

Chicken Stir-Fry With Vegetables on Brown Rice

MEAT/MEAT ALTERNATIVE, VEGETABLE						MAIN DISHES
Ingredients	50 servings		100 servings		For ____ servings	Directions
	Weight	Measure	Weight	Measure		
Cornstarch	4 1/2 oz. (128g)	1 cup	9 oz. (256g)	2 cups		1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated 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 in oil for 4 minutes. 5. Add onions and cook for 1 minute. 6. Add broccoli and cook for 2 more minutes. Remove steamtable pan (12" x 20" x 2 ½"). 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. CCP: Heat to 165 °F (74 °C) for at least 15 seconds 8. CCP: Hold for hot service at 135 °F (57 °C) or higher. Portion with 2 rounded No. 10 scoops (3/4 cup, 1 tbsp.)
Water, cold		1/2 cup (118 ml)		1 cup (237 ml)		
Low-sodium soy sauce		1/2 cup (118 ml)		1 cup (237 ml)		
Ground ginger		1/2 tsp.		1 tsp.		
Granulated garlic		3 tbsp.		1/4 cup, 2 tbsp.		
Ground black or white pepper		2 tsp.		1 tbsp., 1 tsp.		
Chicken Stock, non-MSG		2 qt. (1.9 L)		1 gal. (3.8 L)		
Fresh carrots peeled, 1/4" chopped OR Frozen sliced carrots	5 lb., 10 oz. (2.5 kg) OR 6 lb., 12 oz. (3 kg)	1 gal., 1 1/2 qt. OR 1 gal., 2 qt.	11 lb., 4 oz. (5 kg) OR 13 lb., 8 oz. (6 kg)	2 gal., 3 qt. OR 3 gal.		
Vegetable oil		1/2 cup (118 ml)		1 cup (237 ml)		
Fresh onions, diced	1 lb., 6 oz. (624g)	3 2/3 cups	2 lb., 12 oz. (1.2 kg)	1qt., 3 1/3 cups		
Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	4lb., 1 oz. (1.8 kg) OR 4 lb., 15 oz. (2.2 kg)	1 gal., 3 1/4 qt. OR 2 qt.	8 lb., 2 oz. (3.6 kg) OR 9 lb., 14 oz. (4.5 kg)	3 gal., 2 1/2 qt. OR 1 gal.		
Salt		2 tsp.		1 tbsp., 1 tsp.		
Raw skinless, boneless chicken breasts, cut in 1/2" cubes	8 lb., 15 oz. (4 kg)		17 lb., 14 oz. (8.1 kg)			
Vegetable oil		1 cup (237 ml)		2 cups (474 ml)		
Serving: 3/4 cup, 1 tbsp. (2 rounded No.10 scoops) provides 2 oz. equivalent meat/meat alternative and ½ cup of vegetable			Yield: 50 servings: about 23 lb., 4oz. (10.5 kg) 100 servings: about 46 lb., 8oz. (21 kg)			

Special Tips:

1. For an authentic Oriental flavor, substitute 1/4 cup (59 ml) of sesame oil for 1/4 cup of vegetable oil to sauté chicken, for each 50 servings.
2. Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
3. Reduce salt if using regular soy sauce.
4. If using Oriental vegetables, add frozen vegetables to sautéed chicken in step 7.
5. Serve with brown rice.

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NUTRIENTS PER SERVING					
Calories	199	Saturated fat	1.47g	Iron	1.26 mg
Protein	19.31g	Cholesterol	46 mg	Calcium	44 mg
Carbohydrate	11.12g	Vitamin A	11928 IU	Sodium	197 mg
Total fat	8.64g	Vitamin C	29.3 mg	Dietary fiber	2.9g

Tested 2004.

Adapted from the USDA/National Food Service Management Institute. www.nfsmi.org/USDA_recipes/school_recipes/all_alpha.pdf