Recipe Name:	Stir Fry, Chicken and Vegetable
Category / Sub-Category:	

Recipe Total Yield	
Volume	8 gal
Weight	48.5 lb

Serving Guidelines

Type of Pan:	2" Hotel Pan
Number of Pans Needed:	3.9
Amount Per Pan:	12 lb (Weight before cooking)
Elementary Portions Per Pan:	48
Secondary Portions Per Pan:	32
Elementary Serving Utensil:	6 oz. Spoodle
Secondary Serving Utensil:	8 oz. Spoodle
Elementary Cost per Serving:	$0.42
Secondary Cost per Serving:	$0.62

Servings	By Weight	By Volume	Each	Total
Elementary Servings	4 oz	12 Tbsp	N/A	
Secondary Servings	6 oz	1 C	N/A	

Analysis	Meat / Meat Alternate (oz)	Grains / Breads (Servings)	Vegetables / Fruits (Cups)
Elementary	2	0	0.375
Secondary	3.2	0	0.5

Ingredients	Instruction	As Purchased	Prepped by Weight	Prepped by Volume	Prepped Each
Chicken, Diced Cooked		25 lb	25 lb	5 gal, 2 qt	
Sauce, Teriyaki Glaze		1 pt, 1 C	4.63 lb	1 qt, 1.5 pt	
Soup Base, Chicken		1 oz	1 oz	1 Tbsp, 1 tsp	
WATER			2.5 lb	1 qt, 1 C	
Vegetable Oil		12 Tbsp	6 oz	12 Tbsp	
Sesame Oil		12 Tbsp	6 oz	12 Tbsp	
Garlic, Fresh	chopped	4.54 oz	4 oz	12 Tbsp	
Ginger, Fresh	peeled, chopped	8 oz	8 oz	1 pt, 8 Tbsp	
Carrot, Whole	1/8 inch slices	7 lb	6.31 lb	1 gal, 2 qt	
Broccoli	florets	6 lb	5 lb	2 gal, 2 qt	
Pepper, Red	Seeded Sliced	6 lb	4.19 lb	1 gal, 2 qt	
Onion, Yellow	peeled, sliced	5 lb	4.5 lb	1 gal, 3 qt	

Method

1. The following instructions call for batch cooking in 4 pound batches. This can be adjusted based on the size of the cooking vessel available.
2. Thaw chicken under refrigeration for 2 days before using.
3. Marinate chicken in 2/3 of the teriyaki marinade overnight.
4. Whisk chicken base into water.
5. Combine the oils.
6. Combine the ginger and garlic.
7. Combine Carrots, broccoli, peppers, and onions.
8. Heat 1/4 cup of oil mixture over high heat.
9. Stirfry the vegetables in 4 lb batches until crisp/tender (do not overcook or vegetables will be soggy after being held hot or reheated).
10. Add 1/4 cup of ginger/garlic mixture towards the end of cooking and continue to stir fry for 1 minute.

11. Deglaze each batch with 1 cup chicken stock.
12. Add 1/2 cup teriyaki sauce and remove vegetables from heat. Keep warm.
13. Repeat for remaining vegetables.
14. Follow same stir frying directions above for the chicken.
15. When all chicken has been cooked, combine with the vegetables and mix well.
16. Transfer to 2 inch pans.
17. If cooking for same day service, hold hot according to HACCP SOP.
18. Otherwise, cool according to HACCP SOP.
19. Reheat in a 350 degree oven to 165 degrees.

Shopping List

Stock Number	Case Description	Loc.	Cases	Broken Units	Unit Description
9007	CHICKEN DICE 40# USDA		0	25	LB
1039	SAUCE GLZ TERIYAKI		0	0.19	GALLON (1)
1014	SOUP BASE CHICKEN		0	1	EACH (16 OZ)
1309	OIL VEGETABLE 6/1GAL		0	0.05	GALLON (1)
1307	OIL SESAM TST 4/1GAL		0	0.05	GALLON (1)
2416	GARLIC WHL PER LB		0	0.28	LB
2415	GINGER ROOT 1#		0	0.5	LB
2414	CARROT LOOSE 25LB		0	7	LB
2400	BROCCOLI CROWNS 22#		0	6	LB
2424	PEPPER RED 25LB		0	6	LB
2413	ONION YELLOW JUMBO #		5	0	LB

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