

BURMESE CHICKEN CURRY

NO IMAGE

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-39788
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CVP THGH BNLS JMBO	12 Pound 8 Ounce (200 Ounce)		138193
SALT IODIZED	1 Fluid Ounce	READY_TO_EAT used to salt food	108286
SPICE TURMERIC GRND	1/4 Cup		514187
SPICE GINGER GRND	1/2 Cup		513695
GARLIC CHPD IN WTR	1/4 Cup		321565
ONION DCD 1/4IN	8 Ounce		198307
OIL SALAD CANOLA NT	1/2 Cup		393843
SPICE CHILI POWDER MILD	1 Fluid Ounce		331473
TOMATO CRSHD A/P	1 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	248096
SAUCE SOY LITE	1 Fluid Ounce		466425

Description	Measurement	Prep Instructions	DistPart #
VINEGAR WHT DISTILLED 5	1 Tablespoon		629640
LEMONGRASS PUREE	1 Fluid Ounce		665736

Preparation Instructions

TUMERIC STAINS EVERYTHING YELLOW. DON'T GET ON CLOTHES.

1. Day before service, mix together salt, turmeric, and ginger.
2. Add Chicken to a large Cambro and sprinkle with the seasoning mixture. Use gloved hands- it will stain ungloved hands yellow.
3. Day of service, add oil to tilt skillet on medium to low heat.
4. Add onion, and cook until soft and translucent, approx. 3-5 minutes.
5. Add garlic and chili powder. Cook until fragrant. Approx. 1 minute.
6. Ad chicken to tilt skillet, cook on each side 3-4 minutes.
7. Mix tomatoes, soy sauce, vinegar, and lemongrass. Pour over chicken, bring to a simmer stir.
8. Close lid and simmer on low for approx. 30 minutes. Chicken should be tender and internal temp 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	182.36		
Fat	6.74g		
SaturatedFat	1.16g		
Trans Fat	0.00g		
Cholesterol	105.00mg		
Sodium	506.05mg		
Carbohydrates	6.73g		
Fiber	0.00g		
Sugar	3.26g		
Protein	23.07g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.12mg	Iron	1.93mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available