb		
Vegetable oil		½ cup		1 cup	

CCP: Heat to 165° F or higher.

8. CCP: Hold for hot service at 140° F or warmer.

Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Stir-Fry Chicken

Meat-Vegetable

Main Dishes

D-18

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature Onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:	YIELD:	VOLUME:
¾ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and ⅝ cup of vegetable.	25 Servings: 11 lb 10 oz	25 Servings: 1 gallon 1 quart
	50 Servings: 23 lb 4 oz	50 Servings: 2 gallons 2 quarts
Edited 2014		

Special Tip:

For an authentic Oriental flavor, when sauteing chicken in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving			
Calories	223	Saturated Fat	1.73 g
Protein	22.53 g	Cholesterol	54 mg
Carbohydrate	11.82 g	Vitamin A	12105 IU
Total Fat	9.66 g	Vitamin C	39.8 mg
		Iron	1.59 mg
		Calcium	52 mg
		Sodium	290 mg
		Dietary Fiber	3.3 g