CHAPTER 10

Poultry

PURCHASING AND STORAGE

Poultry is used extensively in all types of foodservices. It is available ready to cook, either fresh or frozen, whole or cut in pieces, and in a variety of other forms. Common forms include the following:

- *Whole birds:* broilers (3–4½ lb), roasters (5–8 lb), capon (9 lb approximately), Cornish hens (1½ lb or less), turkeys (4–24 lb or more), ducks (3–7 lb), and geese (6–12 lb).
- *Pieces:* halves or splits, quarters, breasts, split breasts, thighs, drumsticks, wings, drumettes. See Figure 10.1 for instructions on how to cut serving pieces from raw turkey breast, and Figure 10.2 for instructions on cutting up a whole chicken.
- *Other forms:* cooked breasts, rolled breasts, pieces (cooked and uncooked), cold cuts, hot dogs, sausage links, and patties.

All poultry is highly perishable, and caution regarding cleanliness should be exercised in preparing, cooking, cooling, storing, and serving poultry products. Fresh-chilled poultry should be kept at a temperature of 28°–32°F and used within one to two days. Frozen poultry should be kept hard-frozen at 0°F until it is removed from storage for thawing and cooking.

Poultry should be defrosted in a refrigerator. Place covered or wrapped poultry on trays to catch any drippings and arrange on refrigerator shelves so that air can circulate. Never thaw poultry in such a way the drippings from the raw birds will contaminate cooked foods or foods ready to eat. Allow thawing time of one to two days for whole chickens and turkey roasts, and one day or less for cut-up chicken or small poultry pieces. Whole turkeys require approximately 5 hours thawing time for every pound of bird. Once thawed, poultry may be kept safely no longer than 24 hours at 32°F before cooking. Poultry should never be refrozen.

HANDLING POULTRY SAFELY

Poultry is perishable and a potential carrier of illness-causing microorganisms, and should be handled with care to ensure food safety. Good handling practices include:

- Keeping fresh poultry refrigerated in the coldest part of the refrigerator (28°–32°F). Limit the time during production that poultry is at room temperature to 30 minutes to 1 hour.
- Thawing poultry in the refrigerator. (See Table 1.13 for approximate thawing times for poultry.)
- Keeping raw poultry and raw poultry juices separate from other foods.
- Washing hands frequently and washing and sanitizing countertops, cutting boards, knives, and other utensils used in preparing raw poultry before they come in contact with other raw or cooked foods.

COOKING METHODS

Most frozen poultry, except breaded and precooked products, is thawed prior to cooking. If frozen poultry is cooked, it will take approximately 1½ times longer than thawed poultry.

Poultry should be cooked at moderate heat (325°–350°F) for optimum tenderness and juiciness.

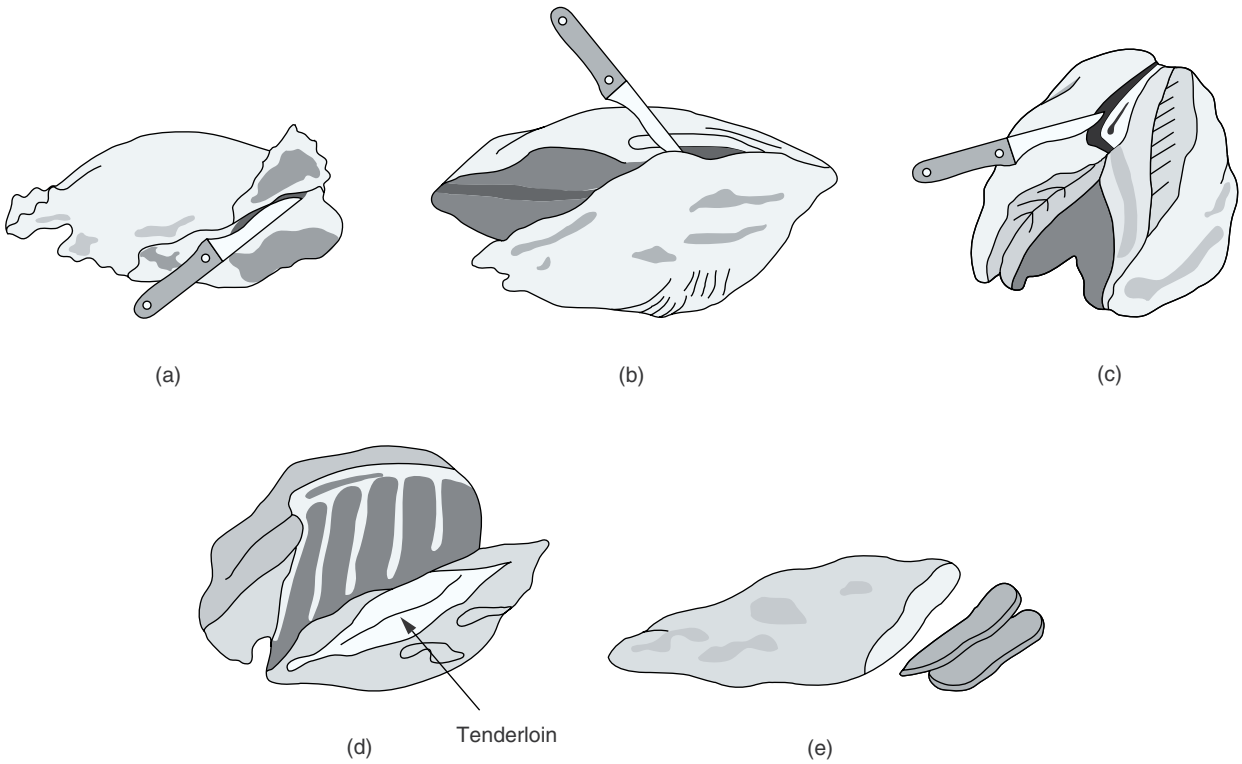


FIGURE 10.1 Skinning and boning a turkey breast. Courtesy of National Turkey Federation.

Recommended cooking methods for various classes of poultry are given in Table 10.1.

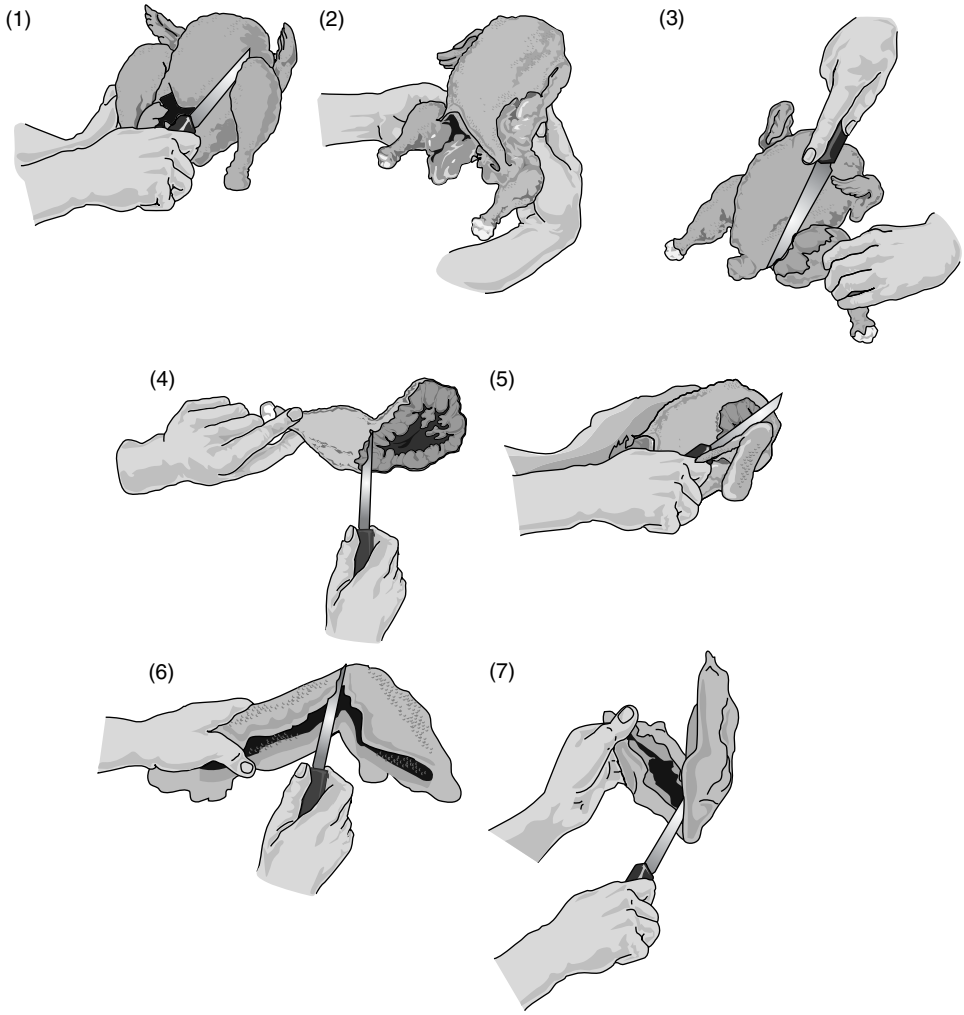
Poultry is easily flavored by imaginative use of herbs and spices. Possible spice choices for poultry include celery salt, curry, dillweed, fennel seed, garlic, marjoram, ground mustard, oregano, paprika, parsley, poultry seasoning, rosemary, saffron, sage, savory, sesame seeds, sweet basil, tarragon, and thyme. A recipe for a salt-free Lemon–Herb Seasoning appears on p. 591.

