



825029 - Chicken Pastry

Source: K12 Culinary

Number of Portions: 96

Size of Portion: cup

Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen.....	12 lbs	Thaw chicken overnight in refrigerator.
826505 Margarine, TransFat Free, Ventura 16936.....	1 lb	CCP: Hold at 41° F or lower. Prepare a roux by melting margarine in kettle or large stockpot Add flour and cook for 1 minute, stirring constantly.
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED...	1 lb	
014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	4 gals	Add water, chicken base, and salt to the roux in the kettle or stockpot. Whisk together, bring to a boil, and then reduce to medium heat.
826501 Base, Chicken, Low NA, no MSG, Sysco.....	1 lb	
002047 SALT, TABLE.....	1/3 cup	
826514 Dumpling Squares, Flat, Anne's.....	14 lbs + 8 ozs	Slowly add dumpling/pastry squares a few at a time into the simmering liquid. Allow pastry to cook for 5 minutes. Add thawed diced chicken and cook for an additional 10 minutes. CCP: Heat to 135° F or higher.
002030 PEPPER, BLACK.....	1 tsp	Add black pepper and dried parsley. Transfer equal amounts into each of four (4 inch) full size pans. There will be approximately 24 servings per pan. Cover and hold until service. Serve with 8 oz spoodle. CCP: Hold for hot service at 135° F or higher.
002029 PARSLEY, DRIED.....	1 Tbsp + 1 tsp	

*Nutrients are based upon 1 Portion Size (cup)

Calories	303 kcal	Cholesterol	43 mg	Sugars	1.0 g	Calcium	6.02 mg	21.87%	Calories from Total Fat
Total Fat	7.36 g	Sodium	600 mg	Protein	17.39 g	Iron	2.88 mg	5.03%	Calories from Saturated Fat
Saturated Fat	1.70 g	Carbohydrates	41.37 g	Vitamin A	174.0 IU	Water ¹	*158.41* g	*0.00%*	Calories from Trans Fat

Trans Fat ²	*0.00* g	Dietary Fiber	1.41 g	Vitamin C	1.2 mg	Ash ¹	*1.18* g	54.60%	Calories from Carbohydrates
								22.95%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									