

Sweet-and-Sour Chicken

Meat

Main Dishes

D-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Skinless chicken thighs, about 4 oz each OR	5 lb 9 oz	25 each	11 lb 2 oz	50 each	1. Place 12 to 13 chicken thighs or drumsticks in each glass casserole dish (13" x 9" x 2") or quarter-sheet pan.
Skinless chicken drumsticks, about 3.7 oz each	5 lb 13 oz	25 each	11 lb 10 oz	50 each	
Sweet-and-Sour Sauce: Soy sauce		2 Tbsp		1/4 cup	2. First Bake: Conventional Oven: 425 degrees F, 30 minutes Convection Oven: 375 degrees F, 30 minutes Bake until lightly browned and liquid has no signs of pink. Drain and discard liquid and fat.
Vegetable oil		2 Tbsp		1/4 cup	
Lemon juice		1 Tbsp		2 Tbsp	3. In a sauce pan, combine soy sauce, oil, lemon juice, vinegar, sugar, mustard, garlic powder, and pineapple juice. Add peach puree (or bottled sweet-and-sour sauce) and the additional pineapple juice. Simmer for 15 minutes.
Vinegar		3/4 cup		1 1/2 cups	
Sugar	6 oz	3/4 cup	12 oz	1 1/2 cups	4. If using pureed peaches, dissolve cornstarch in cold water. Add to simmering liquid and stir until thickened. (Do not add cornstarch if using bottled sweet-and-sour sauce.)
Dry mustard		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	5. Pour 1 1/2 cups of sauce over each casserole dish of chicken.
Pineapple juice		1 cup		2 cups	
Canned peaches, drained and pureed OR	4 oz	1/2 cup	8 oz	1 cup	
Bottled sweet-and-sour sauce	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	
Pineapple juice		1 cup		2 cups	
Cornstarch		2 Tbsp		1/4 cup	
Cold water		3/4 cup		1 1/2 cups	

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6. Second Bake:
 Conventional Oven: 350 degrees F, 30 minutes
 Convection Oven: 325 degrees F, 30 minutes
 Bake until golden brown.
 Baste every 15 minutes for a glazed appearance.

CCP Heat to 165 degrees F or higher for at least 15 seconds.

7. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
3 oz provide 1 1/2 oz of cooked chicken	25 Servings: 5 lb 2 oz	25 Servings:
	50 Servings: 10 lb 4 oz	50 Servings:

Special Tip:
 The Sweet-and-Sour Sauce from Steps 3 and 4 may be used on baked fish or baked pork.

Nutrients Per Serving			
Calories	138	Saturated Fat	1.5 g
Protein	11 g	Cholesterol	40 mg
Carbohydrate	10 g	Vitamin A	11 RE/53 IU
Total Fat	5.8 g	Vitamin C	1 mg
		Iron	.7 mg
		Calcium	8 mg
		Sodium	121 mg
		Dietary Fiber	0 g