

# Korean BBQ Chicken Bowl



## Ingredients

### Serves 16

- 5 lbs. ProView Tempura Battered Chicken (#64640)
- 1 cup Korean BBQ Sauce, JTM 73400
- 1 lb Cooked Whole Grain Brown Rice
- 3 lbs Fresh Broccoli Florets
- 2 tbsp. + 2 ½ tsp. Canola Oil
- 1/3 cup + 7/8 tsp. Low Sodium Soy Sauce
- 2 tbsp. + 2 ½ tsp. Toasted Sesame Oil
- 1 ½ tsp. Ground Ginger
- 1 ½ tsp. Garlic Powder
- 1 ½ tsp. Crushed Red Pepper Flakes
- 2 tbsp. + 2 tsp. Chopped Fresh Green Onion
- 1 tbsp. + 1 tsp. White Sesame Seeds

## Directions

1. Preheat convection oven to 350°F.
2. In a large mixing bowl combine canola oil, soy sauce, sesame oil, ground ginger, garlic powder and red pepper flakes.
3. Add fresh broccoli florets and toss until evenly combined.
4. On a clean sheet pan, spread seasoned broccoli in an even layer.
5. Place in oven and roast for 10 minutes, tossing halfway through.
6. Remove product from oven. Place product in warming cabinet until served.
7. Cook rice as directed. Place product in warming cabinet until served.
8. Prepare JTM Korean BBQ bag of sauce according to JTM instructions.
9. Carefully, open bag of sauce and pour into steam table pan. Stir and cover. Place product in warming cabinet until served.
10. On a clean sheet pan, spread chicken in an even layer.
11. Place in oven and bake for 13-15 minutes, turning the chicken after 6 minutes.
12. Remove product from oven. Place product in warming cabinet until served.
13. In serving bowl place
  - 1/2 cup brown rice
  - 5 oz tempura chicken
  - 1/2 cup roasted broccoli
  - Drizzle 1 Tbsp BBQ sauce over top
  - Sprinkle with 1/2 tsp green onion and 1/4 tsp sesame seeds

\* All products should be heated to 165°F degrees internal temperature. Ensure that all hot food is held at a temperature above 140°F.

## CN Crediting



## Nutrition Facts per serving\*

**Calories: 494**  
**Sat Fat: 2g**

**Total Fat: 16g**  
**Sodium: 945mg**

*\*This is an approximation of the final nutritional data and will vary based on the actual products you choose to use in the recipe.*

# HACCP Guidelines

# Entree, Korean BBQ Chicken Bowl, 1 Serving

## General Information

Category

Lunch Entree 



## Ingredients

Name	Quantity
M/MA, Chicken, Tempura Battered, WGR, ProView 64640, 4/5lb	5 lbs.
Condiment, Korean BBQ Sauce, JTM 73400	1 c.
Whole Grain, Rice, Brown, Long Grain, Parboiled	1 lbs.
Water, tap, drinking	1 qt. 8 fl oz
Vegetable, Broccoli, Florets, Fresh	3 lbs.
Seasoning, Oil, Canola, Dry	2 tbsp., 2 ½ tsp.
Condiment, Sauce, Soy, Low Sodium, Dry	⅓ c., ⅞ tsp.
Seasoning, Oil, Sesame, Toasted	2 tbsp., 2 ½ tsp.
Seasoning, Ginger, Ground	1 ½ tsp.
Seasoning, Garlic Powder, Dry	1 ½ tsp.
Seasoning, Crushed Red Pepper Flakes, Dry	1 ½ tsp.
Vegetable, Onion, Green, Fresh	2 tbsp., 2 tsp. Chopped
Seasoning, Sesame Seeds, White	1 tbsp., 1 tsp.

## Preparation Instructions

HACCP Process: #2 - Same Day Service

- Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.
- Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.
- Remove products from storage using oldest pack date first.

