

SWEET AND SOUR CHICKEN (8 PC)

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
351 cal	23 g	39 g	10 g	119 mg	198 mg	26 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN, 8 PC CUT, SKIN REMOVED	82 lbs		
COOKING SPRAY, NONSTICK	2-1/8 oz	1/4 cup 2/3 tbsp	
PINEAPPLE, CANNED, CHUNKS, JUICE PACK, INCL LIQUIDS	5-1/4 lbs	2 qts 1-1/2 cup	
RESERVED LIQUID	4-1/8 lbs	2 qts	
SUGAR, GRANULATED	2-1/4 lbs	1 qts 1 cup	
VINEGAR, DISTILLED	1-2/3 lbs	3-1/4 cup	
SOY SAUCE	5-1/8 oz	1/2 cup	
GINGER, GROUND	3/8 oz	2 tbsp	
PEPPERS, GREEN, FRESH, JULIENNE	2 lbs	1 qts 2 cup	2-3/8 lbs
CORNSTARCH	2 lbs	1 qts 3 cup	
WATER, COLD	1-5/8 lbs	3 cup	

Method

- 1 Wash chicken thoroughly under cold running water. Drain well.
- 2 Lightly spray chicken with cooking spray. Place chicken on lightly sprayed sheet pan.
- 3 Using a convection oven, bake 40 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold at 140 F. or higher for use in Step 8.
- 4 Drain pineapple. Reserve juice.
- 5 Combine reserved pineapple juice, sugar, vinegar, soy sauce and ginger in steam-jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 5 minutes.
- 6 Add pineapple and peppers to sauce. Bring to a boil; reduce heat; simmer 5 minutes or until peppers are almost tender, stirring constantly.
- 7 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot sauce, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 8 Transfer chicken to steam table pans. Pour sauce evenly over chicken in each pan. CCP: Hold for service at 140 F. or higher.