TABLE 10.1 Cooking methods for poultry

Kind of poultry	*Class*	*Average ready-to-cook weight (pounds)*	*Cookery method*	*Per-person allowance, ready-to-cook weight (ounces)*
Chicken	Broiler-fryer	3–4½	Fry, broil, grill, roast	¼–½ bird
	Roaster	5–8	Roast	12–16
	Breast, boneless		Grill, broil	5–6
Turkey	Whole	8–24	Roast	12–16
	Roast, boned and tied	12	Roast	5–6
	Roll, ready to cook	3–6	Roast	5–6
	Cutlet		Grill, broil	
	Steaks	¼–½	Grill, broil	
	Tenderloin		Grill, broil	
	Wings		Roast, broil	
	Drumsticks		Roast, broil	
Duck		3–7	Roast	12–16
Goose		6–12	Roast	12–16

Notes

- For cooked yields for chicken and turkey, see p. 17.
- For additional information on amounts of poultry to purchase, see Table 1.1
- For roasting times see Table 10.2. For broiling and grilling times, see Broiling or Grilling, p. 435.



1. Place chicken, breast-side up, on cutting board. Cut skin between thighs and body.
2. Grasping one leg in each hand, lift chicken and bend back legs until bones break at hip joints.
3. Remove leg-thigh from body by cutting (from tail towards shoulder) between the joints, close to bones in back of bird. Repeat other side.
4. To separate thighs and drumsticks, locate knee joint by bending thigh and leg together. With skin side down, cut through joints of each leg.
5. With chicken on back, remove wings by cutting inside of wing just over joint. Pull wing away from body and cut from top down, through joint.
6. Separate breast and back by placing chicken in neck-end or back and cutting (toward board) through joints along each side of rib cage.
7. Breast may be left whole or, to cut into halves, place skin side down on board and cut wishbone in half at V of bone.

FIGURE 10.2 Cutting up a whole chicken. Courtesy of the National Broiler Council, Washington, DC.

Broiling or Grilling

Most cuts of chicken and some turkey products may be cooked by broiling or grilling. Choose from half and quarter chickens, bone-in parts, and boneless chicken or turkey cuts such as breasts, breast or thigh steaks, and tenderloins. The procedure for broiling poultry follows:

- Use poultry that has been marinated, or brush with melted fat. Season as appropriate.
- Place rack 6–8 inches from heat source, grease lightly. Place poultry on broiler, skin side down if skin is left on. Turn larger pieces often so they cook and brown evenly. Thin steaks and breasts should be turned only once. For chicken breasts or turkey breast steaks, cook 4–7 minutes per side; for cutlets, 2–3 minutes per side; and 8–12 minutes per side for turkey tenderloin. Cook until poultry reaches an internal temperature of 170°F for bone-in pieces or 165°F for boneless pieces.

Poultry browns very quickly and larger pieces may become too dark before they are cooked through. If the poultry is browning too quickly, it may be placed in an oven on sheet pans or racks to complete cooking.

Deep-Fat Frying

Broiler-fryer pieces and many breaded patties, cutlets, and steaks may be cooked by submerging them in hot fat—deep-fat frying. Pressure frying (deep-fat frying in a covered fryer that allows steam to build up and cook the product under pressure) is also a common way to cook poultry.

Poultry products usually are breaded before deep-fat frying or are purchased with a batter or breaded coating. The recipe for coating chicken is on p. 39. Figure 10.3 shows the technique for breading. Guidelines for deep-fat frying raw broiler fryer pieces are as follows:

- Fry at 350°–375°F for regular deep-fat frying, 345°–350°F for pressure frying.
- Fill baskets so that hot fat can circulate around pieces. Do not overload.
- Use a good-quality fat with a high smoke point.
- 15–20 percent fresh fat should be added after each daily use. Old fat should be discarded.
- Cook until chicken reaches an internal temperature of 170°F for bone-in pieces or 165°F for boneless pieces.

Cooking time will vary because of size differences. Approximate frying times for raw chicken pieces are 15–20 minutes for regular deep-fat frying and 14–18 minutes for pressure frying. If cooked or partially cooked pieces are being used, refer to manufacturer's directions.

Pan Frying

Pan-fried chicken pieces are usually coated with flour or breading before cooking. See recipe on p. 443 and Figure 10.3. Chicken may be purchased breaded and ready to pan fry. Follow these guidelines for pan frying raw chicken pieces:

- Heat ½ inch of fat to 350°F. Arrange breaded chicken in hot fat, skin side down. Brown on all sides.
- Reduce temperature to 325°F and cook slowly until tender, usually 40–60 minutes, or until internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces. Cooking time depends on size of pieces. Turn as necessary to assure even browning and doneness.

Sautéing thin slices of poultry in a small amount of fat is popular for many poultry dishes. Large pieces may require pan sautéing for browning, then finishing by another method, such as braising or baking.

Oven Frying

Oven frying is a satisfactory method for producing fried chicken without large quantities of fat. When properly cooked, the finished product is tender, moist, and crispy. The following guidelines are for oven frying chicken:

- Dredge chicken pieces in seasoned flour, then roll in melted fat.
- Place on sheet pans and bake approximately 1 hour at 350°–375°F or until internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces.

This method of cooking chicken should result in a nicely browned product with no turning. See recipe on p. 444. Turkey drumsticks and drumettes may be oven fried using the same procedure. Cooking time will vary depending on the size.

Braising

Braising—cooking meat slowly in a closely covered pan with a small amount of moisture—is often required for mature, less tender poultry. Guidelines for braising whole and cut-up poultry follow:

Braising Whole Poultry

- Preheat oven to 450°F for young poultry, 325°F for more mature birds.
- Season and brush ready-to-cook poultry with fat.
- Place poultry in a heavy pan and cover tightly.
- Poultry is done when internal temperature reaches 180°F, 1–2 hours. Uncovering the poultry for the last 30 minutes of cooking will allow it to brown.

Braising Cut-up Poultry

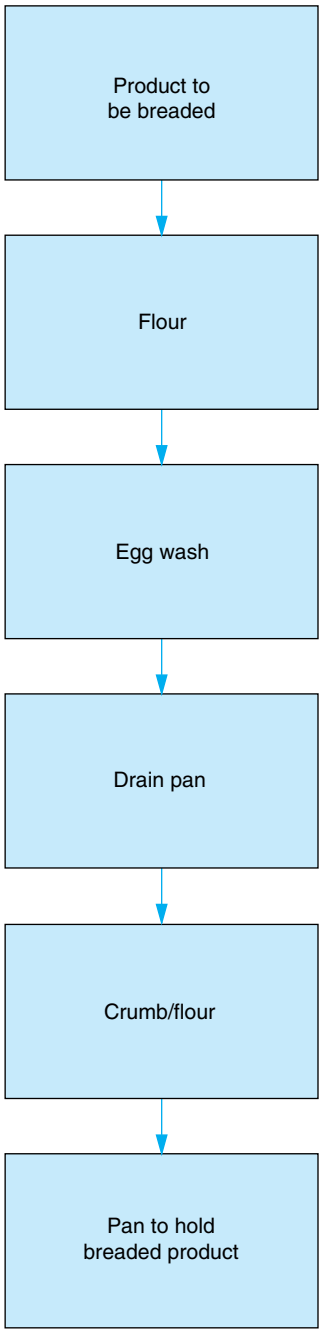
- Roll serving-size pieces of poultry in seasoned flour, then brown in fat in a heavy frypan. Drain off fat. Place chicken in a baking pan.
- Add a small amount of hot water. Cover tightly and cook in a 325°F oven. Add more water as necessary to prevent sticking.
- Remove cover during the final 30 minutes of cooking to brown. Total cooking time will be 1½–2½ hours, depending on size of the pieces and maturity of the bird. Poultry is done when internal temperature reaches 170°F for bone-in pieces or 165°F for boneless pieces.

En Papillote

Single servings of boneless chicken may be cooked in parchment paper. See p. 290 for cooking procedures.

FIGURE 10.3 Breading techniques for poultry.

Arrange work station in the order shown in the diagram.



1. Thaw chicken pieces.
2. Dredge chicken with seasoned flour. See Table 1.9 for amounts of breading ingredients.
3. Dip in egg-milk mixture.
4. Drain. A perforated pan set inside solid counter pan is satisfactory.
5. Roll chicken in crumbs.
6. Place on baking sheet.

Notes

- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps to prevent cross contamination.
- Keep chicken refrigerated, removing small quantities as needed.
- Breading ingredients in all steps should be kept below 41°F whenever possible and discarded after held above 41°F for 2 hours.

Stewing or Simmering and Poaching

Stewing or simmering and poaching refers to cooking in a liquid. Stewing or simmering requires that the temperature be kept just below the boiling point, bubbling very gently. Poaching temperature is slightly lower and less liquid is used. This moist heat method of stewing and simmering is used for larger, older, and tougher birds that require longer cooking times to soften. Poaching is used to gently cook tender poultry and develop a delicate subtle flavor. Guidelines are as follows:

Stewing or Simmering

- Barely cover poultry with seasoned boiling water.
- Simmer until tender, approximately 2½ hours.
- For cooking in a steamer, place whole or parts of birds in a solid steamer pan. Cook until tender. Internal temperature must reach 180°F for whole birds, 170°F for bone-in pieces, and 165°F for boneless pieces.

Poaching

Poaching is a technique that uses either liquid or steam and liquid to cook the food items. In addition to chicken, poaching is used for tender cuts of meat, fish, eggs, fruits, and vegetables. Items can be partially covered with liquid or fully submerged. The temperature of the poaching liquid should be approximately 185°F.

