

# CHICKEN STIR-FRY OVER RICE

## MEAL COMPONENT CONTRIBUTION:

2 oz. meat/meat alternate, 1 oz. eq. whole grain, ½ cup other vegetables

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 cup of chicken stir fry and ½ cup of rice

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



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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Onions, Frozen, Diced, #1610	1 quart
Rice, Long Grain,Brown, Parboiled, #2139	6 pounds + 8 ounces
Water, Hot, Municipal	1 1/4 gallons
Cornstarch, #2005	1 3/4 cups
Sauce, Soy, Light, Reduced Sodium, #2257	2 cups
Garlic Powder, #2709	1/3 cup + 2 teaspoons
Pepper, White, Ground, #2720	1 tablespoon + 1 teaspoon
Water, Boiling, Municipal	2 quarts
Juice, Orange, Frozen, 4-ounce carton, #1517	8 ounces
Juice, Pineapple, Unsweetened, Canned, 46 ounces, #2409	1 quart + 2 cups
Lemon Juice, Canned/Bottled, #2247	1 cup
Base, Chicken, Low Sodium, #2501	1/4 cup
Oil, Vegetable, #2507	2 cups
Chicken, Diced, Cooked, IQF, #1019	13 pounds + 8 ounces
Vegetables, California Blend, Frozen, #1623	19 pounds

## DIRECTIONS

1. If the onions are frozen, thaw them in the refrigerator. Drain the onions thoroughly on the day of assembly.

CCP: Hold under refrigeration (41 degrees F or lower).

2. To prepare rice:

- Place brown rice in a steamtable pan. Add 1 ¼ gallons of hot water to each pan.
- Add salt to each pan and mix until well combined.
- Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
- Cover, and place in warmer until ready to serve.

Rice amount is 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.

3. Dissolve the cornstarch in the soy sauce.
4. Add the garlic powder and white pepper.
5. For 50 portions, heat 2 quarts of water, orange juice, pineapple juice ,and lemon juice to a boil. Then add the chicken base.

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## DIRECTIONS

6. Slowly stir in the cornstarch mixture.  
Return the mixture to a simmer.  
Cook for 3-5 minutes, or until it has thickened.  
Remove the sauce from the heat, but keep it warm until it used.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
7. Sauté the onion for about 5 minutes, or until the onion is tender.  
Add the diced chicken, cook the mixture for 5 more minutes. (Batch cook. Prepare no more than 50 portions per batch.)
8. Add the California blend vegetables and cook the mixture for 3-5 minutes. Then add the sauce and mix to coat the chicken and vegetables with the sauce. Heat the mixture to the serving temperature.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
9. Place the Stir Fry in steamtable pans. Serve it immediately, or cover it and place it 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.
10. Portion 1 cup (8 ounce ladle or 2 #8 scoops) of chicken mixture over ½ cup rice (# 8 scoop) for each serving. One portion of chicken and rice provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, and ½ cup other vegetables.  
CCP: Hold and maintain the product at a minimum 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 within an additional 4 hours.

## PRODUCTION NOTES

Use commodity products when available.

## NUTRIENTS PER SERVING

Calories	295	Dietary Fiber	3.11 g	Sodium	328.00 mg	Sat. Fat	1.30 g
Carbohydrates	34.03 g	Protein	23.08 g	Total Fat	6.92 g	Trans Fat	0.00 g

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## ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN STIR-FRY OVER RICE

1.



Corn starch mixture slowly being stirred into the water, juices, and chicken base

2.



California blend vegetables mixed with the chicken mixture

3.



Pan of chicken mixture and sauce combined

4.



1 serving of Chicken Stir Fry over Rice