

SOY-GINGER GLAZED CHICKEN STIR FRY

YIELD: 100 SERVINGS, 1 CUP STIR FRY & 1 1/3 CUPS RICE

Chef Ryan Eckles

This stir-fry recipe takes the chicken from our taco recipe and turns it into a stir-fry bowl. The chicken is braised in a rich soy and fresh ginger broth until it is fall apart tender. We then shred the meat and let it soak up all the juices from the braising liquid. Next we stir-fry our vegetables and add our chicken in at the end. Like the beef and broccoli recipe, this can typically be adjusted to accommodate what you have on hand whether it be a different meat or a different vegetable.

INGREDIENTS

- 13# dry brown rice
- Enough water to make the rice, follow manufacturer's instructions

FOR CHICKEN

- 12.5# pulled chicken or turkey, thawed from frozen
- 1 gallon low-sodium chicken stock
- 1 quart low-sodium soy sauce
- 2 cups brown sugar
- 1# fresh ginger root, peeled and minced
- 16 cloves fresh peeled garlic, minced
- 1 cup fresh lime juice (approx. 10 limes)
- ¼ cup fresh orange juice (approx. 2 oranges)
- ½ cup Sriracha sauce
- ¼ cup + 2 Tbsp. apple cider vinegar

FOR VEGETABLES

- ½ cup vegetable oil (if sautéing)
- 8 lbs broccoli crowns (frozen broccoli is fine but not chopped)
- 3 lbs peppers and onion (frozen)
- 1 teaspoon salt

DIRECTIONS

1. Place the rice in 4" deep hotel pans and add the required amount of water. Cover with foil and place in 350 degree oven for about an hour or until cooked.
2. In deep hotel pans, combine chicken, chicken stock, soy sauce, brown sugar, ginger and garlic. Cover and heat in oven until chicken reaches 165°F. Stir in lime juice, orange juice, Sriracha sauce and apple cider vinegar. Return uncovered pans to oven for 10 more minutes. Remove chicken from oven, stir well, cover and hold hot in warmer until service.
3. Right before service, heat remaining oil and saute broccoli, peppers, and onions in the tilt skillet until just cooked. Add equal amounts of vegetables to each pan of chicken. Serve each bowl with 1 1/3 cups of rice topped with 1 cup of stir-fry.

RECIPE NOTES - SOY-GINGER GLAZED CHICKEN STIR FRY

Recipe credits as 2 oz. M/MA & 2 oz. whole grain equivalent

Nutritional information*: 361 calories; 1.42 g sat. fat; 589 mg sodium; 53.8 g carbohydrate

* *nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*