Procedures for poaching in a small amount of liquid (usually single-serving portions) are as follows:

- Heat a small amount of butter in a shallow poaching pan. Add vegetables, spices, and herbs. Arrange the food to be poached in the pan.
- Pour cold poaching liquid into the pan. Liquid should cover the product ⅓ to ½ inch deep. Bring the liquid to a simmer and cover with a lid or parchment paper. Finish cooking over direct heat or in an oven until done (for chicken: 170°F for bone-in pieces, 165°F for boneless pieces). Remove the chicken from the poaching liquid, cover, and keep warm.
- If desired, reduce the poaching liquid and use as a sauce.

Procedures for poaching in a large amount of liquid (usually for larger items) are as follows:

- Bring the liquid to a simmer and add the item being poached. The food should be fully submerged. Cook over direct heat without covering.
- The food item may be removed from the poaching liquid or cooled in the liquid. The liquid is generally not used as a sauce.

When stewed or simmered poultry meat is to be used in salads or creamed dishes, the following may be added to the cooking water for additional flavor: 1 carrot, 1 medium onion, 1 celery stalk, and 2 whole peppercorns for each bird.

Cooked poultry must be cooled immediately if prepared for use at a later time. Remove from broth and place on sheet pans. When poultry is cool enough to handle, remove meat from bones, place in shallow pans, and store in the refrigerator at 38°F or below. Broth should be cooled rapidly by stirring frequently during cooling.

Roasting

For large-quantity cookery, it is recommended that poultry be roasted unstuffed and that dressing be baked separately. If turkey is to be stuffed, mix the

TABLE 10.2 Roasting guide for poultry (defrosted)

Kind of poultry	*Ready-to-cook weight (pounds)*	*Approximate total roasting time at 325°F*	*Internal temperature of poultry when done (°F)*
Chicken, whole roasters	2½–4	1–1½ hr	180
Ducks	3–7	1–2 hr	180
Geese	6–8	2½–3½ hr	180
	8–12	3½–4½ hr	180
Turkeys, whole, thawed	8–12	2¾–3 hr	180
	12–16	3–3¾ hr	180
	16–20	3¾–4¼ hr	180
	18–20	4¼–4½ hr	180
	20–24	4½–5 hr	180
Turkey, breast and breast portions	4–6	1½–2¼ hr	170
	6–8	2¼–3¼ hr	170
Turkey roast, boneless	3–10	35–45 min per pound	170
Turkey tenderloin		18–30 min at 400°F	170
Turkey wings, drumsticks, wing drumettes, thigh		1–1¾ hr	180

Note • Thermometer is inserted in thigh muscle of whole turkeys and in center of turkey roasts. The thermometer should not touch bone.

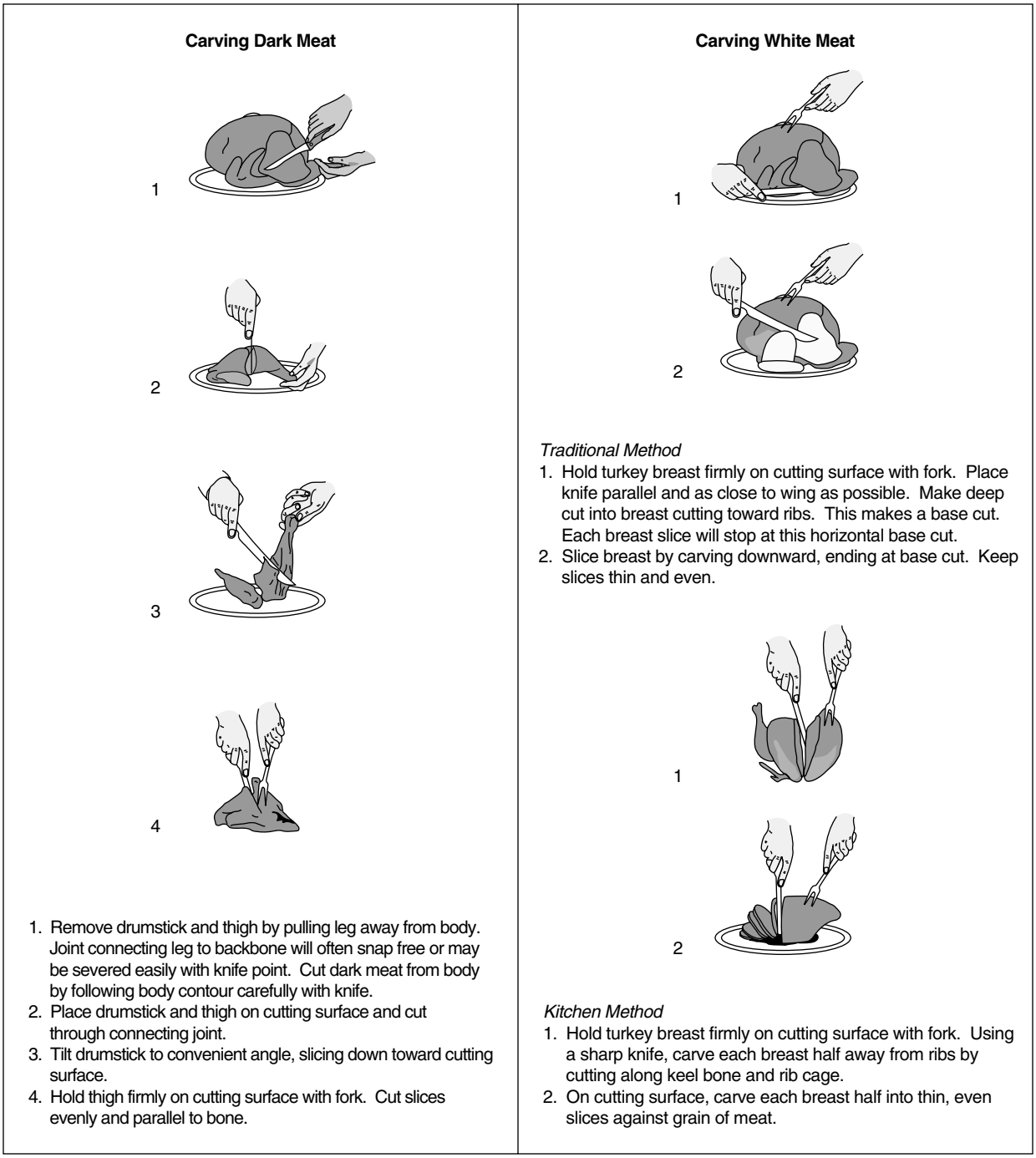


FIGURE 10.4 Carving a turkey. Courtesy of National Turkey Federation.

stuffing just before it is needed. Do not prepare the dressing or stuff the bird in advance. Follow this order of procedure in roasting poultry:

1. Prepare bird. Remove giblets and neck from body and neck cavities. Rinse bird well inside and out. Tuck wing tips under back of bird. Add ½ cup water to pan.
2. Season inside and outside of bird.
3. Brush with vegetable oil or soft fat (optional).
4. Place bird on rack in shallow baking pan, breast up. If bird will not be carved for show, bake breast side down. In the beginning, a tent of aluminum foil may be placed over the poultry, then removed for browning.
5. Baste with pan drippings or vegetable oil (optional).
6. Roast at 325°F to an internal temperature of 180°F. Insert thermometer in center of inside thigh muscle, being careful not to touch the bone with the stem (see Table 10.2 for roasting guide). If thermometer is not available, test doneness by moving drumstick. It moves easily at the thigh joint when done. Juices should be clear when meat is pierced in the deepest part with a long-tined fork.
7. Whole turkeys and larger roasts should be allowed to stand 20 minutes before carving. See Figure 10.4 for carving instructions.

The yield of cooked meat from poultry is influenced by the size of the bird, the amount of bone, the method of preparation and service, and the size of portions desired. Whole, ready-to-cook turkey will yield approximately 47 percent edible cooked meat without skin, neck meat, or giblets; turkey roast or roll will yield about 66 percent. Large fryers will yield approximately 35–40 percent usable cooked meat.

POULTRY RECIPES

FRICASSEE OF CHICKEN

Yield: 50 portions *Portion:* 3 oz cooked meat
Oven: 325°F *Bake:* 1½–2 hours

Ingredient	*Amount*	*Procedure*
Chicken	35 lb AP (13 2½–3 lb fryers)	Cut chickens into pieces of desired serving size. Mix flour and seasonings. Dredge chicken with seasoned flour.
Flour, all-purpose	12 oz	
Salt	2 Tbsp	
Pepper, white	1 tsp	
Shortening	1 lb	Brown chicken in hot shortening. Remove to roasting pan and cover with boiling water. Bake at 325°F, adding more water if necessary, until chicken is tender, 1½–2 hours.
Margarine	10 oz	When tender, remove chicken from stock. Make gravy, using liquid in which chicken was cooked (see p. 564). Serve over chicken.
Flour, all-purpose	6 oz	
Chicken broth	3½ qt	

Approximate nutritive values per portion **Calories** 618

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	48%	**Cholest.** 279 mg	93%	**Total Carb.** 8 g	3%	**Vitamin A**	1%	**Calcium**	10%
Sat. Fat 9 g	45%	**Sodium** 1108 mg	46%	Fiber 0.4 g	2%	**Vitamin C**	0%	**Iron**	53%
Protein 75 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

Variations

- **Chicken with Black Olives.** Brown floured chicken. Place in baking pans. Cover with chicken gravy. Bake 1–1½ hours. Prior to serving, sprinkle with sliced ripe olives and sautéed fresh mushrooms.
- **Chicken Tahitian.** Cut chickens into quarters. Melt 12 oz shortening in baking pans. Arrange chicken in pans in single layer. Brown in 425°F oven for 30 minutes. Brush chicken with mixture of 2 12-oz cans undiluted frozen orange juice, 1 lb melted margarine, 2 Tbsp ground ginger, and 2 Tbsp soy sauce. Bake at 325°F for 30–40 minutes, basting as needed until chicken is glazed. Serve with Steamed Rice (p. 399) and garnish with slivered almonds and avocado wedges.
- **White Fricassee of Chicken.** Do not brown chicken. Simmer until tender. Remove from liquid. Boil liquid until concentrated. Add milk or cream to make 1½ gal; thicken to make a Medium White Sauce (p. 560). Beat constantly with wire whip while pouring hot sauce gradually over 10 beaten egg yolks (for safety reasons, egg yolks must reach 165°F). Season to taste. Add chicken.

