

# SOUTHERN FRIED CHICKEN-USDA FOODS



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

**NUMBER OF PORTIONS:** 80 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 80 SERVINGS)
Chicken, 8 Cut, Frozen, USDA, #100098	80 servings , (Cooked Average)
Flour, All Purpose, Enriched, #2011	1 pound + 8 ounces
Salt, Table, #2723	3 tablespoons
Pepper, Black, Ground, #2718	1 tablespoon
Paprika, Ground, Domestic, #2716	1 tablespoon + 1 teaspoon

**DIRECTIONS**

- If the chicken is frozen, thaw it in the refrigerator. Drain the chicken thoroughly on the day of assembly.  
CCP: Hold under refrigeration (41 degrees F or lower).
- Combine the flour, salt, pepper, and paprika.
- Heat vegetable oil in deep-fat fryer to 325 degrees F.
- Dredge the chicken pieces in the seasoned flour. Shake off the excess flour.  
Discard any excess flour after all of the chicken pieces have been covered.
- Prepare the chicken for just in time service. Batch cook: Prepare only what can be served in a 30-minute period to maintain maximum quality.  
Place the similar cuts of chicken in the deep-fat fryer, then place a cover over the fryer.  
Cook similar cuts of chicken at the same time. Prepare in batches to maintain quality.  
Maintain oil temperature 300-325 degrees F.  
Cooking time ranges from 15 -25 minutes, depending on the size of the piece of chicken.  
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer the chicken to steamtable pans for service or cover with a pan liner INSTEAD of foil or plastic wrap to ensure that the chicken remains crisp. Place the chicken in a warmer until ready to serve.  
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion 1 (one) breast, OR 1 (one) thigh, OR 1 (one) drumstick, OR 2 (two) wings for serving. Each portion provides 2 oz. eq of meat/meat alternate.  
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 2 hours.
- MENU SUGGESTION:** Crediting on purchased 8-cut chicken drumsticks and wings differs from USDA 8-cut chicken pieces:
  - Two-ounce equivalent meat/meat alternate servings of purchased 8-cut chicken pieces are (1) two drumsticks, OR (2) one drumstick AND two wings OR (3) three wings.
  - Two-ounce equivalent meat/meat alternate servings of USDA Foods 8-cut chicken are (1) 1 drumstick, OR (2) two wings.

To ensure that the correct portion sizes of chicken are served, remind your staff of the different serving sizes when the source of chicken changes.

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**PRODUCTION NOTES**

- Prepare the chicken for just in time service. Batch cook: Prepare only what can be served in a 30-minute period to maintain maximum quality.
- Use USDA Foods or Department of Defense (DoD) products when available.
- Refer to USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.
- If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.

**MISCELLANEOUS NOTES**

Ounce equivalence information is based on data from the USDA FNS Food Buying Guide for School Meal Programs. See pictures on MRS 506, Ranch Baked Chicken, or MRS 510, Crispy Chicken for illustrations of how to place pieces of chicken on the sheet pan and steamtable pan.

**NUTRIENTS PER SERVING**

Calories	184	Dietary Fiber	0.29 g	Sodium	312.00 mg	Sat. Fat	2.09 g
Carbohydrates	6.60 g	Protein	16.50 g	Total Fat	9.34 g	Trans Fat	0.00 g