

**UC Davis Dining Services  
STANDARDIZED RECIPE FORM**

**Recipe Name: Chicken & Vegetable Stew**

**Special Equipment: 250 lb/40 gallon Steam Jacket Kettle**

**Total Yield (Portions): 150 portions**

**Cooking Temperature: 325 F(162 C) and 375 F(190 C)**

**Total Yield (Weight): 225 lbs**

**Cooking Time: Approximately 90 minutes**

**Portion size: 1 ½ cup (12 oz)**

**Portion Utensils: Ladle Portion Server (12 oz)**

Ingredients:	Amounts:			Preparation Instruction Steps:
	Volume	Weight	Count	
Boneless skinless chicken breast		150 lbs		1. After washing hands and putting on dispensable gloves, cut the chicken into bite-sized cubes with a knife.
Flour Pepper Parsley Thyme	18 ¾ cups 3 1/8 cups 1 9/16 cups 4/5 cup			2. Combine all of the flour, pepper, parsley, and thyme into a large mixing bowl. Dredge the chicken cubes into the mixture so the chicken is well covered.
Extra Virgin Olive Oil	9 2/5 cups			3. Heat all of the extra virgin olive oil in the steam jacket kettle on a medium high heat (375 F).
Garlic, minced Onion, chopped Celery, diced	3 1/5 cups	112.5 lbs 112.5 lbs		4. Saute all ingredients for 10-12 minutes on medium high heat. Ensure that the chicken has been cooked thoroughly to 329 F for at least 15 seconds.

Chicken		150 lbs		
Chicken Broth	150 cups			5. Turn down the heat to medium (325 F) and add the chicken broth and pineapple juice.
Pineapple juice	75 cups			
Carrots	150 cups			6. Add all of the carrots, beans, parsnips, and bay leaves. Cook and simmer for about 40 minutes until the carrots and parsnips are soft. Uncover and cook for about 5-10 minutes. Remove the bay leaves before serving
Beans, drained, rinsed	225 lbs 37.5 lbs			
Parsnip, cubed	6 cups			
Bay Leaves				