GRILLED CHICKEN BREAST

Yield: 50 *Portion:* 6 oz
Grill: 350°F

Ingredient	*Amount*	*Procedure*
Chicken breasts, skinless, boneless, 6 oz	50	Grill chicken breasts on well-oiled grill preheated to 350°F, for 3–5 minutes, or until internal temperature is 165°F.
Seasonings (see Variations, or salt and pepper to taste)		

Approximate nutritive values per portion **Calories** 118

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 57 mg	19%	**Total Carb.** 0 g	0%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 1 g	4%	**Sodium** 53 mg	2%	Fiber 0 g	0%	**Vitamin C**	0%	**Iron**	4%
Protein 21 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

Variations

- **Blackened Chicken.** Rub chicken with Cajun Seasoning (p. 592) before grilling.
- **Chicken Breast Dijon.** In baker's bowl mix 2⅔ cups honey, 2 cups Dijon mustard, 1½ cups fresh or reconstituted frozen lemon juice, 1½ tsp dried tarragon leaves, and ¾ cup Worcestershire sauce. Brush glaze over chicken breasts during last few minutes of grilling.
- **Chicken Breast with Grilled Tomato Sauce.** Sauté 2 Tbsp minced garlic in 1½ cups vegetable oil until fragrant but not browned. Add 5 lb 12 oz firm tomatoes, diced, and 1½ Tbsp granulated sugar. Sauté 2 minutes until heated. Add ⅓ cup red wine vinegar, 1½ Tbsp salt, 2 Tbsp cracked black pepper, and ½ cup snipped fresh parsley. Toss lightly. Ladle 2 oz sauce over cooked chicken breast.
- **Curried Chicken Breast.** In baker's bowl blend 1 qt vegetable oil, 2⅔ cups fresh or reconstituted frozen lemon juice, 6 oz curry powder, 3 oz minced garlic, ½ tsp cayenne, and ½ tsp ground cumin. Place chicken breasts in marinade and turn so all surfaces are covered. Cover and refrigerate for several hours or overnight. Drain. Grill as for Grilled Chicken Breast.
- **Herb-Marinated Chicken Breast.** In baker's bowl, mix 2½ cups red wine vinegar, 2 tsp dried rosemary leaves, ¼ tsp ground thyme, 3 Tbsp minced garlic, 2 Tbsp salt, and 1 qt vegetable oil. Place chicken breasts in marinade and turn so all surfaces are covered. Cover and refrigerate for several hours or overnight. Drain. Grill as for Grilled Chicken Breast.
- **Sesame Mustard Chicken.** Prepare sauce by combining in steam-jacketed kettle or saucepan 1½ qt water, 2¾ cups cider vinegar, ¼ cup cooking sherry, 1 lb 4 oz granulated sugar, ¾ cup soy sauce, 2 oz dry mustard, 1 tsp turmeric, 1 oz toasted sesame seeds, 2 oz cornstarch, and 5 tsp sesame oil. Heat to boiling, stirring constantly, until thickened. Ladle 2 oz sauce over cooked chicken breast.
- **Tarragon Chicken.** Follow recipe for Lime Tarragon Turkey Steaks, p. 459. Substitute chicken breasts for turkey. Grill as for Grilled Chicken Breast.

CHEESE-STUFFED CHICKEN BREAST

Yield: 50 portions *Portion:* 5–7 oz
Oven: 375°F *Bake:* 15 minutes, 30 minutes

Ingredient	*Amount*	*Procedure*
Chicken breasts, boneless and skin less, 4–6 oz	50	Flatten chicken breasts and sprinkle with salt and pepper. (Keep chicken refrigerated, removing small quantities as needed for production.)
Salt	2 Tbsp	
Pepper, black	2 Tbsp	
Butter or margarine, softened	1 lb 8 oz	Mix together butter and seasonings. Spread each chicken breast with 1 tsp seasoned butter (save remaining seasoned butter for later step).
Oregano, dried, crumbled	2½ tsp	
Marjoram, dried, crumbled	1 Tbsp	
Parsley, fresh, chopped	½ oz	
Swiss cheese	1 lb 8 oz	Cut cheese into ½-oz strips and roll inside each piece of chicken.
Flour, all-purpose	1 lb	Roll each chicken breast in flour, then egg, then crumbs.
Eggs, beaten	12 (1 lb 4 oz)	Place in 12 × 20 × 2-inch pans.
Bread crumbs, dry	2 lb	Bake at 375°F for 15 minutes until internal temperature reaches 165°F.
Dry white wine	3 cups	Heat wine with butter reserved from earlier step. Pour over chicken and bake 30 minutes. Baste occasionally.

Approximate nutritive values per portion **Calories** 403

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 22 g	**35%**	**Cholest.** 146 mg	**49%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**17%**	**Calcium**	**17%**
Sat. Fat 11 g	**57%**	**Sodium** 571 mg	**24%**	Fiber 1 g	**3%**	**Vitamin C**	**1%**	**Iron**	**11%**
Protein 31 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Monterey Jack cheese may be substituted for Swiss.

Variation

- **Cheese-Stuffed Chicken with Tomato Basil Sauce.** Sauté 8 oz chopped onion and 3 Tbsp minced garlic in ½ cup olive oil. Add 2 cups white wine and cook to reduce, approximately 5 minutes. Add 8 lb (EP) fresh tomatoes that have been peeled, seeded, and diced, along with 4 oz chopped fresh green onion, 1½ oz chopped fresh basil, and ½ tsp salt. Stir gently and briefly, 2–3 minutes. A mixture of chopped fresh herbs may be used. Choose from basil, marjoram, tarragon, thyme and fennel. Serve 3 oz sauce over cooked chicken breast. Chicken and sauce may be served with pasta, rice, or couscous. A good-quality marinara sauce can be substituted for the Tomato Basil Sauce.

PAN-FRIED CHICKEN

Yield: 50 portions *Portion:* 8–12 oz AP

Ingredient	*Amount*	*Procedure*
Chicken fryers, 2–3 lb	13	Cut chickens into pieces of desired serving size. (Keep chicken refrigerated, removing small quantities as needed for preparation.)
Flour, all-purpose	1 lb	Mix flour and seasonings.
Salt	2 Tbsp	Dredge chicken pieces with seasoned flour.
Paprika or poultry seasoning	1 Tbsp	
Pepper, black	1 tsp	
Shortening	1 lb	Brown chicken in hot shortening, ½ inch deep in pan. Reduce heat and cook slowly until tender, 45–60 minutes or until internal temperature reaches 170°F. Turn for even browning.

Approximate nutritive values per portion **Calories** 644

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 36 g	**55%**	**Cholest.** 192 mg	**64%**	**Total Carb.** 13 g	**4%**	**Vitamin A**	**5%**	**Calcium**	**3%**
Sat. Fat 10 g	**48%**	**Sodium** 432 mg	**18%**	Fiber 0.3 g	**1%**	**Vitamin C**	**0%**	**Iron**	**18%**
Protein 64 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Chicken portions (quarters, thighs, or breasts) may be used.
- Chicken may be browned in a skillet, then placed in counter pans or baking pan, skin side up, and finished in the oven at 325°F for 20–30 minutes.

Variations

- **Chicken Cacciatore.** Brown chicken as above. Arrange into two 12 × 20 × 4-inch counter pans. Sauté 1 lb 8 oz coarsely diced onions and 2 cloves garlic, minced, in 5 oz margarine. Add 1 lb 8 oz green peppers cut into strips, 2 lb sliced mushrooms, 1 No. 10 can diced tomatoes with juice, ½ tsp oregano, ½ tsp thyme, and 1 qt Chicken Stock (p. 598). Thicken with 4 oz flour mixed with 2 cups cold water. Pour over chicken, 3½ qt per pan. Cover with aluminum foil. Bake at 325°F for 1 hour.
- **Chicken Cantonese.** Flour chicken and brown as above. Place in 12 × 20 × 2-inch counter pans. Cover with aluminum foil. Bake at 350°F for approximately 1 hour. Before serving, cover with sauce made of 3 qt pineapple juice, 3 qt orange juice, 12 oz flour, 3 lb pineapple cubes, 12 oranges peeled and diced, 1 lb 4 oz almonds slivered and browned, 2 tsp nutmeg, and 2 tsp salt. Combine juice and flour; cook until thickened. Add seasonings, fruit, and almonds. Pour over chicken. Bake uncovered about 10 minutes. Serve with cooked rice.
- **Deep-Fat Fried Chicken.** Use 1¾ to 2-lb broiler-fryers, cut in serving pieces, or chicken quarters. Dredge in seasoned flour as for Pan-fried Chicken; or dredge in flour, dip in egg and milk mixture (3 eggs to 1 cup milk), and roll in crumbs (12 oz); or dip in batter (p. 39). Fry in deep fat at 325°F for 12–15 minutes or until golden brown and cooked through. For larger fryers, brown in deep fat, drain, then place in baking pans and finish in the oven at 325°F for 20–30 minutes.
- **Southern Fried Chicken.** Dip chicken pieces in buttermilk then dredge in flour seasoned with salt and pepper. Refrigerate chicken for 30 minutes. Dredge chicken in flour again and pan-fry according to directions for Pan-Fried Chicken.

