

CHINESE FIVE-SPICE CHICKEN (8 PC)

Yield 100

Portion 2 Pieces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
273 cal	2 g	40 g	10 g	119 mg	760 mg	31 mg

Ingredient

CHICKEN, 8 PC CUT, SKIN REMOVED
 SOY SAUCE
 ONIONS,FRESH,CHOPPED
 GINGER,GROUND
 CINNAMON,GROUND
 GARLIC POWDER
 FENNEL,GROUND
 CLOVES,GROUND
 PEPPER,BLACK,GROUND
 COOKING SPRAY,NONSTICK

Weight

82 lbs
 2-1/2 lbs
 1-7/8 lbs
 2 oz
 1 oz
 5/8 oz
 1/2 oz
 1/4 oz
 1/4 oz
 2-1/8 oz

Measure

1 qts
 1 qts 1-3/8 cup
 1/2 cup 2-2/3 tbsp
 1/4 cup 1/3 tbsp
 2 tbsp
 2-1/3 tbsp
 1 tbsp
 1 tbsp
 1/4 cup 2/3 tbsp

Issue

2-1/8 lbs

Method

- 1 Wash chicken thoroughly under cold running water. Drain well; remove excess fat. Place chicken in roasting pans.
- 2 Combine soy sauce, onions, ginger; cinnamon, garlic powder, fennel, cloves, and pepper; mix well. Pour 3-1/2 cups marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes, turning once.
- 3 Drain chicken. CCP: Reserve marinade under refrigeration at 41 F. or lower for use in Step 5.
- 4 Place chicken, meat side up, on lightly sprayed sheet pans. Lightly spray chicken with cooking spray.
- 5 Using a convection oven, bake 20 minutes at 325 F. on high fan, closed vent. Baste chicken with reserved marinade. Discard remaining marinade. Bake an additional 20 minutes, for a total of 40 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.