Rich Chicks
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Chicken and Dumplings

with Seasoned Hand Pulled Chicken
70 Dark / 30 White Meat, NAE
RC Product Code: 97103

Serving Size:	1.5 cups plus 1 dumpling
Yield:	100 servings
Contribution:	2 oz M/MA, 2 oz grain 1/4 cup Red/Orange and 1/4 cup Other Vegetable

Nutritional Information

Portion	1 dumpling plus 1.5 cups	**Cholesterol (mg)**	114
Calories	487	**Sodium (mg)**	841
Total Fat (g)	22	**Total Carbohydrates (g)**	39
Saturated Fat (g)	11.66	**Sugar (g)**	8
Trans Fat (g)	0	**Protein (g)**	28

Ingredients	Amount	Instructions
Rich Chicks Seasoned Hand Pulled Chicken 70 Dark / 30 White Meat, NAE 97103	20 lbs	**Prepare Pulled chicken according to package directions. Prepare 4 deep full sized pans. Once chicken is heated empty 1 bag into each deep pan.**
Frozen Peas	4 - 2.5 Lb bags	**Add one bag of frozen peas and 2.5 lbs of matchstick carrots to each pan. Stir to distribute the peas, carrots and chicken evenly.**
Matchstick Carrots	10 Lbs	
Butter unsalted	3 lbs	**In steam jacketed kettle or large pot, make a roux with the butter and flour. Slowly add the milk and chicken stock stirring constantly. Once the you have a thin white sauce, add the garlic powder, thyme and pepper. Simmer for 5 minutes.**
White Whole Wheat 60%/Enriched 40% flour	1 lb 9 oz	
Milk	1.5 gallon	
Chicken Stock low sodium	4 gallon	
Garlic Powder	1 Tbsp + 1 tsp	
Thyme, dried	1 Tbsp + 1 tsp	**Pour 1.5 gallons of sauce in each of the deep full pans completely covering the chicken and vegetables. Stir to mix.**
Black Pepper, ground	2 Tbsp	
Dumplings		
White Whole Wheat 60%/Enriched 40% flour	5 lbs + 5 oz	**In mixing bowl, whisk to combine the flour, baking powder, pepper, salt and thyme. Make a well in the center of the flour mixture and pour the milk and melted butter into the center of it.**
Baking powder	5 oz	
Cracked black pepper	1.25 Tbsp	
Salt	2 Tbsp	
Thyme, dried	1 Tbsp +1 tsp	**Stir together until a dough ball forms.**
Milk	3 qrts	**Using a #30 scoop, place 25 dumplings in each of the full pans. Make sure dumplings are not touching. Cover the pan and place in 350°F convection oven. Cook for 20 minutes. Test dumplings to make sure they are done. Serve hot.**
Butter unsalted, melted	1 lb 4 oz	

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It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.