OVEN-FRIED CHICKEN

Yield: 50 portions *Portion:* 1 chicken quarter or 2 pieces
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Chicken quarters *or* chicken breasts and thighs	50 100	Mix flour and seasonings. Dredge chicken with seasoned flour. Place in single layer on greased or parchment-lined baking sheets.
Flour, all-purpose	1 lb	
Nonfat dry milk	8 oz	
Salt	2 Tbsp	
Paprika	1 Tbsp	
Pepper, black	1 tsp	
Margarine, melted	1 lb	Brush chicken with melted margarine. Bake at 350°F for 1 hour or until chicken is browned and tender, and internal temperature reaches 170°F.

Approximate nutritive values per portion — *Calories 500*

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 23 g	**35%**	**Cholest.** 167 mg	**56%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**11%**	**Calcium**	**8%**
Sat. Fat 6 g	**29%**	**Sodium** 504 mg	**21%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**14%**
Protein 61 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Chicken may be breaded. See Table 1.9 for coating and Figure 10.3 for procedures.

Variations

- **Barbecued Chicken.** Brown chicken at 425°F for 20–30 minutes. Reduce heat to 325°F. Pour 1½ gal Cooked Barbecue Sauce (p. 567) over chicken. Bake 40–45 minutes.
- **Chicken Parmesan.** Combine 1 lb flour, 1 oz salt, ½ tsp pepper, and ¾ cup Parmesan cheese. Dredge chicken pieces in flour mixture, then dip in mixture of 12 (1 lb 5 oz) eggs and 1 qt milk, then back into flour mixture. Arrange chicken on greased or parchment-paper-lined baking sheets. Drizzle lemon butter (8 oz melted butter or margarine and ¼ cup lemon or lime juice) over chicken. Bake at 325°F for 1 hour. Use drippings from baking sheets for gravy.
- **Chicken Teriyaki.** Marinate chicken overnight in a marinade of 3 cups soy sauce, 10 oz brown sugar, 1½ Tbsp garlic powder, and 1½ Tbsp ground ginger. Arrange chicken pieces in single layer on greased or parchment-paper-lined baking sheets. Bake at 350°F for 30 minutes. Remove from oven. Brush chicken with remaining marinade and bake until tender, about 30 minutes. 1 cup orange juice or pineapple juice may be added to the marinade.
- **Herb Baked Chicken.** Combine 1 lb 8 oz dry bread crumbs, 8 oz flour, 1½ oz salt, 1 Tbsp paprika, 1½ tsp onion salt, 1 tsp garlic salt, 1 Tbsp rosemary, and ¾ cup vegetable oil. Dredge chicken with crumb mixture. Place on parchment-paper-lined 18 × 26 × 1-inch baking sheets. Bake at 350°F for 1 hour.
- **Italian Baked Chicken.** Melt 3 lb butter. Dip chicken in melted margarine, then roll in coating mixture of 3 lb dry bread crumbs, 1 cup chopped parsley, 2 Tbsp paprika, 1 Tbsp salt, 3 Tbsp garlic salt, 2 Tbsp crumbled dried oregano, 1½ tsp crumbled dried basil, 1 tsp black pepper, and 12 oz grated Parmesan cheese. Place in shallow baking pans with skin side up. Bake at 350°F for 1 hour.

ORANGE GLAZED CORNISH GAME HENS

Yield: 50 *Portion:* 16 oz (1 hen)
Oven: 325°F *Bake:* 1½–1¾ hours

Ingredient	*Amount*	*Procedure*
Cornish game hens	50 hens	Wash hens inside and out. Remove packaged giblets. Place 4 × 4 in 18 × 26 × 2-inch pans.
Butter or margarine, melted	1 lb 8 oz	Brush hens with melted butter. Bake at 325°F for 1½–1¾ hours or until internal temperature reaches 180°F; follow glazing instructions that follow.
Orange juice, frozen, undiluted	2 cups	Blend together juice concentrate, syrup, and marmalade. Brush over poultry 30 minutes before end of roasting time and again 15 minutes before end of roasting time.
Corn syrup, light	2¼ cups	
Orange marmalade	12 oz	

Approximate nutritive values per portion **Calories** 559

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 26 g	**40%**	**Cholest.** 211 mg	**70%**	**Total Carb.** 19 g	**6%**	**Vitamin A**	**13%**	**Calcium**	**4%**
Sat. Fat 11 g	**55%**	**Sodium** 298 mg	**12%**	Fiber 0 g	**0%**	**Vitamin C**	**21%**	**Iron**	**17%**
Protein 59 g				Sugars 13 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.
- Other glazes may be substituted for orange glaze. See p. 353 for apricot, brown sugar, and honey glazes.

CHICKEN AND BROCCOLI STIR-FRY

Yield: 50 portions *Portion:* 4 oz chicken and broccoli + 4 oz rice

Ingredient	*Amount*	*Procedure*
Water (cold)	4½ qt	Prepare sauce by blending together the liquids, spices, and cornstarch. Stir with a wire whip until well blended.
Soy sauce	2⅔ cup	Cook over medium heat until thick and translucent. Stir often during cooking.
Chicken base	1½ oz	Keep hot (above 165°F). Save for later step.
Ginger, ground	1 Tbsp	
Garlic, minced fresh	2 oz	
Red pepper, crushed	¼ tsp	
Sesame seed oil	4 oz	
Cornstarch	7 oz	
Vegetable oil	½ cup	Sauté ginger and garlic in hot oil for 2–3 minutes, until softened.
Ginger, fresh, thinly sliced	1 tsp	Add chicken and cook until done, 165°F, stirring often during cooking.
Garlic, minced	1 tsp	
Chicken, raw, cut in strips	6 lb	
Water chestnuts, sliced, drained	2 lb (EP)	Add water chestnuts and mushrooms to the cooked chicken. Stir-fry until mushrooms are softened.
Mushrooms, sliced fresh	1 lb (EP)	Add Chinese cabbage, broccoli, and onions. Stir-fry for an additional 2–3 minutes, until vegetables are barely tender.
Chinese cabbage, 1-inch slices	2 lb (EP)	Pour hot sauce reserved from earlier step over chicken-vegetable mixture.
Broccoli florets	1 lb 8 oz (EP)	
Green onions, 1-inch slices	6 oz (EP)	
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water, boiling	4¼ qt	Serve 4 oz chicken-vegetable mixture over 4 oz rice.
Salt	2 Tbsp	
Vegetable oil	2 Tbsp	

Approximate nutritive values per portion **Calories** 275

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	11%	**Cholest.** 38 mg	13%	**Total Carb.** 35 g	12%	**Vitamin A**	5%	**Calcium**	6%
Sat. Fat 1 g	6%	**Sodium** 1300 mg	56%	Fiber 2 g	9%	**Vitamin C**	31%	**Iron**	10%
Protein 16 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

Variations

- **Beef and Broccoli Stir-Fry.** Substitute beef strips for chicken, and beef base for chicken base. Reduce water chestnuts to 1 lb 8 oz and Chinese cabbage to 1 lb 6 oz. Increase broccoli to 3 lb and mushrooms to 1 lb.
- **Chicken and Vegetable Stir-Fry.** Follow recipe for Chicken and Broccoli Stir-Fry. Use a total of 7 lb assorted vegetables. Select from broccoli florets, carrots, Chinese cabbage, mushrooms, water chestnuts, onions (green or mature), snow peas, or sugar snap peas.

- **Pork Stir-Fry.** Substitute pork loin strips for chicken.
- **Tofu Stir-Fry.** Delete chicken. Just before serving, gently stir in 3 lb diced (¼-inch) tofu. Substitute vegetable base for chicken base if desired.
- **Vegetable Stir-Fry.** Delete chicken. Increase vegetables to 12 lb. Select from bell peppers (any color), broccoli florets, carrots, cauliflower florets, Chinese cabbage, mushrooms, water chestnuts, onions (green or mature), snow peas, sugar snap peas, summer squash, or zucchini.

