

SOUTHERN FRIED CHICKEN



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2½ 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 Piece Cut, IQF, #1022	80 servings , (Cooked Average)
Flour, All Purpose, Enriched, #2011	1 pound + 8 ounces
Salt, Table, #2219	3 tablespoons
Pepper, Black, Ground, #2718	1 tablespoon
Paprika, Ground, Domestic, #2716	1 tablespoon + 1 teaspoon

DIRECTIONS

1. Thaw chicken in the refrigerator.
2. Drain the chicken well.
3. Combine the flour, salt, pepper, and paprika.
4. Heat vegetable oil in deep-fat fryer to 325 degrees F.
5. Dredge the chicken pieces in the seasoned flour. Shake off the excess flour. Discard any excess flour.
6. 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.
7. Transfer the fried chicken to steamtable pans for serving. Serve it immediately, or cover it and place in a warmer until ready for service. If aluminum foil or plastic wrap is used as a cover, cut holes in it.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
8. Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh, or 2 drumsticks, or 3 wings for serving. Each portion provides 2 1/2 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.

PRODUCTION NOTES

Use USDA Foods products when available.

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

If using purchased chicken, use the USDA FNS Food Buying Guide for Child Nutrition Programs to calculate menu contribution information.

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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	183	Dietary Fiber	0.29 g	Sodium	300.00 mg	Sat. Fat	3.28 g
Carbohydrates	6.60 g	Protein	10.40 g	Total Fat	12.24 g	Trans Fat	0.00 g