

CHICKEN CHOW MEIN (COOKED DICED)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
230 cal	14 g	28 g	7 g	73 mg	1762 mg	68 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
CHICKEN BROTH		2 gal 2 qts	
ONIONS,FRESH,SLICED	12-1/8 lbs	2 gal 4 qts	13-1/2 lbs
CELERY,FRESH,SLICED	9-1/2 lbs	2 gal 1 qts	13 lbs
CABBAGE,GREEN,FRESH,CHOPPED	4-1/8 lbs	1 gal 2-2/3 qts	5-1/8 lbs
SOY SAUCE	3-3/4 lbs	1 qts 2 cup	
MOLASSES	5-3/4 oz	1/2 cup	
GINGER,GROUND	3/8 oz	2 tbsp	
GARLIC POWDER	1/4 oz	1/3 tsp	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
CORNSTARCH	14-2/3 oz	3-1/4 cup	
WATER,COLD	4-1/8 lbs	2 qts	
CHICKEN,COOKED,DICED	18 lbs		
BEAN SPROUTS,CANNED,DRAINED	3-1/3 lbs	1 gal 2 qts	

Method

- 1 Combine chicken broth, onions, celery, cabbage, soy sauce, molasses, ginger, garlic powder and pepper in a steam jacketed kettle or stockpot. Bring to a boil. Cover; reduce heat; simmer 8 to 10 minutes until vegetables are tender.
- 2 Blend cornstarch and cold water together to make a smooth slurry. Add slurry to hot broth and vegetable mixture, stirring constantly. Cover; reduce heat; simmer 3 to 5 minutes or until thickened, stirring frequently to prevent sticking.
- 3 Stir chicken and bean sprouts gently into thickened sauce. Cover; reduce heat; simmer 2 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 4 Pour 2-1/2 gal chicken chow mein into ungreased steam table pans. CCP: Hold for service at 140 F. or higher. Serve over steamed rice. Optional: Top each serving with 1/3 cup chow mein noodles.