

HONEY LEMON 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
Water, Municipal, Mississippi	2 quarts
Honey, Bulk, #2245	1 quart + 14 ounces
Lemon Juice, Canned/Bottled, #2247	1 cups
Salt, Table, #2219	2 tablespoons + 2 teaspoons
Pepper, White, Ground, #2720	1 tablespoon + 1 teaspoon
Cornstarch, #2005	2 cups
Water, Municipal, Mississippi	1 cup

DIRECTIONS

- Thaw the chicken in the refrigerator.
CCP: Hold under refrigeration (41 degrees F or lower).
- Drain the chicken well.
- Combine 2 quarts of water, honey, lemon juice, salt and pepper in a bowl, then set it aside.
- Place the chicken on sheet pans sprayed with food release spray, lined with pan liners or aluminum foil. (The chicken should be panned in single layers, with like pieces on one sheet pan, such as all of the drumsticks together, all of the wings together, etc. Larger pieces of chicken take longer cooking time than smaller pieces).
- To bake:
 - Conventional oven 375 degrees F, 25 minutes.
 - Convection oven 375 degrees F, 20 minutes.
 - Combi oven 375 degrees F, 15 minutes
- Drain the fat, then discard it.
- Pour 3½ cups of honey lemon mixture over each pan of chicken. Do not cover.
- Return the chicken to the oven and bake until golden brown:
 - Conventional oven 350 degrees F, 20-25 minutes
 - Convection oven 350 degrees F, 15-20 minutes
 - Combi oven 350 degrees F 8-10 minutes
 For glazed appearance, baste after 10 minutes
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 and store in warmer until ready to serve.
CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.

HONEY LEMON CHICKEN-USDA FOODS

DIRECTIONS

10. Make the honey lemon sauce to pour over the baked chicken:
 - For each 100 servings, dissolve 2 cups of cornstarch in 1 cup of cold water.
 - Drain the liquid from the cooked chicken. Then remove fat from the liquid and strain.
 - Heat 2 quarts of honey-lemon sauce until it simmers.
 - Stir in the cornstarch/water mixture and simmer it until it thickens.
 - Pour the honey lemon sauce over the chicken before serving. Increase the recipe as needed for number of servings.

11. Portion 1 breast, or 1 thigh, OR 1 drumstick, OR 2 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.

12. MENU SUGGESTIONS: Crediting on purchased 8 -cut chicken drumsticks and wings differs from USDA 8 -cut chicken pieces. Two-ounce meat/meat alternate servings of purchased 8 -cut chicken pieces are a drumstick and 2 wings OR 3 wings. Two-ounce meat/meat alternate servings of USDA Foods 8-cut chicken are a drumstick OR 2 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.

PRODUCTION NOTES

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

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.

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different ingredients are used.

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

"Culinary Techniques for Healthy School Meals: Preparing Meats, Poultry and Fish" provides seasoning and serving ideas for poultry.

NUTRIENTS PER SERVING

Calories	191	Dietary Fiber	0.12 g	Sodium	286.00 mg	Sat. Fat	1.81 g
Carbohydrates	17.37 g	Protein	15.70 g	Total Fat	6.62 g	Trans Fat	0.00 g