

Recipe Name:	Chicken Stir Fry			
Ingredients	Portion (use these units: each, slices, cup (#__scoop), __oz ladle, teaspoon, packets, bags, oz, #10 cans)	Brand	Item #	Component (Office will fill in)
Pan Release Spray, Vegetable Oil	10 Second Spray	Sysco		Vegetable
Long Grain Brown Rice	6 lbs 8 oz	Sysco		2 Grain
Salt	1 Tablespoon 1 Teaspoon	Sysco		Seasoning
Vegetable Oil	½ Cup	Sysco		Oil
Fresh Diced Onions	1 quart 2 Cups	Sysco		Vegetables
Fresh Eggs	14	Sysco		Meat Alternate
Soy Sauce	2 ⅔ Cups	Sysco		Sauce
Water	5 quarts	Sysco		Water
Cooked Diced Chicken	5 ½ lbs	Sysco		Meat

Instructions				
<p>Write step-by-step instructions here. Include details about defrosting, cooking, assembly, and storage. <i>Include if applicable: Cooking details</i></p> <ol style="list-style-type: none"> pan type and size whether you line the pan with parchment paper number of items that can fit on a pan (i.e. 35 chicken patties on a bun pan) whether you cover with parchment paper and foil oven temperatures, cooking times internal temperature checks <p><i>Include if applicable: Packaging information</i> (i.e. in an 18 oz clear plastic cup; in a large clear plastic "Smart Lock" container; wrap with Fresh Express parchment paper; wrap with blue foil) Last step should be: Serve immediately OR store in refrigerator/warmer until serving</p>				
1: In each pan that has been sprayed with food release spray, place 6 pounds and 8 ounces of rice and 4 teaspoons of salt				
2: Heat the oil in a braising pan, steam jacketed kettle, or stock pot then add the onions. Sauté the onions for 3 to 5 minutes				
3: Combine all of the eggs, then lightly mix them. Add the eggs to the onions. Cook over medium heat, stirring frequently, for 10 -15 minutes, or until eggs are tender and set.				
4: Combine them with the onions, eggs, rice, and soy sauce. Divide the mixture evenly among the steam table pans of rice.				
5: Pour 6 quarts of hot water over each pan of rice. Cover the pans with a lid or aluminum foil. Steam for approximately 45 minutes or until rice is tender and fluffy. Check the rice at 30 minutes of cooking time for chicken stock absorption. If additional liquid is needed, add water. At the end of cooking time, fluff the rice with a fork or spoon. Batch cook for best results.				
6: Serve the Fried Rice immediately or cover it with a lid, plastic wrap, or aluminum foil and place them in the warmer until ready for service				
7: Serving size is 3 #8 scoops. Each portion provides 2 oz. eq. whole grain, 2 oz. eq. meat/meat alternate				

Yield: 50	
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