

# HONEY LEMON 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
Water, Municipal, Mississippi	2 quarts
Honey, Bulk, #2245	1 quart + 14 ounces
Lemon Juice, Canned/Bottled, #2247	2 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 25 pieces of chicken pieces in each 12" x 20" x 12½" steamtable pan.
- To bake:
  - Conventional oven: 400 degrees F, 20 minutes.
  - Convection oven: 375 degrees F, 20 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, 15 minutes.
  - Convection oven: 325 degrees F, 15 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 serving, 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.
- 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.

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## DIRECTIONS

11. Portion 1 breast, or 1 drumstick and 1 wing, or 1 thigh, or 2 drum sticks, or 3 wings for each serving. Each portion provides 2½ oz. eq. 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

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	190	Dietary Fiber	0.12 g	Sodium	274.00 mg	Sat. Fat	3.00 g
Carbohydrates	17.37 g	Protein	9.60 g	Total Fat	9.52 g	Trans Fat	0.00 g