

Oven Fried Chicken

Meal Components: Meat / Meat Alternate

Main Dishes, D-29

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw chicken, cut up, thawed (USDA-donated, whole, cut up 8 pieces)	24 lb 8 oz		49 lb		<ol style="list-style-type: none"> Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly. In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.
Vegetable oil		1 1/2 cups		3 cups	
Enriched all-purpose flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
Instant nonfat dry milk	8 oz	3 1/4 cups 2 Tbsp	1 lb	1 qt 2 3/4 cups	
Poultry seasoning		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	

3. Coat oiled chicken with seasoned flour. Arrange approximately 25 pieces of chicken on each ungreased sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
4. Bake: Conventional oven: 400° F for 45-55 minutes Convection oven: 350° F for 30-35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
5. Transfer to steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
6. CCP: Hold for hot service at 135° F or higher.

Serving	Yield	Volume
1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz equivalent meat/meat alternate.	50 Servings: about 21 lb 5 oz 100 Servings: about 42 lb 10 oz	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans

Nutrients Per Serving

Calories	343	Saturated Fat	4.66 g	Calcium	75 mg
Protein	29.35 g	Cholesterol	87 mg	Sodium	104 mg
Carbohydrate	9.67 g	Vitamin A	201 IU	Dietary Fiber	0.3 g
Total Fat	19.99 g	Iron	1.77 mg		