

# Orfalea Foundation- SFI

## 000122 - School Food Herb Chicken :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 78

Size of Portions: Servings

900005 CHICKEN WHOLE RAW 8 PIECE CUT USDA COMMO...	40 lbs
002063 ROSEMARY,FRESH.....	1 cup
002029 PARSLEY,DRIED.....	1 cup
002047 SALT.....	3 Tbsp
002030 PEPPER.....	1 Tbsp

Defrost frozen chicken under refrigeration for 2 to 3 days prior to cooking.

Pre-heat convection oven to 350° F. (400° F. for conventional oven)

1. Sort THAWED chicken by the piece and place in deep hotel pans. Coat chicken with pre-made rosemary, parsley, salt and pepper mix. Discard any unused seasoning mix.

2. Place chicken on lined sheet pans, like pieces together (for equal cooking time). Be consistent with number of piece per row and number of rows per tray for easy counting.

- Wings- 42 (7x6)
- Legs- 40 (8x5)
- Thighs- 24 (6x4)
- Breasts- 20 (5x4)

3. Roast in a 350°F convection oven for 35-40 minutes until chicken reaches an internal temperature of 165°F. Use an instant read thermometer and test more than one piece per tray

**CCP:** Heat to 165° F or higher for at least 15 seconds

Serve immediately or hold according to HAACP SOP.If cooking for next day service, chill according to HACCP SOP

**CCP:** Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

1 serving = 1 breast or 1 thigh with back or 1 drumstick AND 1 wing.

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**Equipment:**

1-Cutting board and non-slip mat

1-Chef's knife

Disposable gloves

1-Liquid measuring cups, 1 cup

1-Dry measuring cups, full set

Full size sheet pan(s)

Parchment papers

1-Speed rack

Thermometer(s)

Alcohol wipes

\*Nutrients are based upon 1 Portion Size (Servings)

Calories	560 kcal	Cholesterol	205 mg	Protein	57.54 g	Calcium	37.97 mg	51.54%	Calories from Total Fat
Total Fat	32.04 g	Sodium	462 mg	Vitamin A	114.9 RE	Iron	3.38 mg	14.54%	Calories from Sat Fat
Sat Fat	9.04 g	Carbs	0.28 g	Vitamin A	549.9 IU	Water <sup>1</sup>	0.27 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	D. Fiber	0.15 g	Vitamin C	0.5 mg	Ash <sup>1</sup>	0.75 g	0.20%	Calories from Carbs
								41.13%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values