

Chicken or Turkey Chop Suey

Meal Components: Vegetable - Other, Meat / Meat Alternate

Main Dishes, D-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium chicken or turkey stock, non-MSG		1 gal 1 qt		2 gal 2 qt	<ol style="list-style-type: none"> Combine stock, soy sauce, pepper, and granulated garlic. Bring to boil. Add celery and onions. Reduce heat and simmer for 10-12 minutes.
Low-sodium soy sauce		1 cup		2 cups	
Ground black or white pepper		1 tsp		2 tsp	
Granulated garlic		1 tsp		2 tsp	
*Fresh celery, cut into strips	4 lb 4 oz	3 qt 1 cup	8 lb 8 oz	1 gal 2 ½ qt	
*Fresh onions, chopped	1 lb	2 ? cups	2 lb	1 qt 1 ? cups	
OR	OR	OR	OR	OR	
Dehydrated onions	3 oz	1 ½ cups	6 oz	3 cups	
Cornstarch	8 ¾ oz	2 cups	1 lb 1 ½ oz	1 qt	<ol style="list-style-type: none"> Combine cornstarch and water. Mix until smooth.

3. Add to stock mixture. Stir well and cook over medium heat until thickened, 6-8 minutes.

*Cooked chicken or turkey, diced 6 lb 6 oz

1 gal 1 qt

12 lb 12 o

2 gal 2 q

4. Add chicken or turkey. Cook over medium heat for 3-5 minutes or until heated through.

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. Serve with 6 oz ladle (¾ cup).

7. Serve over cooked rice.

Notes

Comments: * See Marketing Guide.

Variation:

A) Chicken or Turkey Chow Mein

Follow steps 1-5. In step 7, serve over chow mein noodles.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Celery	5 lb 2 oz	10 lb 4 oz
Mature onions	1 lb 3 oz	2 lb 6 oz
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	Yield	Volume
3/4 cup (6 oz ladle) provides 2 oz meat and 1/4 cup other vegetable.	50 Servings: about 23 lb 3 oz	50 Servings: about 2 gallons 1 ½ quarts
	100 Servings: about 46 lb 6 oz	100 Servings: 4 gallons 2 ¾ quarts