



## Recipe Production

**Recipe Number:** LW012

**Recipe Name:** SESAME CHICKEN 9-12

**Hot:** Yes

**Recipe Source:** Live Well

**HACCP Process Category:**

Complex

**Serving Description:** 2 cup serving

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1307	OIL SESAME TOASTED 4/1 GAL	1	Cup	8	Tbsp	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	8	Ounce			(Unassigned)
TAP	WATER	2	Gal.			(Unassigned)
1014	BASE CHICKEN 3/4LB	9	Ounce			(Unassigned)
1030	VINEGAR WHITE WINE 4/1 GAL	1	Pint			(Unassigned)
1035	SAUCE SOY 6/HALF GAL	1	Quart	1 1/2	Pint	(Unassigned)
1057	SAUCE SRIRACHA	9	Ounce			(Unassigned)
1022	SPICE PEPPER BLK 18OZ	1	tsp			(Unassigned)
1027	SUGAR BRN LGT 16/2 LB	2	Pound	12 3/4	Ounce	(Unassigned)
1000	CORN STARCH 24/1 LB	1	Pound	4 1/2	Ounce	(Unassigned)
TAP	WATER	1	Quart	1	Pint	(Unassigned)
9006	CHICKEN THIGH STRIP COMM 30 LB	24	Pound			(Unassigned)
2524	CABBAGE GREEN 12 CT	20	Pound			(Unassigned)
9521	BROCCOLI CROWNS 20 LB	16	Pound			(Unassigned)
2560	CARROT LOOSE 25 LB	5	Pound	8	Ounce	(Unassigned)
1128	SEEDS SESAME	8	Ounce			(Unassigned)
TAP	WATER	2	Gal.			(Unassigned)
3533	RICE BROWN 25 LB	12	Pound	8	Ounce	(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Recipe source: Live Well

Cabbage yields 87%

Broccoli yields 81%

Carrots yield 79%

Chicken Strips: Pilgrim's Pride #1330 FCCN Dark Meat Chicken Menu Strips with Grill Marks. 2.48 oz = 2 oz MMA.

**Preparation Instructions**

For the sauce:

1. In stockpot, heat sesame oil over medium heat. Add garlic and cook until fragrant, about 1 - 2 minutes.
2. Add water, chicken base, vinegar, soy sauce, sriracha, black pepper and sugar. Combine and simmer 30 minutes, stirring occasionally.
3. If freezing, stop here. Properly cool the sauce (down to 70 degrees F in 2 hours and down to or below 41 degrees F in 4 hours).



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4. Heat sauce to 190 - 200 degrees F, create slurry by whisking together cornstarch and cold water. Add to sauce and whisk constantly until smooth, at least 2 minutes. It should stream off the tip of a spoon like light syrup. Do not boil.

5. Adjust seasonings to taste. The sauce should be spicy.

For the bowl:

6. Cook brown rice in steamer.

7. Steam chicken to 165 degrees for 15 seconds.

8. Toast sesame seeds by heating a pan on high, adding seeds and swirling vigorously until fragrant about 1 - 3 minutes (will turn slightly tan). Alternatively, roast on a sheet pan in a 350 degree oven, mixing regularly, 5 + minutes.

For the vegetables:

9. In a perforated pan, steam the cabbage until al dente. Likewise, steam the broccoli and carrots, in separate perforated pans, until al dente. Otherwise, blanch in boiling water.

10. Cover and hot hold all vegetables at or above 140 degrees.

### Serving Instructions

At service, combine all ingredients: rice, chicken, toasted sesame seeds, sauce, and vegetables.

Serve 2 cups

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	57,539.5272	106.3301	575.3953		
Saturated Fat	g	262.3449	0.4848	2.6234	4.10	
Sodium	mg	128,298.4683	237.0890	1,282.9847		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1,457.7244	2.6938	14.5772	22.80	
Cholesterol	mg	16,390.2269	30.2883	163.9023		*
Carbohydrate	g	7,645.2876	14.1281	76.4529	53.15	
Total Dietary Fiber	g	649.9098	1.2010	6.4991		
Protein	g	3,240.5119	5.9883	32.4051	22.53	
Vitamin A (RE)	RE	61,870.1667	114.3329	618.7017		*
Vitamin A (IU)	IU	352,609.5536	651.6044	3,526.0955		
Vitamin C	mg	8,621.5592	15.9322	86.2156		
Calcium	mg	11,826.5182	21.8548	118.2652		
Iron	mg	391.6775	0.7238	3.9168		
Moisture	g	33,196.1579	61.3448	331.9616		*
Ash	g	508.9968	0.9406	5.0900		*



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Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
1307	OIL SESAME TOASTED 4/1 GAL	1.00	(Unassigned)	0	0.09	GAL	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.50	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1014	BASE CHICKEN 3/4LB	1.00	(Unassigned)	0	0.14	CONT (4 LB)	/
1030	VINEGAR WHITE WINE 4/1 GAL	1.00	(Unassigned)	0	0.12	GAL	/
1035	SAUCE SOY 6/HALF GAL	1.00	(Unassigned)	0	0.88	JUG (HALF G/	/
1057	SAUCE SRIRACHA	1.00	(Unassigned)	17	0.01	CONTAINER	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.07	OZ	/
1027	SUGAR BRN LGT 16/2 LB	1.00	(Unassigned)	1	0.40	BAG (2 LB)	/
1000	CORN STARCH 24/1 LB	1.00	(Unassigned)	1	0.28	BOX (1 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
9006	CHICKEN THIGH STRIP COMM 30	1.00	(Unassigned)	24	0.00	LB	/
2524	CABBAGE GREEN 12 CT	1.00	(Unassigned)	20	0.00	HEAD	/
9521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	16	0.00	LB	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	5	0.50	LB	/
1128	SEEDS SESAME	1.00	(Unassigned)	8	0.00	OZ	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
3533	RICE BROWN 25 LB	1.00	(Unassigned)	12	0.50	LB	/

**REPORT CRITERIA:**

Sections Filter(s):

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