

Chicken Stir Fry - USDA Recipe D-390 for Schools







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Makes: 50 or 100 Servings

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Directions for:

50 Servings

100 Servings

[Ingredients](#)

[Directions](#)

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Frozen, cooked diced chicken, thawed 1/2" pieces

3 lb

2 qt 2 1/4 cups 1 Tbsp 2 tsp

6 lb

1 gal 1 qt 1/2 cup 3 Tbsp 1 tsp

1. Combine chicken, soy sauce, chili sauce, 1/3 cup 2 tsp cornstarch, 2 1/2 tsp ginger, 2 1/2 tsp garlic, black pepper, red pepper flakes, salt, and sugar in a large bowl. Stir well. Cover tightly. Recommended to cook in batches of 25.

Low-sodium soy sauce

1/2 cup

1 cup

Chili sauce

2 oz

3 Tbsp

4 oz

1/4 cup 2 Tbsp

Cornstarch

7 oz

1 1/2 cups

14 oz

3 cups

Fresh ginger, chopped

3 Tbsp 1 tsp

3 1/3 oz

1/4 cup 2 Tbsp 2 tsp

Garlic, minced

2 1/2 oz

3 Tbsp 1 tsp

5 oz

1/4 cup 2 Tbsp 2 tsp

Ground black or white pepper

2 tsp

1 Tbsp 1 tsp

Red Pepper Flakes

2 tsp

1 Tbsp 1 tsp

Salt

2 tsp

1 Tbsp 1 tsp

Sugar

14 oz

1 3/4 cups

1 lb 12 oz

3 1/2 cups

2. Set remaining ginger and garlic aside for step 10. Set remaining cornstarch aside for step 11. Allow chicken mixture to marinate for 12-24 hours.

3. Place marinated chicken in a large stock pot uncovered over high heat for 2-3 minutes, stirring constantly.

Low-sodium chicken broth

2 qt
1 gal

4. Add 2 cups chicken broth and 1 cup pineapple juice. Heat to a rolling boil allowing mixture to thicken. Set remaining chicken broth and pineapple juice aside for step 11.

Pineapple juice, 100% juice
1 qt
2 qt

5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

6. Critical Control Point: Hold for hot service at 135 °F or higher.

7. Transfer 2 qt 2 cups (about 5 lb) chicken mixture to a steam table pan (12" x 20" x 2 1/2"). Set aside for step 14. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

*Fresh broccoli, chopped
4 lb
1 gal 2 qt 1/4 cup 2 Tbsp
8 lb
3 gal 3/4 cup

8. Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 10.

Canola oil
2/3 cup 1 Tbsp 1 tsp
1 1/3 cups 2 Tbsp 2 tsp

9. Heat oil in a large stock pot.

Frozen edamame, thawed
5 lb
1 gal 1 1/2 cups
10 lb
2 gal 3 cups

10. Add boiled broccoli, edamame, pineapples, carrots, onions, bell peppers, and remaining ginger and garlic. Saute uncovered for 2-3 minutes, stirring occasionally.

Canned pineapple tidbits in 100% juice, drained
3 lb 6 oz
1 qt 2 1/4 cups 1 Tbsp (1/2 No. 10 can)
6 lb 12 oz
3 qt 1/2 cup 2 Tbsp (1 No. 10 can)
*Fresh carrots, shredded
2 lb 14 oz
3 qt 2 cups
5 lb 12 oz
1 gal 3 qt

*Fresh onions, sliced

1 lb 6 oz

2 2/3 cups 3 Tbsp 2 1/2 tsp

2 lb 12 oz

1 qt 1 3/4 cups 1 Tbsp

*Fresh red bell peppers, chopped

1 lb

3 cups

2 lb

1 qt 2 cups

11. Add remaining chicken broth and pineapple juice. Heat to a rolling boil. Add remaining cornstarch.

Water

1 qt

2 qt

12. Add water. Stir well. Allow mixture to thicken.

13. Critical Control Point: Heat to 135 °F or higher.

14. Pour 1 gal 1 qt (about 8 lb 15 oz) vegetable mixture over chicken mixture into each steam table pan (12" x 20" x 2 1/2"). Stir well. For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Fresh cilantro, chopped

2 oz

2 2/3 cups 2 1/4 tsp

4 oz

1 qt 1 1/3 cups 1 Tbsp 1 1/2 tsp

15. Garnish with cilantro.

16. Critical Control Point: Hold for hot service at 135 °F or higher.

17. Portion with 8 fl oz spoodle (1 cup).

Serving

See Notes

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/4 cup additional vegetable, and 1/8 cup fruit.

OR

Legume as Vegetable: .75 oz equivalent meat/meat alternate, 1/4 cup legume vegetable, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, 1/4 cup additional vegetable, and 1/8 cup fruit.

CACFP Crediting Information: 1 cup (8 fl oz spoon) provides:

Legume as Meat/Meat Alternate: 2 oz meat/meat alternate, 1/2 cup vegetable, and 1/8 cup fruit.

OR

Legume as Vegetable: .75 oz meat/meat alternate, 3/4 cup vegetable, and 1/8 cup fruit.

Language

English



[Find tips and resources](#) for safe food handling and proper cooking temperature guidance.

