

Chicken Curry

Recipe Component: Meat

Recipe Category

Recipe # KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil spray		1 tsp			<p>1. Preheat oven to 350°F.</p> <p>2. Lightly spray shallow baking pan and place chicken, evenly spaced, on pan.</p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>3. Add chicken broth to dish.</p> <p>4. Sprinkle chicken with salt, pepper, and curry powder.</p> <p>5. Loosely cover with foil. Bake for 50-60 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i></p> <p>6. While chicken is baking, heat oil over med-high heat. Add the onions and cook, stirring occasionally, until softened, about 5 minutes. Stir in the garlic, ginger and additional curry powder. Cook until fragrant, about a minute more.</p> <p>7. Combine flour and cold water, mixing thoroughly to make a lump free slurry. Set aside for step 9.</p> <p>8. Add chicken broth to the onion and garlic mixture. Bring to a boil, and then reduce the heat to medium.</p> <p>9. Add flour slurry to the broth, stirring constantly as you bring mixture to a boil then reduce heat to low.</p>
Chicken, boneless, fresh or frozen without skin	9 lbs				
Chicken broth/stock, low sodium		3/4 cup			
Salt (omit if low sodium chicken stock is not available)	½ tsp				
Pepper	1 tsp				
Curry powder	2 Tbsp				
Canola oil	1 cup				
*Onions, raw, chopped ½"	6 1/2 cups				
Garlic, fresh minced (adjust as needed)	27 cloves				
*Ginger, fresh, grated	1 Tbsp	1 tsp			
Curry powder	1 Tbsp	1 tsp			
Chicken broth, low sodium	2 qt				
Water, cold					
Flour	⅔ cup				
Water, cold	1 cup				
Yogurt, plain, low fat	2 ¼ cup				
Cilantro, fresh	1 cup				

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					<p>10. Remove baked chicken from pan and dice into age-appropriate sized pieces.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p>11. Add the cooked chicken to the thickened sauce, turn the heat to medium-low, and bring to a simmer. Stir in the yogurt and cilantro then simmer for 2 more minutes.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
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Notes:

Omit salt if low sodium chicken stock/broth is not available. Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature Onion	3 lb 3 oz	6 lb 6 oz



Serving: 1 serving provides 2 oz meat

1-2 years: ½ serving

3-5 years: ¾ serving

6-18 years: 1 serving

Nutrients Per Serving

Calories	166.03 kcal	Saturated Fat	1.02 g	Iron	0.85 mg
Protein	22.07 g	Cholesterol	60.48 mg	Calcium	47.30 mg
Carbohydrate	6.74 g	Vitamin A	10.83 RAE mcg	Sodium	106.55 mg
Total Fat	5.52 g	Vitamin C	2.39 mg	Dietary Fiber	0.78 g