

# Chicken Tetrazzini

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-42

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.
Salt		2 tsp		1 Tbsp 1 tsp	
Enriched spaghetti, broken into thirds	2 lb 6 oz	1 qt 3 ¾ cups	4 lb 12 oz	3 qt 3 ½ cups	
Vegetable oil		¼ cup		½ cup	2. In a steam-jacketed kettle or large sauce pan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Sauté vegetables 5 minutes or until tender. Set aside.
Vegetable mix:					
*Fresh onions, diced	1 lb	2 ⅔ cups	2 lb	1 qt 1 ⅓ cups	
*Fresh carrots, diced	1 lb	1 qt	2 lb	2 qt	
*Fresh celery, diced	8 oz	2 cups	1 lb	1 qt	
*Fresh green peppers, diced	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ cups	
OR	OR	OR	OR	OR	
Frozen mixed vegetables	2 lb 8 oz	1 qt 3 ½ cups	5 lb	3 qt 3 cups	
*Fresh mushrooms, sliced	1 lb 4 oz	2 qt	2 lb 8 oz	1 gal	
OR	OR	OR	OR	OR	
Canned sliced mushrooms, drained	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups	
Canned pimientos, diced, drained (optional)	8 oz	1 cup	1 lb	2 cups	
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	3. Melt the margarine or butter in a steam-jacketed kettle or stock pot. Add flour and cook for 5 minutes.
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Lowfat 1% milk, hot		3 qt 3 cups		1 gal 3 ½ qt	4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, pepper, onion salt, and garlic. Simmer for 5 minutes.
Chicken stock, non-MSG, hot		2 qt 1 cup		1 gal 2 cups	
Ground black or white pepper		1 tsp		2 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	

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*Cooked chicken, diced (see Special Tip)	6 lb 4 oz		12 lb 8 oz		5. In each steamtable pan (12" x 20" x 2 ½"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Grated Parmesan cheese	6 oz	2 cups 2 Tbsp	12 oz	1 qt ¼ cup	6. Sprinkle 3 oz (¾ cup 2 Tbsp) of Parmesan cheese on top of each pan.
					7. Bake until golden brown: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 pieces per pan).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Carrots	1 lb 4 oz	2 lb 8 oz
Celery	10 oz	1 lb 4 oz
Green peppers	5 oz	10 oz
Mushrooms	1 lb 5 oz	2 lb 10 oz
Chicken, whole, without neck and giblets	17 lb 6 oz	34 lb 12 oz
OR	OR	OR
Turkey, whole, without neck and giblets	13 lb 5 oz	26 lb 10 oz

### SERVING:

1 piece provides 2 oz equivalent meat/meat alternate, ⅓ cup of vegetable, and ½ serving of grains/breads.

### YIELD:

**50 Servings:** about 30 lb

**100 Servings:** about 60 lb

### VOLUME:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Tested 2004

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Special Tip:

\*Cooked turkey can be substituted for chicken.

## Nutrients Per Serving

<b>Calories</b>	313	<b>Saturated Fat</b>	3.61 g	<b>Iron</b>	1.88 mg
<b>Protein</b>	23.54 g	<b>Cholesterol</b>	56 mg	<b>Calcium</b>	156 mg
<b>Carbohydrate</b>	24.27 g	<b>Vitamin A</b>	2490 IU	<b>Sodium</b>	355 mg
<b>Total Fat</b>	13.13 g	<b>Vitamin C</b>	3.4 mg	<b>Dietary Fiber</b>	1.6 g