CHICKEN AND SNOW PEAS OVER RICE

Yield: 50 portions *Portion:* 4 oz sauce + 4 oz rice

Ingredient	*Amount*	*Procedure*
Sugar, granulated	2 Tbsp	Combine in steam-jacketed kettle or saucepan.
Cornstarch	8 oz	
Pepper, black	1¼ tsp	
Ginger, ground	1¼ tsp	
Garlic powder	¼ tsp	
Water	1¼ gal	Stir in water, soy sauce, and chicken base.
Soy sauce	¾ cup	Cook until clear and thickened.
Chicken base	4 oz	Turn off heat. Cover and keep warm.
Chicken strips or cubes, uncooked	12 lb 8 oz	Stir-fry chicken in hot oil until lightly browned and cooked through, internal temperature 165°F. Drain off any liquid.
Green onions, sliced	6 oz	Add chicken and vegetables to reserved sauce.
Mushrooms, canned, drained	1 lb 10 oz	Cook for about 1 minute until snow peas are hot.
Snow peas, frozen	2 lb 12 oz	
Rice, converted	3 lb 8 oz	Cook rice according to directions on p. 399.
Water	4¼ qt	Serve 4 oz sauce over 4 oz cooked rice.
Salt	2 Tbsp	
Margarine	2 Tbsp	

Approximate nutritive values per portion **Calories** 311

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	10%	**Cholest.** 55 mg	18%	**Total Carb.** 37 g	12%	**Vitamin A**	2%	**Calcium**	4%
Sat. Fat 2 g	9%	**Sodium** 1047 mg	44%	Fiber 1 g	4%	**Vitamin C**	5%	**Iron**	13%
Protein 24 g				Sugars 1 g					

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Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

SZECHWAN CHICKEN WITH CASHEWS

Yield: 50 portions *Portion:* 6 oz chicken + 4 oz rice

Ingredient	*Amount*	*Procedure*
Vegetable oil Ginger root, sliced Garlic, minced	1 cup 3 oz (EP) 3 oz (EP)	Heat oil in steam-jacketed kettle. Add ginger and garlic and cook until translucent. Remove garlic and discard.
Chicken strips, raw (unbreaded)	6 lb	Add chicken to hot oil. Stir fry to 165°F.
Green onions, 1-inch lengths Green peppers, 1-inch dice	1 lb 8 oz (EP) 3 lb 8 oz (EP)	Add onion and pepper to chicken. Stir-fry 1–2 minutes.
Mushrooms, drained (reserve juice) (canned) Water chestnuts, sliced, drained (canned)	3 lb 8 oz (EP) 12 oz (EP)	Drain mushrooms and water chestnuts. Reserve mushroom liquid. Add mushrooms and water chestnuts to chicken-vegetable mixture. Stir-fry until hot, 1–2 minutes. Reserve for later step (keep hot, above 140°F).
Mushroom liquid plus water Chicken base Soy sauce Cornstarch Pepper, cayenne	2 qt 1 oz ¼ cup 6 oz 1 tsp	Combine liquids, chicken bases, cornstarch, and pepper. Mix until smooth. Cook sauce until thickened and clear.
Cashew Pimento, chopped	1 lb 2 oz	Stir chicken mixture (reserved from earlier step), cashews, and pimento into sauce.
Rice, converted Water, boiling Salt Margarine or vegetable oil	3 lb 8 oz 4¼ qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p. 399. Serve 6 oz chicken over 4 oz rice.

Approximate nutritive values per portion **Calories** 320

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	17%	**Cholest.** 38 mg	13%	**Total Carb.** 39 g	13%	**Vitamin A**	4%	**Calcium**	5%
Sat. Fat 2 g	10%	**Sodium** 632 mg	26%	Fiber 3 g	12%	**Vitamin C**	56%	**Iron**	12%
Protein 17 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

CHICKEN CREPES

Yield: 50 portions *Portion:* 2 crepes
Oven: 325°F *Bake:* 10 minutes

Ingredient	*Amount*	*Procedure*
Margarine Flour, all-purpose Salt	1 lb 8 oz 12 oz 1 oz (1½ Tbsp)	Melt margarine in steam-jacketed or other large kettle. Add flour and salt. Blend and cook for 5 minutes.
Chicken Stock (p.598) or milk	1½ gal	Gradually add stock stirring constantly with wire whip. Cook until thickened.
Cooked chicken, diced Mushrooms, chopped Worcestershire sauce Curry powder Salt	10 lb 2 8-oz cans 2 Tbsp 2 Tbsp To taste	Combine chicken, mushrooms, and seasonings. Add enough sauce to hold chicken together (1–2 qt). Reserve remaining sauce to ladle over crepes.
Crepes (p. 131)	1 recipe	Make batter. Fry on lightly greased griddle, using No. 20 dipper (1¾ oz) of batter. Brown lightly on one side. Turn and cook to set batter. Place Crepes on trays, with waxed paper between layers. Hold for next step.
		Portion No. 20 dipper of chicken mixture onto each crepe; roll and place on baking sheets. Heat in 325°F oven for 10 minutes, or until internal temperature reaches 165°F. Serve with remaining sauce, ladled on top.

Approximate nutritive values per portion **Calories** 411

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	32%	**Cholest.** 155 mg	52%	**Total Carb.** 27 g	9%	**Vitamin A**	12%	**Calcium**	10%
Sat. Fat 5 g	27%	**Sodium** 1055 mg	44%	Fiber 1 g	4%	**Vitamin C**	2%	**Iron**	15%
Protein 37 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 lb sautéed mushrooms may be added to sauce that is ladled over crepes.

Variations

- **Fruit Cheese Crepes.** Fill Crepes (recipe on p. 131) with 1½ Tbsp of the following mixture: 2 lb cream cheese, whipped and combined with 2 cups sour cream. Serve with frozen strawberries or raspberries, thickened slightly, or with prepared fruit pie filling, heated.
- **Spinach Crepes.** Omit chicken and sauce. Fill crepes with cooked Spinach Soufflé (p. 671). Serve with Cheese Sauce (p. 561) or Swiss Cheese and Mushroom Sauce (p. 562).

CHICKEN À LA KING

Yield: 50 portions *Portion:* 6 oz (¾ cup)

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Dice chicken.
Margarine Onions, minced	1 lb 12 oz 4 oz	Melt margarine in steam-jacketed or other large kettle. Add onions and sauté until tender.
Flour, all-purpose Salt Pepper, white	1 lb 4 oz 1 oz (1½ Tbsp) 1 tsp	Add flour and seasonings to onions. Stir and cook for 5 minutes.
Chicken Stock (p. 598) Milk	3 qt 2¼ qt	Add stock and milk, stirring constantly with wire whip. Cook until thickened.
Green pepper, chopped Pimento, shredded Mushrooms, sliced, sautéed	4 oz 4 oz 1 lb	Add to sauce.
		Fold chicken gently into sauce. Check seasoning. Heat to 170°F. Serve over biscuits, toast points, or rice.

Approximate nutritive values per portion **Calories** 289

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 21 g	**32%**	**Cholest.** 43 mg	**14%**	**Total Carb.** 16 g	**5%**	**Vitamin A**	**33%**	**Calcium**	**9%**
Sat. Fat 6 g	**28%**	**Sodium** 586 mg	**24%**	Fiber 1 g	**4%**	**Vitamin C**	**86%**	**Iron**	**44%**
Protein 9 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 18–20 lb chicken (AP) will yield approximately 6 lb cooked meat.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.

Variations

- **Creamed Chicken.** Delete green pepper, pimento, and mushrooms.
- **Tuna à la King.** Substitute tuna for chicken. Stir carefully to avoid breaking up tuna pieces.
- **Turkey à la King.** Substitute turkey for chicken.

HOT CHICKEN SALAD

Yield: 56 portions or 2 pans 12 × 20 × 2 inches or 50 individual casseroles *Portion:* 5 oz
Oven: 350°F *Bake:* 25–30 minutes

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Dice chicken.
Celery, diced	4 lb	Combine and add to chicken. Mix lightly.
Onion, chopped	3 oz	Scale mixture into two 12 × 20 × 2-inch counter pans, 7 lb per pan.
Almonds, browned and chopped coarsely	1 lb	If using individual casseroles, portion with No. 8 dipper.
Lemon juice	½ cup	
Lemon peel, grated	3 Tbsp	
Pepper, white	1 tsp	
Salt	1 Tbsp	
Mayonnaise	1½ qt	
Cheddar cheese, shredded	3 lb	Sprinkle cheese over top of salad mixture.
Potato chips, crushed	12 oz	Distribute potato chips uniformly over cheese. Bake at 350°F for 25–30 minutes, or until bubbly. Cut 4 × 7 or serve with No. 8 dipper.

Approximate nutritive values per portion **Calories** 440

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 37 g	**56%**	**Cholest.** 80 mg	**27%**	**Total Carb.** 7 g	**2%**	**Vitamin A**	**10%**	**Calcium**	**22%**
Sat. Fat 10 g	**49%**	**Sodium** 491 mg	**20%**	Fiber 1 g	**5%**	**Vitamin C**	**9%**	**Iron**	**7%**
Protein 22 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 18–20 lb chicken (AP) will yield approximately 6 lb cooked meat.
- Swiss cheese may be substituted for cheddar cheese.
- 2 lb of the cheese may be added to the chicken mixture and 1 lb sprinkled on top.
- Salad should be served as soon as possible after preparation.

Variation

- **Hot Turkey Salad.** Substitute turkey for chicken. A 16- to 18-lb turkey (AP) will yield approximately 6 lb cooked meat.

SCALLOPED CHICKEN

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 30–40 minutes

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Cut chicken into ½-inch pieces. Save for layering step.
Margarine Flour, all-purpose Chicken base	1 lb 8 oz 3 oz	Melt margarine in steam-jacketed or other kettle. Stir in flour and chicken base. Cook 5 minutes.
Water	1 gal	Add water to roux, while stirring with wire whip. Cook until thickened.
Eggs, beaten	12 (1 lb 5 oz)	When sauce is thick, add small amount of hot mixture to eggs, then stir into remainder of sauce. Save for layering step.
Dry bread, cubed Salt Pepper, black Sage, ground, or poultry seasoning	2 lb 6 oz 1 tsp 2 tsp 1½ tsp	Add seasonings to bread. Mix to distribute seasonings.
Margarine Celery, chopped Onion, chopped Chicken base	10 oz 8 oz 8 oz 2 oz	Sauté celery and onion in melted margarine. Stir in chicken base. Add to bread.
Water	2½ qt	Add water to bread. Toss lightly. Do not overmix.
		Place dressing, sauce, and chicken in two greased 12 × 20 × 2-inch counter pans, layered in each pan as follows: a. 4 lb 8 oz dressing c. 3 lb chicken b. 1¼ qt sauce d. 1¼ qt sauce
Cracker crumbs, coarse Margarine, melted	6 oz 3 oz	Mix crumbs and margarine and sprinkle on mixture, 4 oz per pan. Bake at 350°F for 30–40 minutes, internal temperature 180°F. Cut 4 × 6.

