

CHICKEN BREAST

serving size = 3 oz meat

INGREDIENTS	NUMBER OF SERVINGS		
	9	18	27
Chicken, cooked, skinned & boned	1 lb 11 oz.	3 lb 6 oz.	5 lb 1 oz.
Chicken Broth, hot	1 cup + 2 Tbsp	2¼ cups	3⅓ cups
RESOURCE[®] THICKENUP[®] Instant Food Thickener	2 Tbsp + 1 tsp	¼ cup + 2 tsp	¼ cup + 3 Tbsp

HOW TO PREPARE:

1. Puree cooked chicken with hot liquid until smooth in texture.
2. Add **THICKENUP[®]** Instant Food Thickener and process briefly until mixed. (*Scrape sides of blender or food processor bowl as needed to assure that all thickener is incorporated.*)
3. For each serving, portion #10 scoop into mold coated with non-stick cooking spray; spread evenly.
4. Place on tray; cover and freeze until solid.
5. After mixture is frozen (about 2 hours), press shapes out of the mold and place on a sheet pan or steam table pan coated with non-stick cooking spray.
6. Cover tightly with aluminum foil and/or film and heat as directed below, to 165°F.
7. Hold for service at internal temperature of 135°F or higher.
Successful holding (over 30 minutes) requires using a broth slurry in the bottom of the steam table pan to protect the molded food from overcooking. After heating, add ⅓ cup slurry per molded food portion in each pan. This slurry also makes acceptable gravy.
8. Portion one molded shape per serving.

NOTE: Measurements of liquid and **THICKENUP[®]** Instant Food Thickener may be adjusted to achieve desired consistency.

	CONVENTIONAL OVEN AT 375°F	CONVECTION OVEN AT 325°F	STEAMER*
MEATS	20 to 25 minutes	15 to 20 minutes	20 minutes
VEGETABLES	20 minutes	15 minutes	15 minutes

**Mixture may be left in mold when heating in steamer. Place frozen mold form directly on a sheet pan. Cover with foil and/or film; steam as directed to 165°F. Invert mold over sheet pan and push to remove food shapes. Hold for service at internal temperature of 135°F or higher.*

