

Chicken or Turkey a la King

Meat/Meat Alternate-Vegetable

Main Dishes

D-16

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	7 oz	¾ cup 1 Tbsp	14 oz	1 ½ cups 2 Tbsp	1. Melt margarine or butter. Add flour and stir until smooth.
Enriched all-purpose flour	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup	
Chicken or turkey stock, non-MSG		1 gal		2 gal	2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.
Instant nonfat dry milk, reconstituted		1 qt 2 ¾ cups		3 qt 1 ½ cups	
Poultry seasoning		1 ½ tsp		1 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Onion powder		¼ cup		½ cup	
					3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
*Cooked chicken or turkey, chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	4. Add chicken or turkey, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through. CCP: Heat to 165° F or higher for at least 15 seconds.
Canned green peas, drained OR Frozen green peas	6 lb 6 oz OR 5 lb 12 oz	3 qt 1 ¾ cups (1 ½ No. 10 cans) OR 3 qt 2 cups	12 lb 12 oz OR 11 lb 8 oz	1 ½ gal 3 ½ cups (3 No. 10 cans) OR 1 gal 3 qt	
Pimientos, chopped, drained	4 oz	¼ cup 2 Tbsp	8 oz	¾ cup	
					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. Portion with 6 oz ladle (¾ cup).
					7. Serve over cooked rice, noodles, or a biscuit.

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Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
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:

¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate and ¼ cup of vegetable.

YIELD:

50 Servings: about 21 lb 5 oz

100 Servings: about 42 lb 10 oz

VOLUME:

50 Servings: about 2 gallons 1 ½ quarts

100 Servings: about 4 gallons 2 ¾ quarts

Tested 2004

Nutrients Per Serving

Calories	218	Saturated Fat	1.96 g	Iron	1.63 mg
Protein	22.43 g	Cholesterol	53 mg	Calcium	71 mg
Carbohydrate	14.58 g	Vitamin A	680 IU	Sodium	280 mg
Total Fat	8.07 g	Vitamin C	7.7 mg	Dietary Fiber	2.6 g