

Oven Fried Chicken

Meat/Meat Alternate

Main Dishes

D-29

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw chicken, cut up, thawed (USDA-donated, whole, cut up 8 pieces)	24 lb 8 oz		49 lb		1. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
Vegetable oil		1 ½ cups		3 cups	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	2. In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.
Instant nonfat dry milk	8 oz	3 ¼ cups 2 Tbsp	1 lb	1 qt 2 ¾ cups	
Poultry seasoning		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
					3. Coat oiled chicken with seasoned flour. Arrange approximately 25 pieces of chicken on each ungreased sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					4. Bake: Conventional oven: 400° F for 45-55 minutes Convection oven: 350° F for 30-35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Transfer to steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz equivalent meat/meat alternate.	50 Servings: about 21 lb 5 oz	50 Servings: 2 steamtable pans
	100 Servings: about 42 lb 10 oz	100 Servings: 4 steamtable pans

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Tested 2004

Nutrients Per Serving					
Calories	343	Saturated Fat	4.66 g	Iron	1.77 mg
Protein	29.35 g	Cholesterol	87 mg	Calcium	75 mg
Carbohydrate	9.67 g	Vitamin A	201 IU	Sodium	104 mg
Total Fat	19.99 g	Vitamin C	0.4 mg	Dietary Fiber	0.3 g