

CHICKEN AND DUMPLINGS WITH BISCUITS(WGR)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 3/4 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Chicken, Diced, Cooked, IQF, #1019	8 pounds + 8 ounces
Biscuit, WGR, 1 oz. eq., #1231	50 biscuits-1 grain
Margarine, Bulk, #1319	8 ounces
Flour, All Purpose, Enriched, #2011	1 cup
Milk, Lowfat, Unflavored, 1% Milk Fat	1 quart
Water, Municipal, Mississippi	2 1/2 gallons
Base, Chicken, Low Sodium, #2501	1 cup
Salt, Table, #2723	2 teaspoons
Pepper, Black, Ground, #2718	2 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).
- Cut each biscuit into quarters, so that there are 4 pieces of dumpling from each biscuit. Please see the picture below for an example.
- Melt the margarine in a pot. Whisk in the flour until well blended and smooth, about 1 ½ minutes.
- Combine the milk, water, chicken base, salt, and pepper. Add gradually this mixture to the flour and margarine mixture. Stir gently to combine. Bring to a rolling boil.
- Drop the biscuits into the sauce in small batches. Cook over medium heat until biscuits are tender, approximately 10 minutes. Stir gently to prevent the biscuits from sticking.
- Add thawed chicken to hot mixture and heat thoroughly.
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.
- Pour into serving pans. Serve immediately or cover with plastic wrap or aluminum foil, and place in warmer until ready for service.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Portion with 6 ounce ladle (¾ cup) per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. of whole grain.
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.

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PRODUCTION NOTES

Tortillas may be used instead of biscuits - it then credits for enriched grains instead of whole grains. For 100 servings, use 50 6-inch soft flour tortillas. Cut each tortilla into 1 ½ inch squares. See MRS Recipe #3135 for more information.

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 sprinkle parsley once the dish has been placed into serving pans to increase eye appeal.

MISCELLANEOUS NOTES

Yield: 50 servings is about 3 1/8 gallons.

NUTRIENTS PER SERVING

Calories	267	Dietary Fiber	0.15 g	Sodium	526.00 mg	Sat. Fat	4.25 g
Carbohydrates	18.94 g	Protein	27.06 g	Total Fat	9.53 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN AND DUMPLINGS WITH BISCUITS (WGR)

1.



Cutting each biscuit into quarters

2.



Tender dumplings after they have cooked in the broth.

3.



One serving of Chicken and Dumplings with Biscuits