

Honey-Lemon Chicken

Meal Components: Meat / Meat Alternate

Main Dishes, D-44

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|---|-------------|--------------|--------------|--------------|--|
| | Weight | Measure | Weight | Measure | |
| Water | | 1 qt | | 2 qt | <ol style="list-style-type: none"> Combine water, honey, lemon juice, salt, and pepper in a bowl. Set aside for step 5. Remove skin from thighs. Discard. Place 25 chicken thighs in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Bake: Conventional oven: 400° F for 20 minutes. Convection oven: 375° F for 20 minutes. |
| Honey | 1 lb 7 oz | 2 cups | 2 lb 14 oz | 1 qt | |
| Lemon juice | | 1 cup | | 2 cups | |
| Salt | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| Ground black or white pepper | | 2 tsp | | 1 Tbsp 1 tsp | |
| Raw chicken thighs, with bone with skin (approximately 4 oz each) | 14 lb 12 oz | 50 each | 29 lb 8 oz | 100 each | |

5. Pour 3 ½ cups of honey-lemon mixture over each pan of chicken thighs.
6. Bake until golden brown: Conventional oven: 350° F for 15 minutes. Convection oven: 325° F for 15 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
7. For glazed appearance, baste after 10 minutes. CCP: Hold for hot service at 135° F or higher.

Notes

Special Tips:

- 1) To remove skins easily, use a paper towel to grasp skin.
- 2) A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in ½ cup cold water. Drain liquid from cooked chicken, remove fat, and strain. Heat 1 qt of honey-lemon sauce until it simmers, 180° F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can be used as a sauce for vegetables or rice.
- 3) The unbaked honey-lemon sauce may also be used as a marinade. Pour the sauce over the chicken thighs and refrigerate overnight before baking.

| Serving | Yield | Volume |
|--|---------------------------------------|--|
| 1 piece provides 2 oz equivalent meat. | 50 Servings: about 9 lb 3 oz | 50 Servings: 2 steamtable pans |
| | 100 Servings: about 18 lb 6 oz | 100 Servings: 4 steamtable pans |

Nutrients Per Serving

| | | | | | |
|--------------|------|---------------|-------|---------------|--------|
| Calories | 124 | Saturated Fat | 2 g | Iron | 1 mg |
| Protein | 15 g | Cholesterol | 55 mg | Calcium | 8 mg |
| Carbohydrate | 1 g | Vitamin A | 38 IU | Sodium | 236 mg |
| Total Fat | 6 g | Vitamin C | | Dietary Fiber | |