

# Chicken Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	4 ½ oz	1 cup	9 oz	2 cups	1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		½ tsp		1 tsp	
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chicken stock, non-MSG		2 qt		1 gal	
					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.
*Fresh carrots, peeled, 1/4" chopped	5 lb 10 oz	1 gal 1 ½ qt	11 lb 4 oz	2 gal 3 qt	4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
OR Frozen sliced carrots	OR 6 lb 12 oz	OR 1 gal 2 qt	OR 13 lb 8 oz	OR 3 gal	
Vegetable oil		½ cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 ¾ cups	2 lb 12 oz	1 qt 3 ½ cups	5. Add onions and cook for 1 minute.
*Fresh broccoli, chopped	4 lb 1 oz	1 gal 3 ¼ qt	8 lb 2 oz	3 gal 2 ½ qt	6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
OR Frozen mixed Oriental vegetables	OR 4 lb 15 oz	OR 2 qt	OR 9 lb 14 oz	OR 1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
Raw skinless, boneless chicken breasts, cut in ½" cubes	8 lb 15 oz		17 lb 14 oz		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 or higher for at least 15 seconds.
Vegetable oil		1 cup		2 cups	
					8. CCP: Hold for hot service at 135° F or higher.  Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

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Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	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

### SERVING:

¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.

### YIELD:

**50 Servings:** about 23 lb 4 oz

**100 Servings:** about 46 lb 8 oz

### VOLUME:

**50 Servings:** about 2 gallons 2 quarts

**100 Servings:** about 5 gallons

Tested 2004

### Special Tips:

- 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.
- 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.

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## Nutrients Per Serving

<b>Calories</b>	199	<b>Saturated Fat</b>	1.47 g	<b>Iron</b>	1.26 mg
<b>Protein</b>	19.31 g	<b>Cholesterol</b>	46 mg	<b>Calcium</b>	44 mg
<b>Carbohydrate</b>	11.12 g	<b>Vitamin A</b>	11928 IU	<b>Sodium</b>	197 mg
<b>Total Fat</b>	8.64 g	<b>Vitamin C</b>	29.3 mg	<b>Dietary Fiber</b>	2.9 g