Approximate nutritive values per portion **Calories** 334

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	**31%**	**Cholest.** 99 mg	**33%**	**Total Carb.** 18 g	**6%**	**Vitamin A**	**8%**	**Calcium**	**5%**
Sat. Fat 4 g	**21%**	**Sodium** 1005 mg	**42%**	Fiber 3 g	**11%**	**Vitamin C**	**1%**	**Iron**	**11%**
Protein 21 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- Scalloped Turkey or Chicken may be made by preparing one recipe of Bread Dressing (p. 461) and scaling it in the following manner in each of two 12 × 20 × 2-inch pans. Scale 4 lb dressing into pans and spread evenly. Arrange 3 lb cooked turkey or chicken over dressing. Scale 4 lb dressing over turkey, spreading evenly. Bake at 325°F for 1 hour 15 minutes. Serve with chicken Gravy (p. 564).
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

Variation

- **Scalloped Turkey.** Substitute turkey for chicken.

BRUNSWICK STEW

Yield: 50 portions or 3 gal *Portion:* 8 oz (1 cup)

Ingredient	*Amount*	*Procedure*
Cubed fresh pork	2 lb AP	Brown pork. Drain off fat.
Cooked chicken	7 lb 8 oz	Cube chicken.
Celery, diced Carrots, diced Potatoes, diced Onions, finely chopped	1 lb 8 oz 2 lb 4 oz 2 lb 10 oz	Cook vegetables until partially done.
Margarine Flour, all-purpose	8 oz 8 oz	Melt margarine in steam-jacketed or other large kettle. Add flour and stir until smooth.
Chicken Stock (p. 598) Salt Pepper, white	1 gal 1 Tbsp 1½ tsp	Add stock gradually, stirring constantly with wire whip. Add chicken, pork, and vegetables. Simmer until vegetables are tender. Do not overcook.
Green peas, frozen	1 lb	Add peas. Cook an additional 5 minutes. Stew should be fairly thick. Serve in soup bowls or deep plates.

Approximate nutritive values per portion **Calories** 246

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**16%**	**Cholest.** 65 mg	**22%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**60%**	**Calcium**	**3%**
Sat. Fat 3 g	**14%**	**Sodium** 493 mg	**21%**	Fiber 1 g	**6%**	**Vitamin C**	**11%**	**Iron**	**9%**
Protein 25 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If large fryers are used, cook 15 lb AP. Remove meat from bones and cube. Save broth for sauce.

SINGAPORE CURRY

Yield: 50 portions *Portion:* 8 oz curry + 6 oz rice

Ingredient	*Amount*	*Procedure*
Cooked chicken	15 lb	Cut chicken into ¾-inch pieces. Reserve for later step.
Margarine	1 lb	Melt margarine in steam-jacketed or other large kettle.
Flour, all-purpose	1 lb 4 oz	Add flour and stir until smooth. Cook 5 minutes.
Chicken Stock (p. 598)	5 qt	Add stock gradually, stirring constantly with wire whip. Cook until thickened.
Salt	1 tsp	Add salt, pepper, and curry powder.
Pepper, white	½ tsp	Add chicken and stir gently to prevent breaking of chicken pieces. Return temperature to 170°F.
Curry powder	2 oz	Taste and add more seasonings as the chicken takes up the curry flavor. It should be quite yellow and have a distinct curry flavor.
Rice, converted	5 lb	Cook rice according to directions on p. 399. This amount of rice will allow very generous servings, 6 oz.
Salt	3 oz	
Water, boiling	6¼ qt	
Margarine or vegetable oil	3 Tbsp	
French fried onion rings	50 servings	Serve curried chicken over rice, with accompaniments. See directions for serving in Notes.
Tomatoes, fresh, sliced	10 lb	
Bananas, cut in thick slices or chunks	10 lb	
Pineapple chunks, drained	1 No. 10 can	
Coconut, shredded or flaked	1 lb 8 oz	
Salted peanuts	1 lb	
Chutney	3 1-lb jars	

Approximate nutritive values per portion **Calories** 869

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 31 g	**47%**	**Cholest.** 113 mg	**38%**	**Total Carb.** 103 g	**34%**	**Vitamin A**	**12%**	**Calcium**	**9%**
Sat. Fat 10 g	**51%**	**Sodium** 1047 mg	**44%**	Fiber 7 g	**27%**	**Vitamin C**	**51%**	**Iron**	**31%**
Protein 47 g				Sugars 43 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Shrimp, veal, lamb, or a combination of chicken and pork may be used, allowing 6 oz cooked meat per person.
- For a Singapore Curry dinner, arrange foods on a buffet table in the following order: rice, curried chicken or other meat, and accompaniments in the order listed in the recipe. Each guest serves rice in the center of the plate, dips a generous serving of curried meat over the rice, and then adds accompaniments as desired.

CHICKEN POT PIE

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 400°F *Bake:* 20–25 minutes

Ingredient	*Amount*	*Procedure*
Margarine Onions, chopped	12 oz 14 oz	Sauté onions in margarine in steam-jacketed or other large kettle.
Flour, all-purpose Pepper, black	1 lb 6 oz ½ tsp	Add flour and pepper to onions. Stir until blended. Cook 30 minutes.
Chicken Stock (p. 598)	1¼ gal	Add stock, stirring constantly with wire whip. Cook until thickened, stirring often. Check for seasoning. Add salt if necessary.
Cooked chicken	6 lb	Cut chicken into ½- to ¾-inch pieces. Add to sauce.
Celery, sliced Carrots, sliced	1 lb 8 oz 2 lb	Cook celery and carrots until partially done. Drain. Fold into sauce.
Green peas, frozen	2 lb	Add peas (uncooked) to chicken mixture. Mix carefully. Scale chicken into two 12 × 20 × 2-inch counter pans, 12 lb per pan.
Pastry (p. 225)	3 lb	Roll out 1 lb 8 oz Pastry to fit each pan. Place on chicken mixture and seal edges to pan. Bake at 400°F for 20–25 minutes or until crust is browned and internal temperature is 180°F.

Approximate nutritive values per portion **Calories** 370

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 20 g	**31%**	**Cholest.** 46 mg	**15%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**55%**	**Calcium**	**3%**
Sat. Fat 5 g	**24%**	**Sodium** 590 mg	**25%**	Fiber 2 g	**6%**	**Vitamin C**	**9%**	**Iron**	**13%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 18–20 lb chicken AP will yield approximately 6 lb cooked meat.
- Chicken mixture may be topped with Baking Powder Biscuits (p. 110).
- 1¾ oz (¾ cup) dehydrated onions, rehydrated in 1¼ cups water, may be substituted for fresh onions.

Variation

- **Turkey Pie.** Substitute turkey for chicken.

CHICKEN AND NOODLES

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 30 minutes

Ingredient	*Amount*	*Procedure*
Cooked chicken	7 lb 8 oz	Cut chicken into ½-inch pieces.
Noodles Water, boiling Salt Vegetable oil	3 lb 3 gal 3 oz 1 Tbsp	Cook noodles according to directions on p. 369. Drain.
Margarine Onions, chopped	12 oz 2 oz	Melt margarine in a steam-jacketed or other large kettle. Add onions and sauté until tender.
Flour, all-purpose Salt	7 oz 1 Tbsp	Add flour and salt to onions. Stir until blended. Cook 5 minutes.
Milk or chicken stock (p. 598)	3½ qt	Add stock or milk gradually, stirring constantly with wire whip. Cook until thickened. Combine chicken, cooked noodles, and sauce. Scale into two 12 × 20 × 2-inch counter pans, 11 lb 12 oz per pan. Bake at 350°F for 30 minutes or until internal temperature reaches 180°F.

Approximate nutritive values per portion **Calories** 331

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 91 mg	**30%**	**Total Carb.** 26 g	**9%**	**Vitamin A**	**6%**	**Calcium**	**10%**
Sat. Fat 4 g	**20%**	**Sodium** 414 mg	**17%**	Fiber 0.1 g	**1%**	**Vitamin C**	**1%**	**Iron**	**12%**
Protein 25 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 20–22 lb chicken (AP) will yield approximately 7 lb 8 oz cooked meat.
- ¼ oz (2 Tbsp) dehydrated onion, rehydrated in ¼ cup water, may be substituted for fresh onions.

Variations

- **Chicken and Noodles with Mushrooms.** Add 2 lb sliced mushrooms, sautéed with the onions.
- **Pork and Noodle Casserole.** Substitute 10 lb pork, diced and cooked, for chicken.
- **Turkey and Noodle Casserole.** Substitute cooked turkey for chicken (cook 18- to 20-lb turkey).

