

Chicken or Turkey Chop Suey

Meal Components: Vegetable - Other, Meat / Meat Alternate

Main Dishes, D-18

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|---|-------------|------------|--------------|---------------|--|
| | Weight | Measure | Weight | Measure | |
| Low-sodium chicken or turkey stock, non-MSG | | 1 gal 1 qt | | 2 gal 2 qt | <ol style="list-style-type: none"> Combine stock, soy sauce, pepper, and granulated garlic. Bring to boil. Add celery and onions. Reduce heat and simmer for 10-12 minutes. Combine cornstarch and water. Mix until smooth. Add to stock mixture. Stir well and cook over |
| Low-sodium soy sauce | | 1 cup | | 2 cups | |
| Ground black or white pepper | | 1 tsp | | 2 tsp | |
| Granulated garlic | | 1 tsp | | 2 tsp | |
| *Fresh celery, cut into strips | 4 lb 4 oz | 3 qt 1 cup | 8 lb 8 oz | 1 gal 2 ½ qt | |
| *Fresh onions, chopped | 1 lb | 2 ? cups | 2 lb | 1 qt 1 ? cups | |
| OR | OR | OR | OR | OR | |
| Dehydrated onions | 3 oz | 1 ½ cups | 6 oz | 3 cups | |
| Cornstarch | 8 ¾ oz | 2 cups | 1 lb 1 ½ oz | 1 qt | |
| Water, cold | | 1 ½ cups | | 3 cups | |

*Cooked chicken or turkey, diced 6 lb 6 oz

1 gal 1 qt

12 lb 12 o

2 gal 2 q

4. Add chicken or turkey. Cook over medium heat for 3-5 minutes or until heated through.

5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

6. CCP: Hold for hot service at 135° F or higher. Serve with 6 oz ladle (¾ cup).

7. Serve over cooked rice.

Notes

Comments: * See Marketing Guide.

Variation:

A) Chicken or Turkey Chow Mein

Follow steps 1-5. In step 7, serve over chow mein noodles.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

| Marketing Guide | | |
|--|-------------|-------------|
| Food as Purchased for | 50 Servings | 50 Servings |
| Celery | 5 lb 2 oz | 10 lb 4 oz |
| Mature onions | 1 lb 3 oz | 2 lb 6 oz |
| Chicken, whole, without neck and giblets | 17 lb 12 oz | 35 lb 8 oz |
| OR | OR | OR |
| Turkey, whole, without neck and giblets | 13 lb 9 oz | 27 lb 2 oz |

| Serving | Yield | Volume |
|--|---------------------------------------|--|
| 3/4 cup (6 oz ladle) provides 2 oz meat and 1/4 cup other vegetable. | 50 Servings: about 23 lb 3 oz | 50 Servings: about 2 gallons 1 ½ quarts |
| | 100 Servings: about 46 lb 6 oz | 100 Servings: 4 gallons 2 ¾ quarts |