

**Congregate Lunch Recipe:**

Chicken pot pie with steamed rice, seasoned broccoli, and fresh red apple. Served with 1% fat milk.

Remember: Wash hands thoroughly and wear gloves before beginning food preparation. Gloves DO NOT replace hand-washing.

**Chicken Pot Pie Entrée**

Yield: 50 portions or 2 pans 12 x 20 x 2 inches      Portion: 8 oz

Oven: 400 °F

Bake: 20-25 minutes

Ingredient	Amount	Procedure
<b>Margarine</b>	12 oz	Use clean cutting board to chop onions. Sauté onions in margarine in steam-jacketed or other large kettle.
<b>Onions, chopped</b>	14 oz	
<b>Flour, all-purpose</b>	1 lb 6 oz	Add flour and pepper to onions. Stir until blended. Cook for 30 minutes.
<b>Pepper-black</b>	½ tsp	
<b>Chicken Stock</b>	1 ¼ gal	Add stock, stirring constantly with wire whip. Cook until thickened, stirring often. Check for seasoning. Add salt if necessary.
<b>Cooked chicken</b>	6 lb	Using a clean cutting board designed for meat products, cut chicken into ½ to ¾ inch pieces. Add to sauce. * Use knife appropriately to ensure safety. * Chicken must have been previously cooked until internal temperature of 165 °F for 15 seconds and refrigerated storage below 40°F following expiration protocol.
<b>Celery, sliced</b>	1 lb 8 oz	Slice celery and carrots on clean cutting board or slicer. Cook celery and carrots until partially done. Drain. Fold into sauce.
<b>Carrots, sliced</b>	2 lb	
<b>Green peas, frozen</b>	2 lb	Add peas (uncooked) to chicken mixture. Mix carefully. Scale chicken into two 12 x 20 x 2 inch counter pans, 12 lb per pan.
<b>Pastry</b>	3 lb	Roll out 1 lb 8 oz pastry to fit each pan. Place on chicken mixture and seal edges to pan. Bake at 400 °F for 20-25 minutes or until crust is browned and internal temperature is 180 °F

-Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly within 4 hours to below 40°F. Reheat leftover product quickly within 2 hours to 165°F. Reheat product only once; discard if not used.

### Cooking Rice Side Dish

Uncooked rice should be stored in dry storage between 50-70 °F.

Follow hand-washing/gloves protocol.

Yield: 50 portions      Portion: 4 oz

Stockpot or Steam-Jacketed Kettle (Boiled Rice)

Cooking time: 15-20 minutes. Let stand for 5-10 minutes.

Ingredient	Amount	Procedure
Rice, converted	3 lb 8 oz	Bring water to a boil in steam-jacketed kettle or other large kettle. Add salt, rice, and margarine. Stir. Cover lightly. Cook on low heat until rice is tender and all water is absorbed, about 15-20 minutes. Remove heat and let stand covered 5-10 minutes. Fluff with fork.
Salt	2 Tbsp	
Margarine or vegetable oil	2 Tbsp	

-If using regular white rice in place of converted rice, the cooking time may need to be reduced.

-For brown rice, increase cooking time to 40-50 minutes for boiled rice.

-For buttered rice, add 5 oz of butter or margarine. Add to dry rice in counter pan. Add salt and hot water.

-1 lb uncooked rice yields 2 qt cooked rice.

-Suggested spices to use with rice: allspice, basil, coriander, curry powder, ginger, marjoram, - mint, oregano, rosemary, tarragon, thyme.

### Seasoned Broccoli Side Dish

Fresh broccoli stored in refrigerated storage above egg and meat products, between 35 and 40°F. Follow hand-washing/gloves protocol.

Yield: 50 portions      Portion: 3 oz

Ingredient	Amount	Procedure
Broccoli, fresh	16-20 lb AP (10 lb EP)	Wash broccoli and remove outer leaves and tough part of stalks. With clean knife and cutting board, cut broccoli stalks lengthwise into uniform spears, following branching lines. Steam or boil broccoli spears.
Margarine, melted	4 oz	Pour margarine over cooked broccoli and sprinkle with salt. If boiling the broccoli, add salt to cooking water.
Salt	1 oz (1 ½Tbsp)	

**Additional: Small Red Apple and 1% fat Milk served with each meal.**