CHICKEN AND RICE CASSEROLE

Yield: 50 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz
Oven: 350°F *Bake:* 1 hour

Ingredient	*Amount*	*Procedure*
Cooked chicken	6 lb	Dice chicken.
Rice, converted Water, boiling Salt Margarine or vegetable oil	2 lb 8 oz 2 qt 2 Tbsp 2 Tbsp	Cook rice according to directions on p. 399.
Margarine, melted Onion, chopped Celery, chopped Mushrooms, sliced	6 oz 3 oz 8 oz 1 lb	Sauté onion, celery, and mushrooms in margarine.
Flour, all-purpose	8 oz	Add flour to vegetables and stir to blend.
Milk Chicken Stock (p. 598) Pepper, white	1½ qt 2 qt ¼ tsp	Add milk and stock, stirring constantly with wire whip. Cook until thickened. Add pepper. Add salt if needed.
Almonds, slivered Pimento, chopped	6 oz 3 oz	Add almonds, pimento, and chicken to sauce. Combine carefully. Scale into two lightly greased 12 × 20 × 2-inch baking pans, 10 lb 8 oz per pan.
Bread crumbs Margarine, melted Cheddar cheese, shredded	9 oz 3 oz 6 oz	Combine bread crumbs, margarine, and cheese. Sprinkle over mixture in pans, 9 oz per pan. Bake at 350°F for 1 hour or until internal temperature reaches 180°F.

Approximate nutritive values per portion **Calories** 320

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	**20%**	**Cholest.** 53 mg	**18%**	**Total Carb.** 29 g	**10%**	**Vitamin A**	**5%**	**Calcium**	**10%**
Sat. Fat 4 g	**18%**	**Sodium** 585 mg	**24%**	Fiber 1 g	**5%**	**Vitamin C**	**3%**	**Iron**	**12%**
Protein 21 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 18–20 lb chicken AP will yield approximately 6 lb cooked meat.
- Sliced water chestnuts may be substituted for almonds.
- Chopped parsley may be sprinkled over the baked product just before serving.
- ¼ oz (2 Tbsp) dehydrated onions, rehydrated in ¼ cup water, may be substituted for fresh onions.

TURKEY AND DUMPLINGS

Yield: 48 portions or 2 pans 12 × 20 × 2 inches *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Margarine Onions, chopped	14 oz 1 lb	Melt margarine in steam-jacketed or other kettle. Sauté onions until tender.
Flour, all-purpose Pepper, black	1 lb 8 oz 1½ tsp	Stir flour and pepper into onions. Cook 5–10 minutes, stirring often.
Water Chicken base	1½ gal 6 oz	Add water and chicken base to mixture in kettle. Cook until thickened, stirring often.
Turkey, cooked	6 lb 10 oz	Cut turkey into ½-inch cubes. Add to sauce.
Celery, chopped Carrots, sliced	1 lb 10 oz 2 lb 4 oz	Steam celery and carrots until tender-crisp. Fold into turkey mixture. Scale into two 12 × 20 × 2-inch pans, 13 lb per pan.
STEAMED DUMPLINGS		
Flour, all-purpose Baking powder Salt	2 lb 4 oz 3 oz 2 Tbsp	Combine flour, baking powder, and salt in mixer bowl. Mix until blended.
Eggs, beaten Milk Parsley, fresh, chopped Poultry seasoning	5 (9 oz) 1½ qt 1 oz 2 tsp	Combine eggs, milk, and seasonings. Add to dry ingredients and mix only until blended. Portion 4 × 6 with No. 24 dipper onto turkey and gravy. Steam until dumplings are done, approximately 20 minutes.

Approximate nutritive values per portion **Calories** 336

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	**21%**	**Cholest.** 62 mg	**21%**	**Total Carb.** 35 g	**12%**	**Vitamin A**	**64%**	**Calcium**	**20%**
Sat. Fat 4 g	**18%**	**Sodium** 1593 mg	**66%**	Fiber 2 g	**8%**	**Vitamin C**	**8%**	**Iron**	**16%**
Protein 18 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Steam as soon as dumplings are portioned onto gravy. Product holds well after cooking.
- 2 oz (1 cup) dehydrated onions, rehydrated in 1½ cups water, may be substituted for fresh onions.

LIME TARRAGON TURKEY STEAK

Yield: 50 steaks *Portion:* 6 oz
Grill: 350°F *Grill:* 4–7 minutes per side

Ingredient	*Amount*	*Procedure*
Turkey steaks, 6 oz	50	
Vegetable oil	3½ cups	Combine oil, liquids, and spices in stainless steel container. Pour over turkey steaks and refrigerate for several hours or overnight. Turn if necessary to make sure both sides of turkey are coated.
Lime juice, frozen, reconstituted	1 qt	
Cooking sherry	2 cups	
Garlic cloves, minced	4 oz	
Chives, chopped	3 oz	
Tarragon, dried whole leaves	½ cup	
Salt	2½ oz	
Pepper, black	5 tsp	
Dry mustard	1 tsp	
Worcestershire sauce	¼ cup	
Water	2 cups	
		Drain marinade from turkey steaks.
		Preheat grill to 350°F.
		Grill steaks approximately 4–7 minutes per side until internal temperature reaches 165°F.

Approximate nutritive values per portion **Calories** 240

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 11 g	**17%**	**Cholest.** 66 mg	**22%**	**Total Carb.** 3 g	**1%**	**Vitamin A**	**1%**	**Calcium**	**4%**
Sat. Fat 2 g	**10%**	**Sodium** 630 mg	**26%**	Fiber 0 g	**0%**	**Vitamin C**	**9%**	**Iron**	**10%**
Protein 30 g				Sugars 0 g					

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Notes

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- Always wash hands and wash and sanitize countertops, utensils, and containers between production steps when preparing raw poultry.

Variation

- **Creole Turkey Steaks.** Prepare Creole Spice Mixture, p. 295 (Creole Baked Fish). Dip turkey steaks in melted margarine, then sprinkle generously with spice mixture. Grill steaks until done, 4–7 minutes per side.

CORN BREAD DRESSING

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4 oz
Oven: 375°F *Bake:* 20–30 minutes

Ingredient	*Amount*	*Procedure*
Corn Bread (p. 122) ⅓ recipe	3 lb 10 oz	Prepare Corn Bread. Crumble
Bread, cubed or torn	1 lb 12 oz	Crumble bread. Add to Corn Bread.
Margarine Onions, chopped Celery, chopped	4 oz 1 lb 1 lb 8 oz	Melt margarine in steam-jacketed or other kettle. Add onions and celery. Sauté until vegetables are tender. Add bread.
Chicken base Water, hot Salt (see Notes) Poultry seasoning Pepper, black	2 oz 3 qt 1 tsp 1 Tbsp 1 tsp	Combine chicken base, water, and seasonings. Pour over bread mixture. Stir to moisten.
		Scale mixture (12 lb) into lightly greased 12 × 20 × 2-inch pan. Bake at 375°F for 20–30 minutes or until 180°F. Serve with No. 12 dipper.

Approximate nutritive values per portion **Calories** 157

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 15 mg	5%	**Total Carb.** 23 g	8%	**Vitamin A**	2%	**Calcium**	8%
Sat. Fat 1 g	7%	**Sodium** 546 mg	23%	Fiber 2 g	8%	**Vitamin C**	2%	**Iron**	6%
Protein 4 g				Sugars 4 g					

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Notes

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- If chicken base is highly salted, reduce or delete salt in recipe.

BREAD DRESSING (OR STUFFING)

Yield: 50 portions or 1 pan 12 × 20 × 2 inches *Portion:* 4½ oz
Oven: 325°F *Bake:* 1 hour 15 minutes

Ingredient	*Amount*	*Procedure*
Onion, chopped	1 lb	Sauté onion and celery in margarine until lightly browned.
Celery, chopped (optional)	1 lb	
Margarine	1 lb	
Water (see Notes)	1 gal	Add water, chicken base, and seasonings to sautéed vegetables. Heat until hot.
Chicken base	3 oz	
Salt (see Notes)	1 Tbsp	
Pepper, black	1 Tbsp	
Poultry seasoning (see Notes)	1 Tbsp	
Thyme, ground	1 Tbsp	
Dry bread, cubed	3 lb 12 oz	Add bread gradually to vegetable mixture, tossing lightly until thoroughly mixed. Avoid overmixing, which causes dressing to be soggy and compact.
		Scale dressing (15 lb) into lightly greased 12 × 20 × 2-inch pan.
		Bake at 325°F for approximately 1 hour 15 minutes, internal temperature 180°F.
		Serve with No. 10 dipper.

Approximate nutritive values per portion **Calories** 159

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 0 mg	**0%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**2%**	**Calcium**	**4%**
Sat. Fat 2 g	**8%**	**Sodium** 757 mg	**32%**	Fiber 4 g	**17%**	**Vitamin C**	**2%**	**Iron**	**7%**
Protein 4 g				Sugars 2 g					

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Notes

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- The amount of liquid will depend on the dryness of the bread.
- If chicken base is highly salted, reduce or delete salt in recipe.
- Sage may be used for part or all of the poultry seasoning.

Variations

- **Apple Stuffing.** Add 1 lb finely chopped apples. Reduce bread cubes to 3 lb 4 oz.
- **Chestnut Stuffing.** Add 1 lb 4 oz cooked chestnuts, chopped. Reduce bread to 3 lb 8 oz. Substitute 2 qt milk for 2 qt water.
- **Mushroom Stuffing.** Reduce celery and onions to 8 oz each. Sauté 2 lb fresh mushrooms with the vegetables.
- **Nut Stuffing.** Add 2 cups chopped almonds or pecans that have been browned lightly in 4 oz melted margarine. Substitute 1 qt milk for 1 qt water.
- **Oyster Stuffing.** Add 1 lb 8 oz oysters.
- **Raisin Stuffing.** Add 1 lb seedless raisins.
- **Sausage Stuffing.** Reduce bread cubes to 3 lb 4 oz. Add 2 lb sausage, cooked and drained, and 1 lb tart apples, peeled and chopped.