## Korean BBQ Chicken Bowl

Serving Size 1 bowl  
Yield 16.00

## Nutrition Facts

Serving Size 1 bowl (334 gm)

Amount Per Serving		
Calories		493.624
		% Daily Value*
<b>Total Fat</b>	16.432 gm	25.28%
<b>Saturated Fat</b>	2.082 gm	10.412%
<b>Trans Fat</b>	0.010 gm	
<b>Cholesterol</b>	64.884 mg	21.628%
<b>Sodium</b>	944.729 mg	39.364%
<b>Total Carbohydrate</b>	61.720 gm	20.573%
<b>Dietary Fiber</b>	6.476 gm	25.905%
<b>Total Sugars</b>	3.032 gm	
Includes 1.250 gm of Added Sugars		
<b>Protein</b>	26.291 gm	52.581%
Vitamin A	N/A* mcg RAE	
Vitamin C	76.074* mg	126.79%
Vitamin D	0.000* mcg	
Calcium	61.982 mg	6.198%
Iron	3.518 mg	19.543%
Potassium	455.069* mg	9.682%
Saturated Fat % of Calories		3.797%
Added Sugar % of Calories		1.013%

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

## Meal Components

Component	Measurement
-----------	-------------

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

4. Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

#### **Prepare Green Onions**

5. Wash fresh green onions under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

6. Remove any damaged or bruised areas.

7. Using a clean knife and cutting board dedicated to produce, thinly slice green onions.

8. Cover, label, date, and refrigerate fresh-cut items. Place in cooler to hold cold until service.

CCP: Ensure cold food is held at a temperature below 41° F.

#### **Prepare Roasted Broccoli**

9. Preheat convection oven to 350°F.

10. Wash fresh broccoli florets under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

11. Remove any damaged or bruised areas.

12. Using a clean knife and cutting board dedicated to produce, chop broccoli into bite sized pieces.

13. In a large mixing bowl combine canola oil, soy sauce, sesame oil, ground ginger, garlic powder and red pepper flakes.

14. Add fresh broccoli florets and toss until evenly combined.

15. On a clean sheet pan, spread seasoned broccoli in an even layer.

16. Place in oven and roast for 10 minutes, tossing halfway through.

CCP: Heat to 135°F or higher for at least 15 seconds.

17. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140°F.

#### **Prepare Korean BBQ Sauce**

18. Bring to a boil enough water to submerge bag of sauce.

19. Place sealed bag of sauce in water. Heat for approximately 45 minutes or until product reaches a temperature of 165° F or higher for at least 15 seconds.

CCP: Heat to 165° F or higher for at least 15 seconds.

Meat/Meat Alternates	2 oz
Whole Grain-Rich	2.5 oz
Dark Green	0.5 cups

20. Remove product from water. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

21. Carefully, being aware that bag will release steam when opened, open bag of sauce and pour into steam table pan. Stir and cover.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140°F.

### **Prepare Tempura Chicken**

22. Preheat convection oven to 375°F.

23. On a clean sheet pan, spread chicken in an even layer.

24. Place in oven and bake for 13-15 minutes, turning the chicken after 6 minutes.

CCP: Heat to 165° F or higher for at least 15 seconds.

25. Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140°F.

### **Prepare Brown Rice**

26. Bring water to a boil.

27. Add rice and stir.

28. Cover tightly and simmer over low heat until most of the water is absorbed (about 25 minutes).

29. Remove product from heat. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

30. Transfer to serving pan. Fluff with fork before serving.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140°F.

### **Assemble Bowl**

31. In serving bowl place

- 1/2 cup brown rice
- 5 oz tempura chicken
- 1/2 cup roasted broccoli
- Drizzle 1 TBSP BBQ sauce over top
- Sprinkle with 1/2 tsp green onion and 1/4 tsp sesame seeds

32. Offer each student one (1) Korean BBQ Chicken Bowl.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140° F must be removed from service until such time as they are reheated to 165° F. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

**USDA Meal Pattern Component Contribution**

Proview Tempura Chicken Chunks (5oz): 2 oz eq Meat/Meat Alternate and 1.5 oz eq Whole Grain Rich [MFG]

Whole Grain Brown Rice (1/2 cup cooked): 1 oz eq Whole Grain [FBG]

Roasted Broccoli Florets (1/2 cup): 1/2 cup Dark Green Vegetable [FBG]