

Sweet and Sour Chicken Over 3 Grain Fried Rice



A flavorful medley of Sweet and Sour Chicken, vegetables and whole grains.

Yield	46-3/4 lbs 50(15oz)servings (50 cups Rice and 50 cups Sweet n Sour Chicken)
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	fl oz		1/4 cup	Sesame seed oil	
8	fl oz		1 cup	Canola oil	
36	oz		1 gallon	Scallions	sliced
6	oz		1 cup	Garlic	chopped
6	oz		1 cup	Ginger root, fresh	chopped
12.5	oz		3 cups	Bean sprouts	
12.5	oz		3 cups	Peas, green, fresh	
12.5	oz		3 cups	Carrots	medium dice, roasted
19	oz		2-1/3 cups	Egg	liquids
125	oz		1-1/2 gallons	Barley, prepared with Minor's® Vegetable Base Low Sodium	
50	oz		3 qts	Quinoa, prepared with Minor's® Natural Gluten Free Vegetable Base	
62	oz		3 qts	Wheat berries, prepared with Minor's® Natural Gluten Free Vegetable Base	
24	fl oz		3 cups	Soy sauce, light	low sodium
380	oz		4 trays	<u>Stouffer's® Lean Cuisine® Sweet and Sour Chicken</u>	prepared, hot

Preparation Steps

1. In oil, sauté scallions, garlic, and ginger over medium high heat until the garlic and ginger are lightly toasted. Add bean sprouts, peas and carrots and sauté until hot.
2. Lower heat and push vegetables to one side of the pan. In the empty side of the pan, add the eggs. Cook scrambled egg completely. Do not mix the egg with the vegetables until the egg is completely cooked.
3. Add barley, quinoa and wheat berries. Fold eggs, grains and vegetables together. Add soy sauce and sauté until grains are hot.
4. Serve alongside the sweet and sour chicken.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	418
Energy (Kj)	1818.8
Protein (g)	17.4
Carbohydrate, total (g)	68.4
Fats, total (g)	8.8
Sugars, total (g)	35.7
Fats, saturated (g)	1
Fiber, total dietary (g)	8.4
Sodium (mg)	542.2
Calcium (mg)	59.8
Cholesterol (mg)	70.6
Iron (mg)	2.2

Fats, monounsaturated (g)	4.1
Fats, polyunsaturated (g)	2.5
Vitamin A (µg_RAE)	672.5
Vitamin C (mg)	48.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

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ORDER GUIDE

Order Guide for **50** Servings

> Dry Goods

- € ☐ Barley, hulled 3 lbs
- € ☐ Quinoa, white 2 lbs
- € ☐ Wheatberries 2.25 lbs
- € ☐ Soy sauce 24 oz
- € ☐ Sesame oil 2 oz

> Produce

***be sure to ask your distributor about local seasonal produce*

- € ☐ Garlic 8 oz
- € ☐ Ginger, fresh 8 oz
- € ☐ Scallions 3 lbs
- € ☐ Bean sprouts 1 lb
- € ☐ Carrots 2 lb

> Frozen

- € ☐ Peas, sweet IQF 1 lb
- € ☐ LEAN CUISINE® Sweet and Sour Chicken 1 case

> Protein

- ☐ Liquid eggs 1.25 lbs or 2.5 cups
- €

> Dairy

> Refrigerated

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PREP GUIDE

Serves: 50

All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.

> Day Before Service

- € ☐ Prepare 1.5 times the recipe for barley prepared with MINOR'S® Gluten Free Vegetable Base
- € ☐ Prepare 1.25 times the recipes for quinoa prepared with MINOR'S Gluten Free Vegetable Base
- € ☐ Prepare 1.5 times the recipes for wheat berries prepared with MINOR'S Gluten Free Vegetable Base
- € ☐ Mix ¼ cup of sesame oil and 1 cup of canola oil and place in a squirt bottle
- € ☐ Chop 2.25 lbs of scallions about 1 gallon
- € ☐ Chop 1 cup garlic
- € ☐ Chop 1 cup ginger
- € ☐ Reserve 3 cups bean sprouts
- € ☐ Reserve 3 cups green peas
- € ☐ Medium dice, oil, season and roast 3 cups carrots until tender
- € ☐ Reserve 2-⅓ cups or 19 oz of eggs
- € ☐ Place 3 cups of low sodium soy sauce in squirt bottles
- € ☐ Thaw under refrigeration 4 trays of LEAN CUISINE® Sweet and Sour Chicken

> Day of Service

- €€€ ☐ Cook sweet and sour chicken according to package directions

> Station Set Up

- | | |
|---|---|
| € <input type="checkbox"/> Clean uniform | <input type="checkbox"/> Teaspoon scoop for ginger |
| € <input type="checkbox"/> Gloves | € <input type="checkbox"/> ⅓ cup scoop for scallions |
| € <input type="checkbox"/> Sanitizer solution with kitchen towel | € <input type="checkbox"/> ¼ cup scoop for bean sprouts |
| € <input type="checkbox"/> 3 additional kitchen towels | € <input type="checkbox"/> ¼ cup scoop for peas |
| € <input type="checkbox"/> 1-2 portable burners | € <input type="checkbox"/> ¼ cup scoop for carrots |
| € <input type="checkbox"/> Check the burner's function, power and/or fuel | € <input type="checkbox"/> 2 oz ladle for eggs (fill 3/4) |
| € <input type="checkbox"/> 2 appropriate size sauté pans | € <input type="checkbox"/> Chaffer for holding sweet and sour chicken hot |
| € <input type="checkbox"/> Refuse container | € <input type="checkbox"/> 8 oz scoop for sweet and sour chicken |
| € <input type="checkbox"/> Heatproof spatula (2) | |
| € <input type="checkbox"/> Serving spoons (3) | |
| € <input type="checkbox"/> Containers for holding grains cold (3) | |
| € <input type="checkbox"/> Containers for holding egg and vegetable mise en place for fried "rice" cold (7) | |
| € <input type="checkbox"/> ½ cup scoop for barley | |
| € <input type="checkbox"/> ¼ cup scoop for quinoa | |
| € <input type="checkbox"/> ¼ cup scoop for wheat berries | |
| € <input type="checkbox"/> Teaspoon scoop for garlic | |
| € | |