

Recipe: 000362 Chkn 3 Chs Grits Apricot AuJus

Recipe Source: Jr Chef
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name: Jefferson Cnty Westrn HS

Number of Portions: 48
 Size of Portion: Serving

901722 Butter..... 902959 Extra Virgin Olive Oil..... 075013 CHICKEN BREAST..... 002047 SALT, TABLE..... 002030 PEPPER, BLACK..... 903222 Apricot Perserves..... 903223 Cornstarch Slurry.....	8 TBSP 8 TBSP 48 Each (3oz) 4 TSP 4 TSP, ground 4 CUP 8 TBSP	Chicken: Preheat oven to 425 degrees. Season chicken breasts with salt and pepper. Heat olive oil and butter in large skillet over medium high heat. When oil and butter are very hot, place breasts skin side down in oil. Cook for 3-4 minutes until skin is golden brown. Turn chicken and brown other side for 3 to 4 minutes. Remove from skillet and place breasts on a baking sheet. (Save drippings for the au jus). Place oven and cook for 10 to 15 minutes or until internal temperature reaches 165 degrees. Cooking time will depend on size and thickness of the breasts.
799939 GARLIC, RAW..... 011677 SHALLOTS, RAW..... 902388 LEMONS, RAW, WITH PEEL..... 000084 CHICKEN STOCK..... 002048 Vinegar, white wine..... 903200 Pepper, Red.....	8 Clove, minced 8 Medium 8 Medium 4 CUP 1 CUP 2 TSP	Apricot Au Jus: Mince garlic and finely dice shallots on a cutting board. In same skillet, cook garlic and shallots in drippings. Add apple cider vinegar and cook until liquid evaporates. Once deglaze is done, whisk in juice from lemon, 1/2 cup chicken stock, 1/2 cup apricot preserves, 1/4 tsp red pepper. Cook until sauce thickens. If the sauce isn't thickening, add cornstarch slurry and whisk until thickened.
001175 MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT D... 000084 CHICKEN STOCK..... 900789 GRITS, CORN, DRY-COMMOD..... 001204 CHEESE, PARMESAN, DRY GRATED, RED FAT..... 051556 Cheese, Cheddar, Yellow, Reduced Fat, Shredde.... 001023 CHEESE, GRUYERE..... 002047 SALT, TABLE.....	16 CUP 16 CUP 8 CUP 4 CUP 4 CUP 4 CUP, shredded 4 TSP	Grits: Bring milk and chicken stock to a boil in a medium pot. Add grits (or corn meal) and whisk until grits are incorporated into liquid. Reduce heat and simmer for 8 to 10 minutes or until starting to thicken. Whisk regularly while cooking. Add cheese and salt and whisk to combine. Remove from heat.
011960 CARROTS, BABY, RAW..... 799970 CHARD, SWISS, RAW.....	8 OZ 64 OZ	Vegetables: Blanch carrots. Heat oil in saute pan and add carrots and swiss chard. Saute for 1 minute. Season with salt, pepper and lemon. CCP: Hold at 135 degrees. Serve chicken with AuJus, grits and vegetables.

*Nutrients are based upon 1 Portion Size (Serving)

Calories	456 kcal	Cholesterol	*83.89* mg	Sugars	*5.16* g	Calcium	*333.66* mg	30.72%	Calories from Total Fat
Total Fat	15.57 g	Sodium	1394.83 mg	Protein	32.57 g	Iron	*2.96* mg	15.09%	Calories from Saturated Fat
Saturated Fat	7.65 g	Carbohydrates	48.74 g	Vitamin A	*3246.49* IU	Water ¹	*111.23* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.59* g	Vitamin C	*23.20* mg	Ash ¹	*2.95* g	42.75%	Calories from Carbohydrates
								28.57%	Calories from Protein

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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
 1 - denotes optional nutrient values
 2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	2.500 oz				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
<u>Moisture & Fat Change</u>					
Moisture Change.	0%				? - Allergen 6
Fat Change.....	0%				? - Allergen 7
Type of Fat.....					? - Allergen 8

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	901722	Butter			
I	902959	Extra Virgin Olive Oil			
I	075013	CHICKEN BREAST			
I	002047	SALT, TABLE			
I	002030	PEPPER, BLACK			
I	799939	GARLIC, RAW			
I	011677	SHALLOTS, RAW			
I	902388	LEMONS, RAW, WITH PEEL			
I	000084	CHICKEN STOCK			
I	903222	Apricot Perserves			
I	002048	Vinegar, white wine			
I	903200	Pepper, Red			
I	903223	Cornstarch Slurry			
I	001175	MILK, FLUID, 1% FAT, WO/ ADDED VIT A & VIT D			
I	000084	CHICKEN STOCK			
I	900789	GRITS, CORN, DRY-COMMOD			
I	001204	CHEESE, PARMESAN, DRY GRATED, RED FAT			
I	051556	Cheese, Cheddar, Yellow, Reduced Fat, Shredde			
I	001023	CHEESE, GRUYERE			
I	002047	SALT, TABLE			
I	011960	CARROTS, BABY, RAW			
I	799970	CHARD, SWISS, RAW			

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