

RECIPES

Moroccan Cherry Chicken

D2880000 D288 Moroccan Cherry Chicken Bowl

Category: Main Entree

Serves: 50 (#4spoodle)

HACCP Process: Process #3 (Complex Food Preparation)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1		Dice onions and peppers. Collect equipment. Weigh or measure all ingredients and have them close to hand when preparing the recipe.
2	3 tablespoons 1/2 teaspoon of Oil olive blend 6/1gal. CasaMia 949215 3 cups 2 tablespoons of Onions Red Large 25# (USA) 4210 3 cups 2 tablespoons of Peppers gm bell lg 1.11bu 30lb PEAK 875407 3 cups 2 tablespoons of Peppers bell red lg frsh 5lb 1/5lb PEAK 867167 3 cups 2 tablespoons of Garlic chpd oil 32oz Roma136197 490112 2 tablespoons 1/4 teaspoon of Ginger puree 1lb Supherb PUGIB	Heat oil to smoke point (350-400F). Sautee vegetables, ginger, and garlic together in (tilt skillet) until garlic is lightly browned.
3	6 1/4 pounds of Chicken strips IQF 30lb USDA 110462 4 tablespoons 1/2 teaspoon of Spice curry pwdr 1/16oz MCCORMICK900223211 242840 1 tablespoon 1/8 teaspoon of Spice Mustard grmd 6/16oz McCormick 58811	Add chicken and spices. Keep all ingredients moving so the hot oil will activate the spices and make them aromatic, being careful not to burn them. Have liquids ready to deglaze before this happens.
4	2 cups 5 tablespoons 1 1/2 teaspoons of Vinegar pure apple cider 50 1/1gal 273753 1 quart 2 cups 4 tablespoons of Tap water	When spices are aromatic and everything is heated, deglaze with liquids and use this to scrape the bottom of the pan and pull all the browned bits into the sauce.
5	25 x each of Cherries tart dried swt IW 250/1.36oz USDA 111643 12 1/2 x each of Raisins box 144/1.33oz USDA 100293 12 1/2 x pkg of Cranberries dried 300/1.16 oz usda 110723	Simmer for 10-15 minutes or until fruit is tender and rehydrated. Add more water as necessary to maintain the sauce consistency. Control Measures: Cook to 140F
6		For oven method, combine all ingredients and cook uncovered at 350F for 15-20 minutes until heated through. Stir often. Some browning of the ingredients is desirable!

SERVING SIZE	MEAL CONTRIBUTION
#4spoodle	2.000 oz Meats/Meat Alternates, 0.250 cups Fruits, 0.250 cups Whole Fruit (Fruits), 0.125 cups Vegetables, 0.125 cups Other (Vegetables)

249 calories; 1.7g sat fat, 286g sodium, 36g carbs