

# CHICKEN A LA KING OVER RICE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, ¼ cup other vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ¾ cup chicken and ½ cup rice

**RECIPE HACCP PROCESS:** #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	3 quarts
Rice, Long Grain,Brown, Parboiled, #2139	3 pounds + 4 ounces
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Salt, Table, #2723	2 teaspoons
Margarine, Bulk, #1319	7 ounces
Flour, All Purpose, Enriched, #2011	2 3/4 cups
Water, Municipal, Mississippi	1 gallon
Milk, Reduced Fat, 2% Milkfat, Bulk	2 quarts
Poultry Seasoning, #2721	1 tablespoon + 1 teaspoon
Pepper, Black, Ground, #2718	2 teaspoons
Onion Powder, #2714	1/4 cup
Parsley, Dried, Chopped, #2717	1/2 cup
Garlic Powder, #2709	1/2 cup
Salt, Table, #2723	1 teaspoon
Sour Cream, Cultured, MS	5 pounds
Chicken, Diced, Cooked, IQF, #1019	6 pounds + 12 ounces
Peas, Green, Frozen, #1612	6 pounds
Pimentos, Diced, Canned, #2817	1 cup

**DIRECTIONS**

- To prepare the rice:
  - Place the brown rice in a steamtable pan.
  - Add 2 quarts of water to each pan.
  - Add the salt to each pan and mix until well combined.
  - Steam the rice for approximately 45 minutes or until tender and fluffy. Check the rice at 30 minutes of cooking time for water absorption. If needed add more water.
  - Place rice in half-size steamtable pans (12" x 10" x 4") and cover. Place in warmer until ready to serve.

Rice amounts are based on USDA Food Buying Guide.

Overcooking or hot holding rice for long periods of time will increase the volume and the yield.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

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## DIRECTIONS

2. Melt the margarine.  
Then add the flour and stir until the mixture is smooth and the flour is dissolved.
3. Add water, milk, poultry seasoning, pepper, onion powder, parsley, garlic powder, and salt to the flour mixture.  
Stir the mixture until it is well blended.
4. Bring the mixture to a boil. Then reduce heat to medium.  
Cook it uncovered, stirring frequently until mixture has thickened, about 12 - 15 minutes.
5. Add the sour cream, chicken, peas, and chopped pimentos to the mixture.  
Stir frequently and cook the chicken over medium heat for 5-7 minutes or until heated through and the product reaches the correct temperature.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

6. Pour the Chicken a la King into serving pans. Serve it immediately, or cover it and place in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

7. Portion  $\frac{1}{2}$  cup rice with 4 ounce spoodle or #8 scoop. Portion  $\frac{3}{4}$  cup of the meat mixture with a 6 ounce ladle over rice for each serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain, and  $\frac{1}{4}$  cup of other vegetable.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

## PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for poultry.

## SERVING NOTES

May be served over noodles or a biscuit instead of cooked rice. The nutrient analysis will have to be re-calculated if biscuits or noodles are used.

## NUTRIENTS PER SERVING

Calories	410	Dietary Fiber	4.29 g	Sodium	381.00 mg	Sat. Fat	7.95 g
Carbohydrates	42.98 g	Protein	27.14 g	Total Fat	14.17 g	Trans Fat	0.00 g

# CHICKEN A LA KING OVER RICE

## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN A LA KING OVER RICE

1.



Flour added to melted margarine

2.



Stirring the margarine and flour until smooth and the flour is dissolved.

3.



Stirring the water, milk, poultry seasoning, pepper, onion powder, parsley, garlic, and salt with the flour mixture

4.



Adding chicken, peas, and chopped pimentos to mixture

5.



Pouring the mixture into serving pans

6.



1 serving of Chicken a la King over Rice